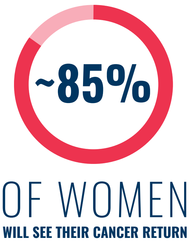
NOT ON MY WATCH
A CALL FOR CHANGE IN OVARIAN CANCER CARE

HOW TO TALK TO YOUR HEALTHCARE TEAM ABOUT MAINTENANCE THERAPY

By knowing the options available early on when discussing treatment plans with your healthcare team, like maintenance therapy, **you can make an informed choice that is right for you.**



For women with advanced ovarian cancer, the likelihood of **recurrence is very high.** Previously, the standard approach between treatments was to observe or **"watch and wait"** for a recurrence. This period can leave women and their loved ones feeling anxious and uncertain.

Maintenance therapy may offer an alternative approach to **"watching and waiting."** Thanks to advancements in treatment options, they are available for women with advanced ovarian cancer, whether or not they have the *BRCA* mutation. Maintenance therapy is available early in the course of treatment and may help **delay** the cancer from coming back.

Communication between you and your healthcare team is important.
It starts with a conversation!

BEFORE YOUR DOCTOR VISIT

- ☐ Write down questions you may have for your doctor.
- ☐ Consider if you want a family member or close friend to come with you to the appointment for support and to take notes.
  If someone will be joining you at the appointment, discuss their level of involvement so you feel comfortable going into the discussion.
- ☐ Bring this discussion guide, extra paper and a pen to write down key points from your conversation.

SUGGESTED CONVERSATION CUES

- ☐ What is maintenance therapy and how does it work?
- ☐ When should we start discussing the potential use of maintenance therapy in the course of my treatment?
- ☐ What are the potential benefits and risks of maintenance therapy?
- ☐ If we decide maintenance therapy is a right fit for me, what should I expect?
- ☐ How soon can I get started on maintenance therapy after completion of chemotherapy?
- ☐ What should I know about *BRCA* testing and genetic counseling to inform my treatment path?
- ☐ Am I still eligible for maintenance therapy if I experience a recurrence?
- ☐ What do I need to know about ongoing monitoring?

AFTER YOUR DOCTOR VISIT

Even with the best preparation, you may think of new or different questions after your appointments. Remember to write down any other thoughts and follow up with your doctor. If your healthcare team offers an online communication system, secure your login credentials in order to reach out between visits.

ABOUT *NOT ON MY WATCH*

Not on My Watch is a movement to empower women with advanced ovarian cancer and their care partners to be proactive in managing their disease. If women know the options available to them early on, like maintenance therapy, and have discussions with their healthcare teams, they can make an informed choice that is right for them.

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