



QUESTIONS TO ASK MY MEDICAL PROVIDER

A GUIDE TO HELP YOU FEEL PREPARED AND INFORMED

This sheet is a guide to help you to learn more about breast health screenings and help guide the conversation with your medical provider. Review the questions below before your visit.

Check the ones that matter most to you.

Write down any extra questions you want to ask in the blank spaces.

During your appointment, share this sheet with your medical provider—this helps make sure all your concerns are addressed.

Use the notes section to write any important information your provider gives you.

1. QUESTIONS ABOUT THE SCREENING ITSELF

- Why is screening recommended for me at my age or health history?
- What type of breast health screening are you recommending?
- How should I prepare for the screening?
- Will the screening be painful or uncomfortable?
- How long will the appointment take?
- Who will perform the screening?

2. QUESTIONS ABOUT RESULTS

- When and how will I receive my results?
- Who will call me if I get a call?
- What will the results mean for my health?
- What are next steps after my screening?
- Should I schedule a follow-up appointment now or wait until results come in?

3. QUESTIONS ABOUT RISK & PREVENTION

- Do I have any personal risk factors for breast cancer?
- How does my family history affect my risk?
- Should I consider genetic testing?
- Are there lifestyle changes that can lower my risk?
- How often should I get screened?

4. INSURANCE AND FINANCIAL QUESTIONS COSTS FOR MEDICAL OFFICE FRONT DESK

- Is there any cost for today's screening?
- Are follow-up tests covered if they are needed?
- If I don't have insurance, what programs can help me? IBCCP, Medicaid, etc.
- Can someone help me with questions about billing or financial assistance?
- Even if you have private or employer based insurance, you may still be eligible for assistance programs

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5. QUESTIONS ABOUT SYMPTOMS OR CONCERNS

I've noticed _____ (pain, lump, discharge, family history). Should I be worried?

Are these symptoms related to breast health or breast cancer?

Do I need testing for this concern?

Should I watch for any signs or symptoms?

Are there any other health concerns we should discuss related to breast health, cancer or overall health (ex. Obesity, diabetes, hormone changes)?

6. ADDITIONAL QUESTIONS I WANT TO ASK

(Write anything you want to remember to discuss)

7. NOTES FROM MY APPOINTMENT

(Write down what the doctor or medical provider tells you)