

Be the Choice: Guide to **SELF-ADVOCACY**

- 1** Know your cancer.
- 2** Bring a buddy.
- 3** Binder-it, seriously.
- 4** Do your research.
- 5** Find your people.
- 6** Choose your medical team carefully.
- 7** Understand medical sub-specializations.
- 8** Know your doctor.
- 9** Self-care, seriously.