

LET'S TALK BONE METS

DOCTOR DISCUSSION GUIDE

TALKING WITH YOUR DOCTOR

When solid tumor cancer spreads to the bone, the new tumors are called bone metastases (pronounced muh•TASS•tuh•seez)—or “bone mets.” Bone mets are especially common in breast, prostate, lung, thyroid, and kidney cancers.¹

Patients with bone mets from solid tumors are at risk for serious bone problems. Serious bone problems are defined as broken bones (fractures), a need for surgery to prevent or repair broken bones, a need for radiation treatments to the bone, or pressure on the spinal cord (spinal cord compression).²

Now that you've reviewed the resources at www.letstalkbonemets.com, it's important to talk to your doctor about a plan to protect your bones before serious bone problems happen. This discussion guide may help start the conversation.

UNDERSTANDING YOUR RISK OF BONE METS

1. Am I at increased risk of bone mets due to the type of cancer I have?
2. How will I know if I have bone mets?
3. What can happen when cancer from solid tumor spreads to the bone?

UNDERSTANDING YOUR RISK OF SERIOUS BONE PROBLEMS IF YOU HAVE BONE METS

1. Why am I at a higher risk of serious bone problems?
2. What would happen if I did suffer a serious bone problem?
3. What are my options for preventing serious bone problems caused by bone mets?

