OVARIAN CANCER PLANNING ROADMAP

Prepare for Key Life Changes - Page 1

WHAT IS THIS FOR

This tool is a resource for patients, families and caregivers navigating an ovarian cancer diagnosis. It is designed to help patients play an active role in their care and promote open conversations amongst their healthcare team and loved ones about where things are and what to expect later.

HOW TO USE

Review this table to understand what key life changes to expect and critical things to think about that support living well with your diagnosis.

More comprehensive resources and support at:
OVARIAN CANCER CANADA
ovariancanada.org

	Key Life Changes	Things to Think About
DIAGNOSIS	**Dealing with your initial diagnosis**	· Identify who is going to be a part of your support system and learn who is in your healthcare team · Discuss your diagnosis and needs with loved ones · Seek support to help manage fear and anxiety throughout your illness · Seek spiritual and cultural support in your community as needed · Identify someone who can accompany you to your appointments and take notes · Check out factual comprehensive support and resources at: Ovarian Cancer Canada **www.ovariancanada.org** · Download a copy of *Ovarian Cancer Canada's Understanding Ovarian Cancer: A Comprehensive Patient Guide* **www.ovariancanada.org/resources/support-resources**
	Fertility, genetic testing and other supports	· Discuss fertility preservation options with your clinician if applicable · Explore how genetic testing can affect your treatment options and family · Share what is important to you culturally, spiritually, and emotionally with providers and loved ones · Connect with the local cancer centre and Ovarian Cancer Canada for programs, support groups, and resources
TREATMENT	**First treatment**	· Talk to your providers about what side effects to expect given your health history and the possible trajectory of when you might feel worse/better · Identify supports to help with treatment recovery and getting to appointments · Take notes throughout treatment on your experience and symptoms · Identify what to bring with you to be comfortable during treatment · Understand insurance options and work coverage (long vs. short-term disability)
	Treatment impacts	· Take medications as prescribed, and discuss side effects with your care team · Inform providers if you're taking any alternative or traditional medicines or engaging in complementary treatments · Integrate good nutrition and hydration, physical exercise, and social engagement · Explore resources to manage abdominal and lung fluid with providers, if needed · Talk with your clinicians about the potential of treatment induced menopause

Financial contribution:
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	Key Life Changes	Things to Think About
MONITORING	**Monitoring symptoms post treatment**	• If you have no evidence of disease (NED) status, monitor symptoms including but not limited to loss of energy and appetite, nausea, pain, swelling, abdominal discomfort, bowel, bladder, and menstrual cycle changes. Notify your clinicians if your symptoms persist or worsen • You may not see your healthcare team as frequently during this time; prepare to reach out for support as needed if you feel anxious or worried
	Voicing and documenting your wishes	Proactively discuss and complete personal, legal, and medical documents, such as: • Substitute decision-maker / lasting power of attorney for health care • Point person(s) for communication and coordination of care • Critical account access, passwords, contacts (e.g., banks, life insurance) • Will and estate planning • Advance Care Planning discussions with loved ones
RECURRENCE	**Returning to treatment**	• Discuss with your providers about what to expect at this stage, including terms like “platinum sensitive” and “platinum resistant” • Talk to your health care team about clinical trials that may be available • Ask your health care team about options for managing symptoms • Revisit and share your priorities and Advance Care Planning discussions
	Modifying your home and routine & supportive care options	• Prepare loved ones for their care role and what to expect • Monitor for symptoms of recurrence and be clear what can be managed at home/the community vs. in hospital • Talk to your team about home modifications (e.g. shower grab bars, stair rails) • Set up support at home, as needed, for preparing meals, cleaning, rides to appointments, medication pick-up, etc. • Explore respite and support for caregivers
LATE STAGE	**Discuss goals and explore compatible care options**	• As existing treatments may become less available (e.g. chemotherapies, clinical trials), discuss with providers what other supportive care options are available • Reassess benefits and side effects of treatment options • Explore best palliative care options • Discuss with providers what to expect during this stage, e.g. physical impacts and increased dependence on other supports. • If facing complications talk with clinicians about your options and what aligns with your goals
END STAGE	**Discuss and make decisions about end of life that match your wishes**	• Revisit and share Advance Care Planning discussions to inform decision-making • Explore options and resources for staying at home vs. other care facilities, and when to make the transition • Revisit wishes for place of death and other end-of-life options, focusing on comfort and meeting symptom and care needs • Review medications and discuss artificial nutrition & hydration with clinicians • Talk to your care team to address questions and emotions about dying and death • Seek family resources for grief and bereavement support

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