



**Thank you for using the United Breast Cancer Foundation’s Cancer Treatment Tracking Documents. These files are for your personal use. Do not share these files with anyone, other than your doctor(s).**

Files given in this Folder: (you can edit/rename/save)

- You are given two of each of the following in 2007 Microsoft Excel Format and PDF
- Living Document:
  - Contains space to add current medication and treatment. This is helpful for the Emergency Room and Services.
- Doctor Appointment:
  - To help you keep track of doctors and appointments.
- These documents are also printable

Files to include in this Folder:

- Reports such as
  - PET/CT/CAT/MRI/fMRI/X-RAY scans (if you ask for the report, you should be able to receive a copy and your scans)
    - Keep the scans in a separate folder
    - Be sure to label each report—for example, if it’s a mammogram report, title it as “Mammogram Report \_Date”, if it’s Biopsy—title it as “Biopsy Report \_Date”
    - Scan the copy of the HealthCare Proxy—if you change insurance/ doctor/ hospital. If you don’t have this file on hand, you will have to fill it out repeatedly.
      - What’s a HealthCare Proxy?
        - It is a document (legal instrument) with which a patient (primary individual) appoints an agent to legally make healthcare decisions on behalf of the patient, when he or she is incapable of making and executing the healthcare decisions stipulated in the proxy
- This is up to you to include: Keep a Journal to track side effects/emotional changes
  - Write about what you feel as you go through this journey, it can help relieve some stress. You can also keep a paper journal, if it is easier.
  - If the side effects are severe and were not mentioned previously by your doctor – call your doctor immediately. If your doctor cannot be reached, go to the emergency room.
    - For example, nausea may be a side effect to your treatment. So, your doctor will prescribe anti-nausea medication. However, if you feel a sudden shortness of breath or floaters in your vision – call your doctor immediately. If your doctor is not available, go to the emergency or dial 911.

**Be sure to keep this entire file handy. You can print it and have a physical copy or have a mobile copy. This can aid in second opinions without going through the hassle of, for example, having the same scans taken.**

**Thank you for using these documents. Stay strong! If you have questions or concerns, click or call [info@ubcf.info](mailto:info@ubcf.info) | 1-877-822-4287**

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