

Patients and doctors can work together to move the “elephant” out of the examining room and make sure that everyone involved can have these important conversations **now**.

**This is how to start. You can ask your doctor:**

- Do I have a serious or life-limiting illness?
- Can my illness be cured?
- If my illness can't be cured, are there treatments that can slow it down?
- What kind of care is available to focus on making me comfortable?
- If my illness keeps getting worse, when is it a good time to think about getting comfort focused care?
- Will you be the one to tell me when to contact hospice?
- Will you stay involved with my care even when I am no longer looking for treatment for my disease?

If you have a serious illness, you need to have a talk with your doctor to identify your hopes and goals in dealing with your illness. Then you and your doctor can talk about treatment options and decide on the best choice for you.

[www.stratishealth.org](http://www.stratishealth.org)

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