



# Medical Appointment Preparation

- Have you scheduled an appointment with your doctor?
- Are you feeling overwhelmed?
- Are you not sure what questions you want to ask your doctor?
- Are you confused about your treatment choices?

**We can help.**

**If you are making decisions with your doctor about your breast cancer treatment, call Breast Cancer Connections and ask about “MAPing.”**

- ❖ Whether you are newly diagnosed or receiving treatment, we can help you get the most out of your time with the doctor.
- ❖ We will help you clarify your questions and concerns, and focus on what’s important to you.
- ❖ You walk away with an organized and prioritized list of questions.

**Medical Appointment Preparation** is a proven service endorsed by hundreds of breast cancer patients who have used it at Stanford, UCSF and BCC. Here's why:

*“Although I had in mind some topics to discuss with the doctor, the [MAP—Medical Appointment Preparation] process helped me focus on the issues...and ultimately made the time spent with the doctor more effective. For once, I didn't walk out of my doctor's office saying to myself, ‘Oh, I forgot to ask about...!’”*

*“I felt better organized and had a sense of some control over the situation.”*

*“The interview [medical appointment preparation] was not only helpful in organizing my thoughts and questions, it also helped ease some of the anxiety I had about the upcoming treatment.”*

**Appointment times are flexible. Call BCC at (650) 326-6686.**  
All BCC programs and services are free of charge

*For more information about BCC or our programs/services  
call (650) 326-6686 or visit us at [www.bccconnections.org](http://www.bccconnections.org)*