

Supplemental questions for your next visit with your hematologist or healthcare provider

The questions below complement Myeloma Canada's [Discussion Guide for People Experiencing a Relapse: Making the most out of your medical visit](#), available at mymyeloma.ca. The guide, which can be printed, focuses on developing meaningful conversations around treatment options at your next visit with your healthcare team.

Feel free to print the questions that follow and use them to facilitate a conversation with your healthcare team about incorporating psychosocial care as a part of your overall treatment plan.

1. Emotionally, are there any differences I can expect to feel between my initial diagnosis and a relapse?

2. When is the best time in the treatment process of a relapse to reach out for psychosocial support?

3. In your experience, how have other patients dealt with a relapse?

4. What's the best way for my caregiver to emotionally support me?

5. Who should I turn to for questions about how I'm feeling both emotionally and physically?

6. What psychosocial support services are available to me at the hospital, and how can I access them?

7. Are there any government support programs in place that I can look into?

8. Are there any programs in place either at the hospital, or another place, specifically for caregivers?
