

## When you need help understanding ask:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

**Discuss** who can help you with the materials and medical forms: family, friends, caregivers, hospital staff.

**Try to have someone with you** when you go to the hospital or doctor appointments.

The person with you, or you if you are alone, should **always take some notes** or write down information given. You can also ask for patient handouts or resources, printed or online.

**Be sure that all of your questions are answered.**

- Ask for a different explanation if you are unclear of any information given.
- If you have any additional questions regarding your main problem and what to do about it, please ask.

**If you want help,** ask to speak with a social worker who may be able to help you.

Content adapted from websites below.

## Local Organizations providing support for anyone impacted by cancer:

Cancer Wellness Center	Northern Suburbs	<a href="http://Cancerwellness.org">Cancerwellness.org</a>	847-509-9595	Programas en Español
Gilda's Club Chicago	Chicago	<a href="http://Gildasclubchicago.org">Gildasclubchicago.org</a>	312-464-9900	Programas en Español
Living Well Cancer Resource Center	Far West Suburbs	<a href="http://Livingwellcrc.org">Livingwellcrc.org</a>	630-262-1111	
The Cancer Support Center	South Suburbs	<a href="http://CancerSupportCenter.org">CancerSupportCenter.org</a>	708-798-9171	
Wellness House in Chicago	Northwest & West Suburbs	<a href="http://Wellnesshouse.org">Wellnesshouse.org</a>	630-323-5150	

Access an interactive map of these local resources at: <http://cancer-help.me/communitycancerresourcecenters>

## Resources for Additional Information:

- [Ask Me 3™ Video](#)
- [NCCN, Patient and Caregiver Resources](#)
- [Cancer.Net, Navigating Cancer Care](#)
- [CancerCare.org, Ways to Improve Communication with Your Health Care Team](#)

## Recursos en Español:

- [American Cancer Society, Tratamiento y apoyo](#)
- [CancerCare.org, ¿Doctor, podemos hablar?: Consejos para comunicarse con su médico](#)