

Dear Patient,

A diagnosis of cancer is very difficult, and the periods of waiting that can occur before, during, and after your treatment can be particularly stressful. It is important to remember that your family doctor is a partner in your care, and needs to remain your primary care physician during your cancer care and after your treatment has ended.

**Your family doctor is an important advocate for you.** They are available to you as a source of information and to help guide you through difficult treatment decisions. **But it is important to remember that you, as a patient, are navigating your care.** We hope to support your existing relationship with your family doctor, and the new relationship you will have with your oncologist, with the following suggestions:

- It is important that your doctors, as well as your family and other members of your support system understand what is **important to you** moving forward in your care. Resources to help you with these conversations are available at [www.divisionsbc/cv](http://www.divisionsbc/cv).
- Use your patient folder to hold resources and other materials provided to you by your care providers. Plan to carry your folder with you to each of your appointments.
- Consider preparing lists of questions ahead of your appointments.
- If you haven't received appointment details from the Cancer Agency, or other specialists' office you're expecting to hear from, contact your family doctor to discuss follow up.
- When you call to book appointments with your family doctor, indicate that you are undergoing cancer treatment so that your appointment can be appropriately prioritized.
- Discuss with your family doctor how often you should schedule appointments with them during your cancer treatments – remember that your family doctor is there to advocate for you and help coordinate care. Regular check-ins will help ensure that your team (you, your family, your family doctor, and your oncologist) all have current information.
- If you feel uncertain about any part of your care or treatment, or aren't sure what should come next, contact your family doctor to explain your concerns. Your family doctor can advocate for you and support you in finding answers.
- You should see your family doctor for any routine health issues and check-ups beyond your cancer diagnosis.
- Plan to see your family doctor again after your treatments are done – it is recommended you book an appointment within 6 weeks of your final treatment to discuss follow up care and protocols.

