



FACING A DIAGNOSIS OF THYROID CANCER CAN BE TERRIFYING FOR ANYONE.

That fear can be compounded when the diagnosis is **advanced medullary thyroid cancer (aMTC)**— a type of thyroid cancer that has spread to lymph nodes, nearby tissue, or other parts of the body.

At first, you may feel confused or isolated.

IT'S IMPORTANT TO SHARE THESE EMOTIONS WITH LOVED ONES. As you navigate appointments with your treatment team and make decisions about your care, **you may find it helpful to ask questions** about your health and the impact treatments may have on your daily life. You shouldn't feel embarrassed to ask questions about what is important to you, or to reach out for clarifications if you have difficulty understanding the answers.

Here are some question topics that may aid conversations with your treatment team.

Click on each icon to go to that corresponding page/section in this PDF.



Remember

This is your journey, and you have the right to participate in your own care.





1	What is MTC?	
2	What are the stages of MTC?	
3	What is advanced MTC?	
4	What stage is my MTC?	
5	Does my cancer appear to be aggressive? • Has it spread beyond my thyroid?	
6	What is my prognosis?	
7	How did I get MTC? • What causes it?	
8	How is advanced MTC affecting my body?	
9	Is my family at risk of getting MTC? • Should they undergo genetic testing?	
10	What is the best way to describe my condition to my family and friends?	



Treatments for advanced MTC



	Treatment options	
1	What kind of tests should I have done?	
	• Are there any genetic tests I should undergo?	
2	What are my treatment options?	
3	What is targeted therapy? • Am I a candidate for it?	
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4	Do you know of any clinical trials available	
	for people with advanced MTC?	
	• If so, should I consider participating?	
	Side effects	
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5	What side effects can I expect from treatment?	
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5	What side effects can I expect from treatment? • What are the most common side effects	
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Treatments for advanced MTC (cont'd)



6	Daily life Will I have to be on treatment for the rest of my life?	
7	Can I take other prescription and non-prescription medications while undergoing treatment?	
8	Are treatments for advanced MTC expensive? • How can I inquire about financial support for my treatment?	
9	What other factors should I consider before starting treatment?	
10	Management Have you seen or treated patients with MTC before? • If so, how many patients and when?	
1	Where do you recommend I receive treatment?	
12	How much time do I have to make a decision about my treatment options/next steps?	
13	Who should be a part of my treatment team? • What are their individual roles?	
14	Who will be responsible for managing my care and liaising with members of my treatment team?	



Surgery for advanced MTC



1	Do I need to have surgery? • If so, what will be the extent of the surgery?	
2	What are the risks of surgery?	
3	What is the goal of surgery? • What are the best and worst possible outcomes?	
4	What are the most common side effects of surgery?	
5	How long does recovery typically take?	
6	After surgery, what kind of follow-up care will I need?	
7	What is my prognosis after surgery?	
8	How will my health/daily life be impacted if my thyroid is removed?	
9	What type(s) of medication will I need to take?	
10	Will I need additional surgeries down the road?	





- 1 How will the disease impact my daily life?
- Will I be able to work a part- or full-time job during treatment?
- 3 What exercise or diet/nutrition guidelines should I follow during treatment?
- 4 Is any food/drink prohibited during treatment?





1	Where should I go for more resources on MTC?	

- 2 Are there support groups for people living with advanced MTC? For caregivers?
 - If so, what is the best way to contact them?
- To whom should I speak about emotional support needs?



Future office visits



- 1 Will I need to routinely follow up with you or anyone else while undergoing treatment?
 - If so, how often?
- Can I have copies of my test results and medical records?
- 3 Can I bring a loved one to take notes during my future office visits?
- 4 What is the best way for us to communicate in between office visits?

Additional notes