

Questions I wanted to ask...

Meeting the social worker

Dear patient,

Breast cancer affects all aspects of life, and may lead to emotional difficulties on many issues such as body image, sexuality and marital relationships, children's questions and more.

So, in preparation for a meeting with **the social worker** at a Maccabi medical center or at the oncology facility where you are a patient, is extremely important to share your difficulties, so that you can receive the best psychological support, learn about coping mechanisms and so forth. In order to help you arrive prepared and focused, we have put together a list of questions you may want to ask.

Write them down in an order of importance, and if there is not enough time to ask them all, you may schedule another meeting.

- How can I deal with the changes my body is undergoing?
- Should I share my personal feelings about cancer with those around me?
- When should I tell my spouse about my illness?
- How do I tell my children, parents, family members and friends about my illness?
- Will I be able to return to work after surgery/during treatments?
- Do I need psychological therapy?
- Who can help me with my own adjustment and that of my family?
- How can I address the fear of recurrence?
- What can be done in case of loss or harm to my fertility caused by treatment?
- Can anyone help with questions about my sexuality following this illness?
- What are my rights as a cancer patient in the context of Maccabi, Bituach Leumi, or work?
- Are there support groups I can join?
- Do you know a survivor I can talk to?

Questions after treatment:

- Returning to normal – how do people do it?
- How can I deal with everyone thinking I am healthy and everything is fine , when in reality I don't feel I that way?
- What are the support programs available to me?
- How can I deal with depression and moodiness?
- How can I manage the dread I feel before each follow-up?

To schedule an appointment with a social worker at the medical center where you are a patient, call Maccabi's 24/7 call center at *3555