



LIVING BEYOND
BREAST CANCER®

PRACTICAL CONCERNS



When to call your doctor

How you feel each day can vary greatly. Some changes are caused by everyday things like colds, pulled muscles or general tiredness. Other changes can be a sign that you should call your doctor.

I want to hear from you if:

- you feel or notice any change in your body that lasts _____ week(s) or longer
- you start to experience any of these disease- or medicine-related symptoms at any time:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

If you have chest pain or extreme shortness of breath, call 911 or go to an emergency room right away.
These can be signs of a heart attack and should be treated as an emergency.

When we talk by phone or at an appointment, I'll ask questions about what you felt, how long you felt it, and what it felt like. Use this chart to keep track of what you're feeling so we can go over it together.

WHAT I FELT	DATE	DATE	DATE	DATE	DATE	NOTES ON WHAT IT FELT LIKE



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