1. What are two of the causes of delayed diagnosis?  
[https://www.15-40.org/start-the-conversation/know-your-role/](https://www.15-40.org/start-the-conversation/know-your-role/) (near bottom of page)  
- Not knowing what a cancer symptom looks or feels like  
- Ignoring or explaining away the symptoms – “I’m sure it’s nothing”  
- Doctors hesitating or not considering cancer diagnosis when a young (otherwise healthy) patient has vague symptoms like fatigue, a rash, persistent changes in bathroom habits, etc.  
- Young people feeling invincible – “it can’t happen to me”  
- Not being honest and sharing all health changes with your doctor  
- Feeling intimidated to challenge or push a doctor if they don’t agree with the diagnosis or course of treatment

2. What are some examples of things to pay attention to for Step 1: Remember What Great Feels Like?  
[https://www.15-40.org/3-steps-to-early-detection/remember-your-great/](https://www.15-40.org/3-steps-to-early-detection/remember-your-great/)  
- Your typical energy level  
- Sleep patterns  
- Weight  
- Motor control and reflexes  
- Bowel habits  
- Skin  
- Lumps or bumps  
- Pain or discomfort level

3. Fill in the blank and explain the rule: Two ______ Rule  
[https://www.15-40.org/3-steps-to-early-detection/2-week-rule/](https://www.15-40.org/3-steps-to-early-detection/2-week-rule/)  
Two WEEK Rule: Know when to call your doctor by using the 2-week rule: If you notice a subtle change in your normal health that lasts 2 weeks or more, it’s time to call your doctor and learn what is causing the change.

4. Describe two pieces of advice given for Sharing with your Doctor:  
- Be honest about all of your health changes – the more you share, the clearer picture your doctor can get on what is going on with your health. It can help if you make a list of all the health changes or items you want to discuss. This will prepare you and be sure you don’t miss any detail (big or small).  
- Trust your gut – when you visit your doctor, if he or she dismisses your concerns with comments like: “you’re too young,” “you’re just over-training/working out too hard,” or “it’s all in your head,” and your instincts tell you this is not true, tell your doctor why you don’t agree and ask for help in determining the reason for your health change. If your concerns are still not taken seriously, you should get a second opinion.  
- Stay on top of things – often you will get a diagnosis and treatment plan but be sure to ask your doctor how long it should take before you start to feel better. If that time passes and you don’t feel better, call your doctor and ask what you should do next. This will continue to help the doctor understand your health changes and what might be missing. Be an advocate for you and your health. This might be the difference that helps you survive cancer.