



# CTCL

## Doctor discussion guide

### Before your visit

Cutaneous T-cell lymphoma (CTCL) is a cancer that can get better, stabilize, or progress (worsen), so it's important to keep track of any symptoms that you or your loved one may experience. This guide can help you and your care team monitor any changes or ongoing issues with your CTCL. Tap or click to type in each field, or print this page and fill it out by hand to bring it to your next doctor visit.

Type or write "Y" or "N" in the appropriate box below for any body area that is affected. For tips on taking clear photos, see pages 5 and 6.

		Bothersome area	Took photo	Measured	
Front	Face/head	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Neck	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Back of ears/neck
	Upper arms/shoulders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Torso (front)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Back of arms/shoulders
	Lower arms/hands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Back/buttocks
	Legs/feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Back of forearms/palms
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Back of legs/heels



## Before your visit (continued)

---

### In the areas that bother you the most, how itchy is your skin?

(1=not itchy, 5=very itchy)

1     2     3     4     5

### In the areas that bother you the most, how painful does your skin feel?

(1=not painful, 5=very painful)

1     2     3     4     5

### In what ways does CTCL impact your life? (Check all that apply.)

- Social                       Employment                       Physical  
 Family                       Financial                       Emotional (such as mood)

### Briefly explain how CTCL impacts your life.

---

---

---

### What medications are you currently taking? (It would be helpful to include all medications and supplements you are taking, not just those for CTCL.)

---

---

---

### How satisfied are you with your current treatment plan for CTCL?

(1=not satisfied, 5=very satisfied)

1     2     3     4     5

### If you answered 1, 2, or 3 to the previous question, what is (are) your reason(s)?

(Check all that apply.)

- Symptoms are worsening                       Treatment is inconvenient  
 Side effects are bothersome                       Other \_\_\_\_\_



## During your visit

---

Your doctor visit may be brief, so using your time efficiently is important. Be sure to speak up so that your doctor can truly understand your needs.

Below are some questions to consider asking at your next doctor visit.

**How could my other non-CTCL medications affect my CTCL or my treatment plan?**

---

---

---

**How often will I have follow-up visits? Do you have an electronic system or mobile app to help me track my appointments and results?**

---

---

---

**What else can I be doing to track and monitor my CTCL?**

---

---

---

**When might I see a response from my current CTCL treatment? How will I know if my treatment is working?**

---

---

---

**What other treatment options are available?**

---

---

**Will other parts of my body be impacted and if so how will I know?**

---

---

**What symptoms should I be monitoring?**

---

---

**How can I change my lifestyle to make any of my symptoms less severe?**

---

---

**Type or write in any additional questions you would like to discuss with your doctor.**

---

---

---

**Type or write in the names and contact information of the members of your care team.**

Oncologist: \_\_\_\_\_ Phone: \_\_\_\_\_

Dermatologist: \_\_\_\_\_ Phone: \_\_\_\_\_

Nurse/NP/PA: \_\_\_\_\_ Phone: \_\_\_\_\_

Infusion Nurse: \_\_\_\_\_ Phone: \_\_\_\_\_

Billing Manager: \_\_\_\_\_ Phone: \_\_\_\_\_

Other: \_\_\_\_\_ Phone: \_\_\_\_\_

Other: \_\_\_\_\_ Phone: \_\_\_\_\_

NP=Nurse Practitioner; PA=Physician Assistant.



## Photo and measurement guide

---

### Tips for taking clear and consistent photos

Patches, plaques, and tumors on the skin might grow very slowly. Use these tips to identify and track changes.



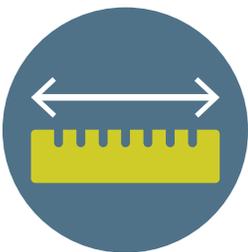
**Ask for help** taking photos if your plaque, patch, or tumor is in a hard-to-see area

- **A selfie stick or your camera's self-timer** can also help



**Use bright lighting** and try to avoid any shadows on the area of skin you are photographing

- **Go near a window** or bright light, but avoid direct sunlight. Make sure the window or light is in front of you, not behind
- **Your camera's flash or a flashlight** can also help, but don't "wash out" your photo with too much bright light



**Include a ruler or tape measure** in the picture. Hold it still next to your plaque, patch, or tumor so that one edge is exactly against the 1-inch or 1-centimeter line

- Do this the same way every time to make any change in size easy to track over time



**Do not use any camera filters.** Your doctor needs to see things as they truly are. If any filters are on by default, turn them off



## Photo and measurement guide (continued)

---



**Take a separate wide shot.** In addition to your close-up, take a picture further away to show where on your body the plaque, patch, or tumor occurs



**Take a side view angle** if the plaque or tumor is raised so your doctor can see how much it sticks up

### How often to take photos and how to share them

- **Take photos at regular intervals**, such as weekly or monthly
- **Save photos to a separate, dedicated album on your phone** that you can share with your doctor during your visit
- **If you prefer to print your photos**, use the same website or service to keep colors and quality consistent



© 2024 Kyowa Kirin, Inc. All rights reserved.  
510 Carnegie Center Dr, Suite 600, Princeton, NJ 08540 USA  
COMM-US-ONC-0098 October 2024