



Lifestyle Changes

If you are concerned about how your lifestyle will change as you go through treatment, here are some questions to help you start a discussion with your doctor.

1. How will treatment affect my daily activities and quality of life?
2. How does treatment affect my sleep?
3. Should I quit smoking or avoid alcohol during my treatment, and for how long?
4. What signs should I look for that indicate I need to adjust my lifestyle?

Exercise and activity

5. What type of exercise is safe and beneficial during my treatment?
6. How can I incorporate physical activity into my daily routine without overexerting myself?