**Hormone Therapy: Managing side effects and looking after yourself**

1. **Preparing for side effects**

Which side effects or longer-term effects of hormone therapy are you most concerned about?

1. **Tips and strategies**

What tips and strategies have you learned so far that could help to manage any side effects?

What sort of planning / preparation could you do before implementing these strategies, to give them the best chance of success?

1. **Lifestyle changes**What lifestyle changes do you plan to make, to help combat any longer-term effects of hormone therapy?

What sort of planning / preparation could you do before implementing these changes, to give them the best chance of success?

1. **Sources of support**Who around you could support with introducing new strategies or lifestyle changes?

In what ways could they help you?

1. **Ask questions**Make a list of any questions that you'd like to ask your healthcare team about side effects, strategies and lifestyle changes. (We've included some example questions below.)
* What are the most common side effects of the type of hormone therapy I'm considering?
* What strategies are recommended to manage these side effects?
* Are there specific dietary changes I should make?
* Are there resources for emotional or psychological support during treatment (e.g. counselling or support groups)?
* Are there any other medications I should avoid while on hormone therapy?