



OF WOMEN
WILL SEE THEIR CANCER RETURN

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, maintenance therapy options 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.

As a care partner, you have the unique role of supporting your loved one facing advanced ovarian cancer. **Below is a checklist to help guide you in navigating important conversations and decisions related to treatment.**

BEFORE THE DOCTOR VISIT

Talk to your loved one about the goals of their next doctor's visit.

Speak with your loved one about the treatment options you know about and any outstanding questions you have.

Encourage your loved one to ask about the potential benefits and risks of maintenance therapy and download the patient resource guide, complete with questions and prompts for the appointment.

Offer to accompany your loved one to the visit, or participate in the telehealth appointment. *If you accompany your loved one, establish your level of involvement based on their needs (i.e. taking notes or actively participating in the conversation).*

If the doctor has an online communication portal, learn the system so you can help navigate it and ask additional questions in between appointments.

DURING THE DOCTOR VISIT

Based on everyone's comfort level, take notes and ask questions. During the conversation, make sure your loved one feels empowered to communicate on their own.

If participating in the discussion, we encourage you to ask about potential treatment options, such as maintenance therapy, and talk to the doctor about if it might be right for them.

Stay tuned to your loved one's needs and emotions – help assess when they may be in information overload.

Ask about treatment side effects and how you can help mitigate them.

AFTER THE DOCTOR VISIT

Take time for you and your loved one to digest all of the information gathered at the visit, and if you have follow up questions, don't hesitate to schedule a follow-up or telehealth appointment. Conducting additional research on potential treatment options, like maintenance therapy, will help your loved one make an informed choice. Lastly, an advanced ovarian cancer diagnosis is not only devastating for a loved one, but can also very difficult on you, so don't forget to take some time for yourself, too.

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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