



## Key Topics Beyond Treatment for Young Women

Below are topics that you may want to talk about with your doctor *shortly after your diagnosis*:

### ☐ Possible reasons for your cancer

- Did my family's medical history play a role?
- Should I get genetics counseling and testing?

### ☐ Getting pregnant/having children after treatment

- If I want to try to get pregnant in the future, what are my options?
- What are the pros and cons for these options?
- If I do not want or no longer want a biologic child, is tubal ligation or vasectomy for my partner the best choice?
- What are my options to have non-biological children?

### ☐ Contraception during treatment and after

- Is hormone-based contraception, like the pill, OK for me to take?
- Are condoms, diaphragm, cervical cap, or copper IUD OK?
- Should I be thinking about longer-term options?

### ☐ Coping

- Where can I get more help if I am having a difficulty emotionally with my diagnosis?
- Where can I get more help if I am having difficulty talking with my kids/loved ones about my diagnosis?

### ☐ Diet and healthy living

- Are there any specific things that I should be thinking about or doing related to diet, exercise and other health habits at this time?