

⚠ Review and remove this sheet before using this resource with a patient.

Understanding Your Diagnosis of Ovarian Cancer

How to Use This Resource

Step 1

During the diagnosis appointment with a patient, use the **worksheets** to explain and document information about the patient's diagnosis. You can use all of them, or select those that are most relevant for the patient.

Step 2

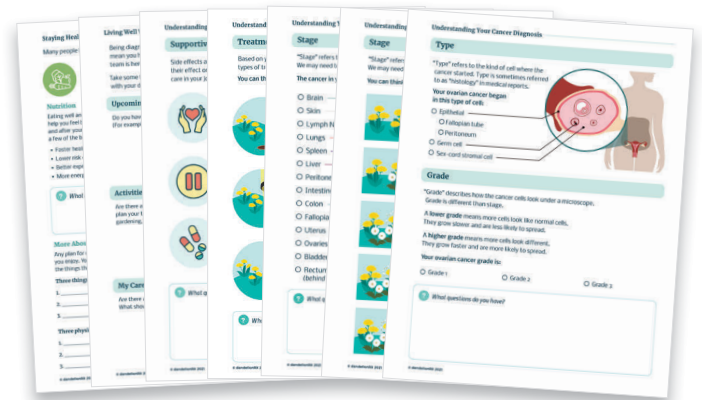
Introduce the patient to the other resources in the folder:

- Patients can use the **patient journal** to keep track of their experience with cancer, and any questions they have about it, over time.
- The primary caregiver of the patient can use the **caregiver journal** to keep track of their questions and read advice from other caregivers.

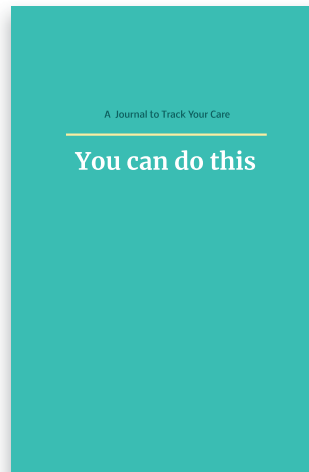
Step 3

Make sure the patient takes the folder and these materials with them. Suggest that they review the materials on their own time.

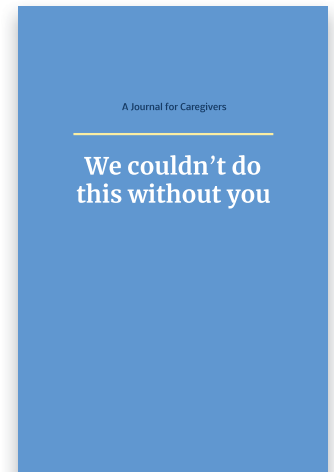
Worksheets



Patient Journal



Caregiver Journal

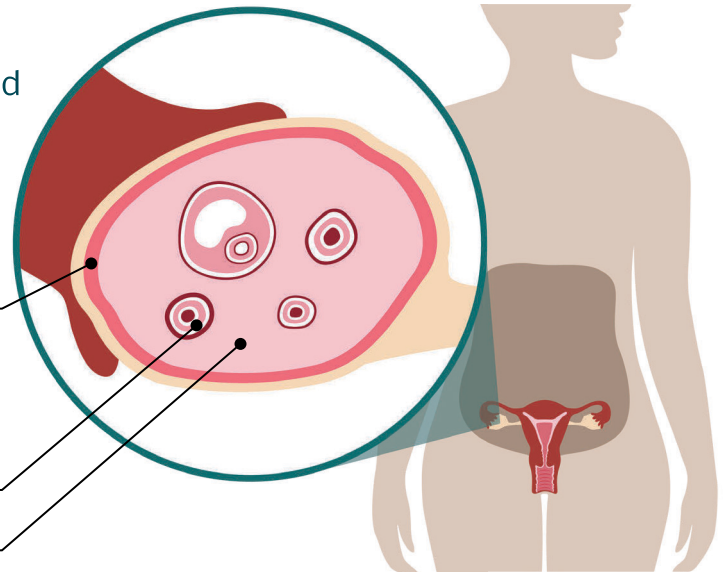


Type

“Type” refers to the kind of cell where the cancer started. Type is sometimes referred to as “histology” in medical reports.

Your ovarian cancer began in this type of cell:

- Epithelial
- Fallopian tube
- Peritoneum
- Germ cell
- Sex-cord stromal cell



Grade

“Grade” describes how the cancer cells look under a microscope. Grade is different than stage.

A **lower grade** means more cells look like normal cells. They grow slower and are less likely to spread.

A **higher grade** means more cells look different. They grow faster and are more likely to spread.

Your ovarian cancer grade is:

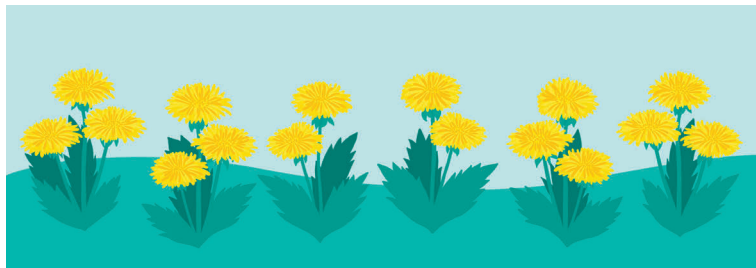
- Grade 1
- Grade 2
- Grade 3

? *What questions do you have?*

Stage

“Stage” refers to the size of the cancer and how far it has spread within the body. We may need to do additional testing to learn more about the stage of the cancer.

You can think about cancer like a dandelion that has gone to seed.



Normal Cells

There is no presence of cancer cells in the body



Stage I

Ovarian cancer cells are present in the ovaries



Stage II

Ovarian cancer cells have spread to other body parts within the pelvis



Stage III

Ovarian cancer cells have spread to other body parts in the abdomen



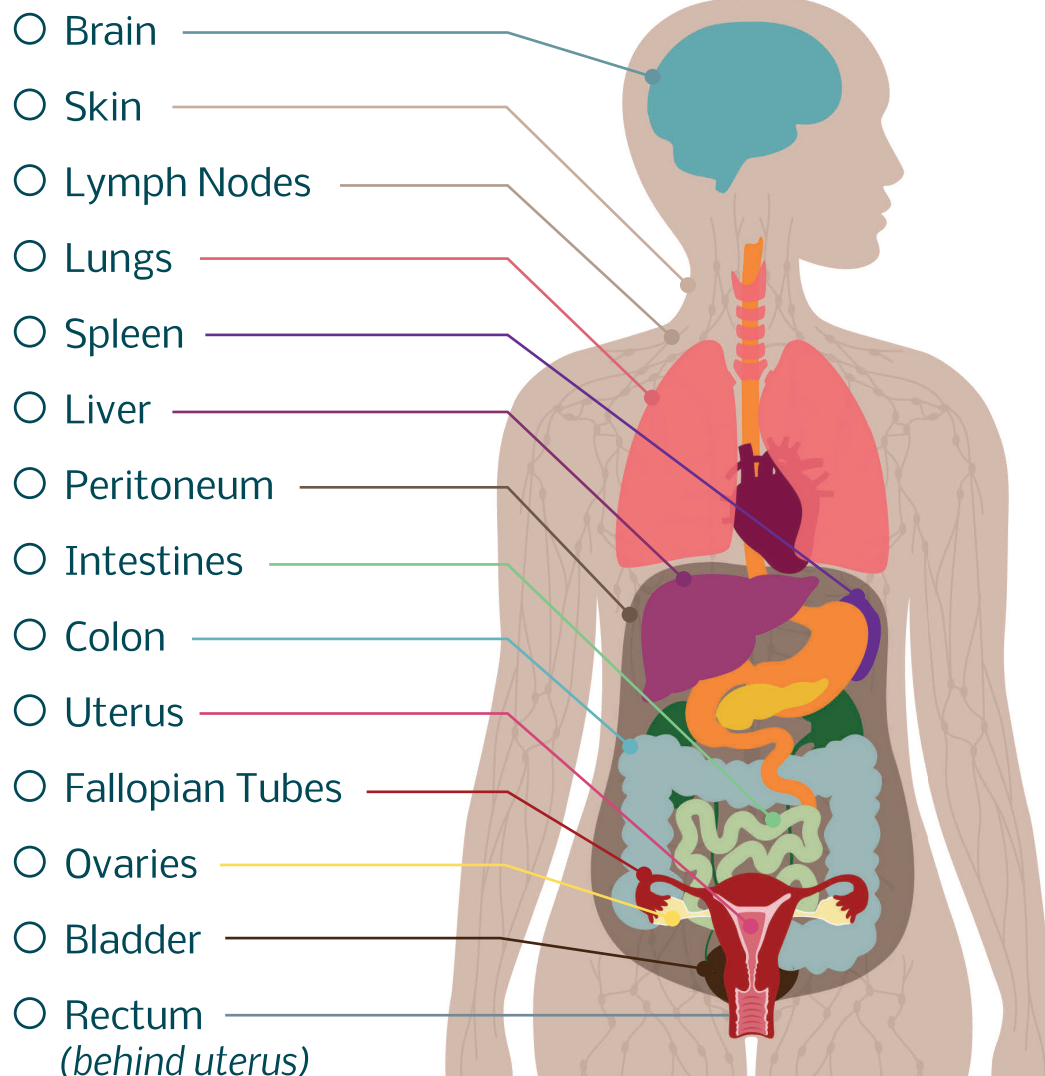
Stage IV

Ovarian cancer cells have spread beyond the abdomen to affect other parts of the body

Stage

“Stage” refers to the size of the cancer and how far it has spread within the body. We may need to do additional testing to learn more about the stage of the cancer.

The cancer in your body is Stage _____ and is located in these areas:



? What questions do you have?

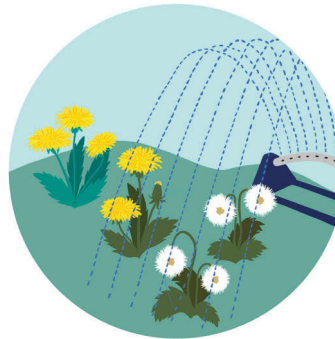
Treatment Types

Based on your diagnosis, we may recommend one or more of the following types of treatment:

You can think about treating the cancer like getting rid of weeds in a garden.



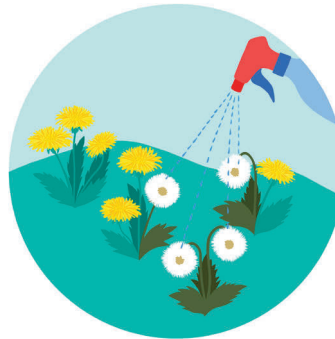
- **Surgery**
Removes tissue to get rid of cancer, or to deal with symptoms



- **Chemotherapy**
Kills fast-growing cells, including cancer cells



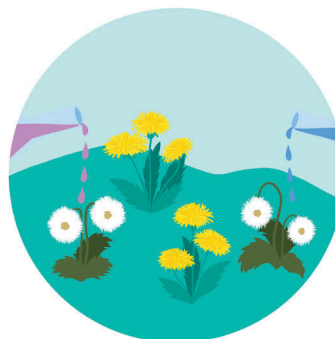
- **Radiation**
Uses high-energy X-rays to shrink tumors



- **Targeted Therapy**
Attacks specific features of cancer cells



- **Hormone Therapy**
Stops the hormone that makes the cancer grow



- **Clinical Trials**
Participate in research to improve cancer care, which may open up new treatment options for you

? *What questions do you have?*

Supportive Care

Side effects are normal with any treatment. However, we can help you minimize their effect on your life. You can learn more about side effects and supportive care in your journal.



Complementary Care

Support for your physical, mental, emotional, and sexual health, both during and after treatment



Treatment Breaks

Pauses in treatment to support your overall health



Symptom and Pain Management

Medications that help with symptoms of cancer and side effects from treatment



What questions do you have?

Living Well While Getting Treatment

Being diagnosed with ovarian cancer may feel overwhelming, but it doesn't mean you have to put your entire life on hold. You can live well, and your cancer team is here to support you.

Take some time to think about the questions below, and share your thoughts with your doctor or nurse.

Upcoming Plans

Do you have any **upcoming plans** we should consider as we plan your treatment? (For example, a family vacation, a graduation, a concert, a work event)

Activities or Hobbies

Are there any **activities or hobbies** important to you that we should consider as we plan your treatment? (For example, playing the piano, spending time with family, gardening, hiking)

My Care Team Should Also Know

Are there any **other relevant pieces of information** your care team should know about you? What should we consider as we plan your treatment?

Staying Healthy After Diagnosis

Many people have questions about what they can do to stay healthy after their diagnosis.



Nutrition

Eating well and staying hydrated can help you feel better before, during, and after your treatment. Here are a few of the benefits of good nutrition:

- Faster healing
- Lower risk of infection
- Better experience with medications
- More energy



Physical Activity

Physical activity is another way you can stay healthy after your diagnosis. There are many ways that physical activity can help you feel better:

- Maintain strength and stamina
- Keep your bones strong
- Improve mood and reduce anxiety
- Improve digestion

? *What questions do you have?*

More About You

Any plan for nutrition or physical activity starts with you. Tell your care team about the things you enjoy. Your care team will be able to give you ideas for foods or activities to try based on the things that you like and your diagnosis.

Three things I like to eat:

1. _____
2. _____
3. _____

Three physical activities that I like:

1. _____
2. _____
3. _____

Fill this part out with your care team.

Three things that can help me stay healthy:

1. _____
2. _____
3. _____