

Getting started with treatment

Questions to ask your healthcare team

Getting started with treatment can be scary, especially if you don't understand why a decision has been made or what treatment you're receiving. This short guide can help you begin a conversation with your doctor to empower you in your treatment journey. There is space after each question to write down notes to help you remember the key information. Remember your doctor is there to help you, so, if you don't understand the answer, ask for more detail!



Why do I need to have a healthcare team instead of just seeing one doctor?

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Who should I contact if I have questions or if I'm worried about symptoms?

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On page 4 of this guide, you will find space to note down key contacts in your healthcare team

What is causing my skin symptoms?

Is there anything I have done that is causing my symptoms?

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What subtype of CTCL do I have and what stage is it at?

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How does subtype and stage affect my treatment?

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Why are you recommending this treatment?



You might also want to think about:

- How does the treatment work?
- How long does it take for treatment to work?
- How long will I need treatment?
- Where will I receive treatment?
- Can I treat myself at home or will I need to travel to a clinic or hospital for treatment?

Are there any side effects I should know about or look out for?

Will I need to make any changes to my daily life when I start this treatment?



You might also want to think about:

- Will I need to make any changes to my diet?
- Do I need to apply sunscreen or additional moisturising skin lotions?
- Is it safe to have sexual intercourse?

Will my CTCL get worse if I don't have treatment straight away?

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How often will I need to have check-ups and what happens during these appointments?

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Key contacts

You can use the space below to note down the name and contact details of your healthcare team. You may not need to see all of these healthcare professionals in your CTCL journey.

**Consultant
haematologist**

**Consultant
dermatologist**

**Consultant
oncologist**

**Treatment centre
or clinic reception**

**Hospital out-of-hours
number**

Other

Extra notes