

# SIGNS OF HEALTH LITERACY

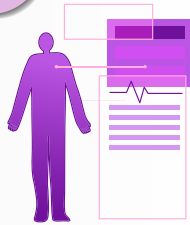
Keep in mind that, although you may consider yourself health literate, often times in stressful circumstances, as you are processing difficult news, you may not know what the right questions are to ask. You also may not have been provided with the information just yet. We all could use some guidance and we are here to provide you with tips to make sure that you are. To gauge your understanding and level of health literacy, we created the Tigerlily top 10 questions to think through.

## Tigerlily Top 10 Health Literacy Checklist

### Building a foundation of Knowledge

#### Type

I know my type of cancer and (subtype). I understand the characteristics of my type of cancer and how this affects my treatment options.



#### Cancer Stage

I know my stage (I, II, III, or IV), how aggressive the cancer is (grade), and tumor size/location(s) (if applicable).



#### Characteristics

I am informed and understand how aggressive the cancer is in my body and know how many lymph nodes are affected. I know my risk of recurrence or progression.



#### Reports

I have learned to interpret lab reports or have a “buddy” to review them with me. I feel comfortable asking questions to my medical provider about my lab reports based off my understanding of my reports.



#### Treatment Options

I know my treatment options and the clinical trials available to me. I have researched, asked questions and know it is my option to get a second opinion to make informed decisions and understand which treatment pathway is best for me at this time.



## Access to Personal Medical Records



I have created a binder, file folder or computer drive or use other strategy to organize and store all my medical information, research, notes and treatment journey. Sections such as: questions to ask my medical team, clinical trials, insurance forms, printing out of medication forms and highlight side effects so I can review with my team so they can adjust/monitor my treatment plan.

## Capturing Important Medical Discussions

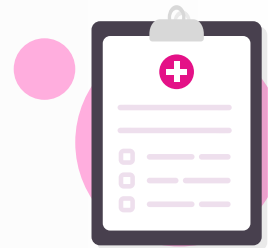


I empower myself by capturing important medical information at appointments by bringing a “buddy” to take notes or by recording appointments.

Suggestions of this can be using your smart phone and recording appointments so you can play it back as needed to better process the information.

## Glossary of Terms

I Have created or know where to access a glossary of terms for new words and medical terms. I understand these definitions and can reference them when reviewing medical information.



## Questions are Key to Understanding

I ask questions. As a part of my health literacy, I take a thoughtful approach to the questions I have and the support that I need in my cancer journey. Beyond my medical team there may be a nurse navigator, social worker, secretary, support group or resource center that I can look for support and guidance on my questions.



## Advocacy- Support-Community

I am not alone. Not everyone has family and friends who can be your support system or caregiver. We all have access to community and can become an advocate where we will gain insights, learn from others and be able to connect and get involved in not only our health literacy but the health literacy of others.



# Knowledge is Power