



FOR THE PEOPLE WHO LOVE HER

The Family Conversation Guide

Cancer begins in a woman's body, but it moves through everyone who loves her. You do not need to be a doctor to help. You need to know the signs, and be willing to start the conversation.

1 Start with the sign that matters most

Any bleeding after menopause is never normal. If she ever mentions it, do not wait. Gently encourage her to get evaluated.

2 How to bring it up

Keep it caring, not alarming. Try: "That sounds worth getting checked, can I help you make the appointment?" or "I read that any bleeding after menopause should be looked at. Have you told your doctor?"

3 Show up with her

Offer to go along. Take notes. Ask the questions together. Our "Questions to Ask Your Doctor" guide is a good place to start.

The people too often left out of women's health can become its fiercest advocates.