



## Baseline Provider Clinical Checklist for Young Women

### ☐ Local therapy options discussed:

- Surgery, reconstruction \_\_\_\_\_
- Radiation \_\_\_\_\_

### ☐ Systemic therapy options discussed:

- Chemotherapy \_\_\_\_\_
- Hormonal therapy \_\_\_\_\_
- Biologic therapy (e.g., trastuzumab) \_\_\_\_\_

### ☐ Genetics discussed:

- Refer to counseling, as needed \_\_\_\_\_
- Refer for testing, as needed \_\_\_\_\_

### ☐ Fertility concerns discussed:

- Referral to fertility specialist, as needed \_\_\_\_\_
- Preservation options to consider:
  - Ovarian stimulation and IVF to freeze embryos prior to treatment
    - Consider tamoxifen or letrozole stimulation protocol
  - LHRH agonist (note: experimental—consider clinical trial, if available)
  - Ovarian stimulation and freezing oocytes (note: experimental—only available at select centers)
  - Ovarian tissue removal and cryopreservation (note: highly experimental—only at select centers)

### ☐ Contraception discussed:

- Recommendation to generally discontinue/avoid exogenous hormones
- Options to consider: condoms, diaphragm, cervical cap, copper IUD
- If patient/partner is sure no future biologic children desired, consider tubal ligation or vasectomy

### ☐ Psychosocial resources discussed:

- Consider referral to social worker, counselor or other mental health professional
- Local support groups or other local programs
- One-to-one through ACS
- Young Survival Coalition: [www.youngsurvival.org](http://www.youngsurvival.org)

### ☐ Dietary and behavioral considerations discussed:

- Encourage regular, moderate exercise
- Consider nutrition consultation