



NCI Prognosis Video Series Viewer Guide for Patients and Their Families

Have you or a loved one been diagnosed with cancer? If so, you may have questions about *prognosis*, which is the likely course or outcome of the disease. The National Cancer Institute (NCI), with help from the Fred Hutchinson Cancer Research Center, has produced the NCI Prognosis Video Series to help cancer patients and their health care providers talk about prognosis. The videos can be found along with other patient-friendly materials about prognosis on the NCI website at www.cancer.gov/prognosis.

By watching the videos, we hope you will

- understand what prognosis is
- gain insight from common questions and feelings that others have about prognosis
- learn how to talk with your doctor in a way that meets your needs

Key points from the videos

- Tell your doctor exactly what you'd like know. Do you want details? Just the big picture? Something in between? It's okay if what you want to know changes over time.
- You can ask your doctor what to expect without discussing survival statistics. But if you'd like to know the statistics, ask to have them explained to you.
- Prognosis statistics may help you plan, but they can't predict what will happen to you as an individual.
- Don't hesitate to find a doctor who can answer the questions that matter most to *you*. Honest talks with your doctor are important for your well-being.
- It's okay to feel afraid, angry, or sad when talking about your prognosis.
- You can hope for the best *and* be informed in order to make good choices for yourself and your loved ones.

The series of five videos includes

- **Understanding Your Cancer Prognosis** (6:48 min): The main video features three patients and their oncologist, Anthony L. Back, M.D., and illustrates key points about prognosis and ways to think and talk about it.
- Three videos that offer thoughts from patients about prognosis. (Best viewed after watching the main video.)
 - **One Couple's Creative Response** (3:51 min): A husband and wife differ in what they each want to know about her cancer prognosis.
 - **Diving Out of the Dark** (4:16 min): A cancer patient is frustrated at first by not getting the prognosis information he seeks.
 - **From Anger to Acceptance** (3:54): A long-term survivor wants to know only what helps her to live each day to the fullest.
- **For Doctors: A Patient-Centered Approach** (4:12 min): Tips for health care providers on how to discuss prognosis with patients and families.