



Tips for Caring for You & Your Loved One



Being a caregiver can mean many different things. What is involved depends on where the person you're caring for is in their treatment journey and how they are feeling physically and emotionally. Below is a checklist to help navigate important conversations and decisions before, during, and after doctor visits. It also includes helpful tips on how you can take care of yourself during this time.

Navigating Important Discussions



Before Your Loved One's Healthcare Visit

- ☐ Talk to your loved one about the goals for their next doctor's visit.
- ☐ Encourage your loved one to speak to their healthcare team at their appointment to refresh their memory about their family history and genetic and biomarker testing.
- ☐ Offer to accompany your loved one to their healthcare visit.
**Before you go, agree on your level of involvement based on their needs (i.e., quietly taking notes or actively participating in the conversation).*
- ☐ If the doctor has an online communication portal, ask your loved one if they'd like you to learn the system so you can help navigate it and ask additional questions in between appointments.



During Your Loved One's Healthcare Visit

- ☐ Based on everyone's comfort level, take notes and ask questions. See the Our Way Forward Endometrial and/or Ovarian Cancer Patient Discussion Guides for recommended questions to ask.
- ☐ Encourage your loved one to ask about available treatment options and possible side effects.
- ☐ Ask your loved one how you can support them.
- ☐ Stay in tune to your loved one's needs and emotions — help assess when they may be overwhelmed and encourage them to ask any questions of their healthcare team.



After Your Loved One's Healthcare Visit

- ☐ Take time for you and your loved one to digest all the information gathered at the visit, and if there are additional questions for the healthcare professionals, don't hesitate to schedule a follow-up appointment.
- ☐ Let your loved one know you're there to support them as they and their healthcare team decide what treatment option is best for them.



Caring for You

Being a caregiver often involves more than simply attending appointments. There is so much that can go into being a caregiver, and often caregivers are still managing their own responsibilities in addition to those of their loved ones. As a caregiver, it's just as important to take care of yourself and recognize when you need support. Below are some ways you can take care of you.

The below list may give you some ideas for taking care of yourself:



Accept your feelings

Give yourself permission to feel a full range of emotions.



Stay active

Participate in physical and recreational activities. Even a brisk 10-minute walk in nature could help improve your mood.



Take a break

Schedule regular breaks and take some time out for yourself.



Make a plan

Write down your self-care goals and take steps towards achieving them.



Pursue professional support

Find a therapist who is trained to help.



Talk to someone

Share your feelings with loved ones or join a support group.



Recognizing Caregiver Burnout

While being a caregiver can be rewarding, it's normal for a caregiver to feel overwhelmed at times. Many caregivers experience stress related to their role. Caregiver burnout—a state of exhaustion that can be physical, emotional, and mental, and happens when a person is taking care of someone else—can be easy to miss.

Keep an eye out for:

- Changes in sleep, such as sleeping too much or too little
- Feeling worried or overwhelmed constantly
- Changes in eating habits and/or weight
- Losing interest in activities that used to bring joy
- Feeling sad or depressed regularly
- Delaying personal health needs

If you believe you have caregiver burnout, speak to a healthcare professional.



For More Support, Visit:

American Cancer Society

cancer.org

Cancer Care

cancercare.org

Cancer Support Community

cancersupportcommunity.org

Endometrial Cancer Action Network for
African-Americans

ecanawomen.org

FORCE – Facing Our Risk of Cancer
Empowered

facingourrisk.org

Foundation for Women's Cancer

foundationforwomenscancer.org

National Ovarian Cancer Coalition

ovarian.org

Ovarian Cancer Research Alliance

ocrahope.org

Project Nana

projectnana.org

SHARE Cancer Support

sharecancersupport.org

Unite for Her

uniteforher.org

About Our Way Forward



Our Way Forward is a call-to-action that encourages people living with gynecologic cancers, such as ovarian and endometrial cancer, their loved ones and healthcare providers to rethink how they talk about these cancers. The program provides ways to learn from each other's cancer experiences and to help navigate the physical and emotional challenges that these diseases bring. For more information, visit ourwayforward.com, and follow us on Instagram (@[ourwayforward.gsk](https://www.instagram.com/ourwayforward.gsk)) and Facebook (@[OurWayForward.GSK](https://www.facebook.com/OurWayForward.GSK)).

Trademarks are owned by or licensed to the GSK group of companies.



This material is funded and developed by GSK and intended for US residents only.
©2025 GSK or licensor.
NPUS-ECUCOCO240009 March 2025
Produced in USA.