

We know that being diagnosed with breast cancer is daunting and scary, so we've put together this checklist of practical things to do at the point of receiving your diagnosis whilst waiting to start your treatment. See our separate checklist [Questions to Ask When Diagnosed with Breast Cancer](#) for additional advice.

The information and content provided here is intended for information and educational purposes only. It is not an exhaustive list of points to think about at this stage of your treatment and it is not intended to substitute for professional medical advice. Please speak to your medical team about any queries in relation to your personal situation.



HELPING YOU THROUGH & BEYOND BREAST CANCER

NEWLY DIAGNOSED WITH BREAST CANCER



NOBODY SHOULD FACE BREAST CANCER ALONE

Future Dreams Breast Cancer Charity provides practical and emotional support for those diagnosed with breast cancer, promotes breast health awareness and funds vital secondary breast cancer research.

At Future Dreams House you will discover an open, inclusive and safe space where you can be yourself, access the practical support you need and benefit from peer support from the point of diagnosis, throughout your treatment and beyond.

For details on all our in-person and virtual services please go to futuredreams.org.uk

FUTURE DREAMS HOUSE

61 Birkenhead Street, London, WC1H 8BB

Nearest station: Kings Cross St Pancras - 3 minute walk

T 020 4558 2950 E info@futuredreams.org.uk

Registered charity number in England and Wales: 1123526



ticking off
BREAST
CANCER

NEWLY DIAGNOSED WITH BREAST CANCER

CONSIDER WHETHER YOU NEED SPECIFIC SUPPORT

Are you in a situation where you may need specific support during your diagnosis?

MAKE A DENTIST AND EYE APPOINTMENT

Some treatments can impact your dental health and eyes so it's a good idea to get your eyes tested now and regularly through/ after treatment.

SEEKING A SECOND OPINION

Some people may want a second opinion and whilst this is not a legal right, most doctors will be happy to refer you.

APPOINT YOUR "POINT-PERSON"

This is someone to accompany you to appointments and take notes at the appointments.

NOTEBOOK AND PEN

It's a good idea to write notes at appointments and keep a note of questions you want to ask at your next appointment.

RECORDING YOUR APPOINTMENTS

If you want to do this, you should ask your doctor if you can do this. You can record using your phone, and there are also Apps with this functionality.

PUT IMPORTANT TELEPHONE NUMBERS IN YOUR PHONE

Numbers such as your GP surgery, the hospital reception (to confirm/change appointments) and the breast care nurse.

APPS

There are a few phone Apps which are aimed at helping someone as they go through treatment. They help keep track of appointments, important numbers, side effects and have other functionality, like the ability to audio record your appointments and store them for your reference.

GENETICS TESTING

It is possible to request a genetics test even if your consultant does not refer you for one based on your personal circumstances.

TELLING PEOPLE (CHILDREN, FAMILY, FRIENDS, COLLEAGUES AND SO ON)

It's important to do this at your own pace in a way that you are comfortable with.

EXERCISE AND SPORT

It's important to continue to exercise and continuing with your exercise regime can help prepare you for treatment.

RESEARCHING BREAST CANCER AND ITS TREATMENT

Whether or not you research your diagnosis and treatment is an entirely personal choice. There is no right or wrong way to this. Do what feels right for you at the particular time.

EMOTIONAL SUPPORT

Ask your breast care nurse what is available at your hospital and in the local area, and have a look at the wide range of support available from charities, online support groups and social media.

ENSURE YOU HAVE BEEN GIVEN A PRESCRIPTION EXEMPTION FORM

This entitles you to free prescriptions during your cancer treatment.

IF MONEY IS A CONCERN, ASKED TO BE REFERRED FOR WELFARE AND BENEFITS ADVICE

Your breast care nurse can help you with this.

TICKING OFF BREAST CANCER

OTHER CHECKLISTS YOU MAY FIND USEFUL INCLUDE:

- Questions to ask your surgeon, nurse or oncologist
- Pre-operation checklist In collaboration with Dr Nazarain
- What to pack for your surgery
- Preparing for recovery after surgery
- Questions to ask before starting chemotherapy
- What to take to chemotherapy
- Preparing for chemotherapy



Visit futuredreams.org.uk/information-hub for further practical tips, expert advice, personal stories and signposts to further information for people impacted by breast cancer, provided by people impacted by breast cancer.