

Talking to your doctor: things to keep in mind

YOUR DOCTOR CAN PARTNER WITH YOU TO HELP YOU STAY ON TOP OF YOUR CUTANEOUS T-CELL LYMPHOMA (CTCL)

Be prepared. Before your next appointment, answer the questions in this guide.

- **Do your part** by answering the questions in this guide before your next appointment. You know how your CTCL may be affecting you better than anyone. So be open and accurate about the impact your ongoing symptoms have on your everyday life.
- **Refer to this guide** as a tool to help you and your doctor discuss if anything needs to change with your current monitoring and management approach.
- **Follow up regularly.** Remember to check in with your doctor on an ongoing basis, and use this tool as a discussion guide for your conversation with your doctor.

This doctor's guide is intended for US residents only.

insideCTCL

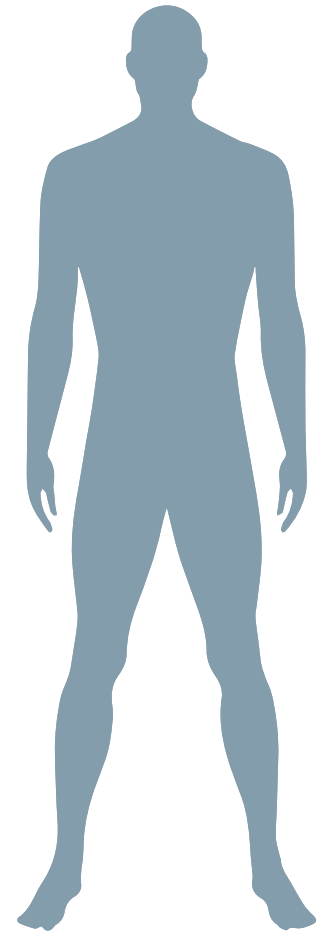
CTCL and your skin

Have your skin problems improved, worsened, or stayed the same since your last visit with your doctor?

Improved Worsened Stayed the same

Give your care team a complete picture.

- Circle areas of the body where you may have a skin problem.
- Use an **X** to mark the most bothersome areas.
- You may choose to take pictures of your patches, plaques, and/or tumors with a camera or smartphone to share with your doctor.



Do you have areas of your skin that..

Are dry Are red
 Have scales/bumps

In the areas that bother you the most, how itchy is your skin?
(1=not severe, 5=very severe)

1 2 3 4 5

In the areas that bother you the most, how painful does your skin feel?
(1=not severe, 5=very severe)

1 2 3 4 5

In what ways is CTCL impacting your life?
(Check all that apply)

Social Employment Financial
 Family Physical Emotional (such as my mood)

Current management of my CTCL

How satisfied are you with your current treatment(s) for CTCL? (1=very unsatisfied, 5=very satisfied)

- ① ② ③ ④ ⑤

If you answered 1, 2, or 3 on the previous question, what is your reason(s)? (Check all that apply)

- CTCL is getting worse Side effects are bothersome
 Treatment is inconvenient Other _____

Do you think it's time to discuss a different treatment plan with your doctor?

- Yes No

If you're interested in learning about a different treatment, choose a treatment approach you would like to discuss with your doctor. (Check all that apply)

- Treatment that works only on the skin Other _____
 Treatment that works throughout the body including the skin _____

Write down any additional questions you may want to discuss with your doctor.

Current monitoring of my CTCL

Keeping your CTCL in check means checking in with your doctor regularly. Because no one can predict how, when, or if your CTCL will progress (get worse), it's important to evaluate the current monitoring of your CTCL on an ongoing basis.

To get the conversation going, here are some questions you may want to discuss with your doctor.

- How often will I have follow-up visits? _____
- What are the different ways to check my CTCL? (For example: Blood test) _____

- Why is my CTCL being checked this way? _____

- Does it give us the information we need? Yes No
- If not, is there anything additional I could be doing to track my CTCL? _____

Expanding your care

Because CTCL is a serious disease, it may be helpful to work closely with experts across different specialties. In some areas of the country, you can find treatment centers with doctors who are experienced in treating this rare cancer. You may want to talk to your doctor about a referral to a treatment center. Check out an option for finding a CTCL treatment center in your area by visiting www.cfoundation.org/treatment-centers.

InsideCTCL.com

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