

How to use this workbook



If you are a patient... this workbook is designed to help you talk with your health care provider(s) about your complementary and alternative medicine (CAM) use during and after your cancer care. This workbook can be used in its entirety or as individual sheets to best meet your needs and interests.

If you are a health care provider... this workbook contains several documents which can be used to help your patients keep track of their medicines, CAM use, and complementary providers. It is intended to help you talk with your patients about their goals, beliefs, symptom management, and use of CAM therapies during and after cancer care.

This workbook contains several worksheets:

- **Why I want to use CAM** encourages you to think about why you are considering using CAM therapies and what specific symptoms you wish to relieve.
- **My monthly CAM use** helps you to keep track of your CAM use over a month to get a sense of how the CAM therapies you've tried have helped manage your cancer-related symptoms.
- **My complete medicine list** allows you to organize in one place **all** of the medicines you are taking, including prescription medicines, over-the-counter drugs, herbs, dietary supplements, and vitamins.
- **Members of my health care team** provides a place to organize the contact information for everyone involved in your care, including conventional and complementary therapy providers.

Other resources included in this workbook are:

- **Understanding cancer CAM**
- **Tips for talking with your provider about CAM use**
- **Glossary**
- **Cancer CAM resources**