

2 My Health and Treatment History

While receiving treatment for cancer, you will talk with many health care providers, including doctors, consultants, nurses, and other support staff. Knowing certain facts about your cancer may help these professionals be more effective in providing their services to you. Use this section to note key information about your cancer and treatment so you have it handy in case you need to answer questions. From time to time, you also may receive literature regarding your treatment. Use the pockets in the “Understanding Cancer” and “Treating Cancer” sections of your By My Side™ binder to keep all related paperwork and reference materials handy and organized.

Radiation History

Make note of the type of radiation treatments you have received and the body area treated.

Radiation	Start Date	Stop Date

Medication History

Use your Medication Log on the following pages to keep track of *all* medicines that you are currently taking—chemotherapy as well as other medications.

Fill out the log as soon as you start a new medication, and always keep the log up to date. If you cannot remember the medications you take, you may want your pharmacist to help you complete your Medication Log.

Knowing Your History Helps Protect You

The goal of your treatment is to produce the greatest effectiveness with the fewest unwanted reactions. To achieve your goal, you and your health care team must work together to determine the best medications, dose, and schedule for your specific condition.

Like many people, you may take multiple medications. Each typically offers its own distinct benefits; however, when combined with one or more other drugs, any medication can produce additional effects beyond those intended. These effects may be good and help support your cancer treatment. But other effects may be unwanted and may compromise your safety and the effectiveness of your care.

Make a list of all known allergies that you have. Your caregivers can help you make sure that you do not take any medications containing ingredients to which you are allergic. For example, some people are allergic to aspirin (referred to as acetylsalicylic acid) and are unaware that many prescription and over-the-counter medications contain aspirin as one of their ingredients.

Knowing your medication history helps your health care provider make appropriate prescribing decisions.

