

## Things to Share with My Care Team Today

☑ How I've been feeling (fatigue, nausea, quality of life):

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☑ Side effects I'm having:

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☑ What can I do to ease side effects?

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☑ What should I be eating, even when I don't feel like it?

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☑ Are there vitamins or supplements that I should take?

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☑ Are ginger capsules safe to take?

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☑ I read/saw/Googled this, what do you think?

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☑ Other:

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Appointment With: \_\_\_\_\_

Date: \_\_\_\_\_