



Key Survivorship Topics for Young Women

Below are topics that you may want to talk about with your doctor *in long-term follow-ups*:

☐ **Prescriptions needing refills:**

- Any trouble obtaining or taking recommended medication regularly?

☐ **Menopausal symptoms, hot flashes and problems with sex:**

- What can I do to help with the symptoms I am experiencing?

☐ **Fertility after treatment:**

- If I want to try to get pregnant in the future, what are my options now?
- What are the pros and cons for these options?
- What are my options for contraception at this point?

☐ **Bone health:**

- Am I at risk for bone thinning (osteopenia/osteoporosis)?
- What should I be doing about this (Diet? Exercise? Supplements?)
- Do I need to get a bone density evaluation?

☐ **Coping**

- Where can I get more help if I am having difficulty emotionally?

☐ **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?