Questions for your Doctor

Understanding your TGCT

- ☐ Do I have *localized* or *diffuse* TGCT?
- ☐ How is the subtype of TGCT determined?
- ☐ What should I expect with my subtype of TGCT?
- ☐ What is the typical prognosis for *localized* versus *diffuse* TGCT?
- ☐ How many patients with this subtype of TGCT do you treat?
- ☐ Do symptoms differ between localized and diffuse TGCT?
- ☐ If my TGCT is removed, what are the chances it will come back?
- ☐ Are there any known risk factors for developing TGCT or experiencing a recurrence?

Diagnosing TGCT

- ☐ Is a needle biopsy possible or recommended?
- ☐ Is my MRI sufficient to confirm a diagnosis of TGCT?
- ☐ What other conditions can look similar to TGCT and cause similar symptoms?

Treating your TGCT

- ☐ Which healthcare professionals should be involved in my care?
- ☐ Should my case be reviewed by a multidisciplinary team?
- ☐ When does TGCT require treatment, and when can it be monitored?
- ☐ In what interval should my TGCT be monitored?

Surgery

- ☐ How do I know when it is time to consider surgery?
- ☐ If my symptoms are manageable, is surgery necessary?
- ☐ When is surgery not recommended or unlikely to provide benefit?
- ☐ What are the potential benefits and risks of surgery?
- ☐ Can I expect surgery to relieve my symptoms?
- ☐ What symptoms or limitations are common during recovery, such as pain, stiffness, or reduced range of motion and for how long can these symptoms persist?
- ☐ What surgical approaches/techniques are available, and which is best for my situation?
- ☐ Is there evidence that one surgical technique leads to better outcomes?
- ☐ Is there a risk of spreading TGCT within the joint during surgery, such as when using a shaver?
- ☐ What should I expect during recovery and follow-up care?
- ☐ Is it beneficial to remove only part of the TGCT, or should the goal be complete removal?
- ☐ Am I a candidate for joint replacement?
- ☐ Does joint replacement treat TGCT itself or only the joint damage it has caused?

Questions for your Doctor

Drug (Systemic) Therapies

- [ ] How do I decide whether to start drug treatment, and when?
- [ ] What are the potential benefits and risks of available drug treatments?
- [ ] Is there a treatment that is standard of care where I live?
- [ ] What side effects are associated with each drug treatment?
- [ ] Can these treatments affect fertility, and should I consider fertility preservation?
- [ ] Are there precautions I should take such as avoiding pregnancy?
- [ ] How should I take this drug (for example, with or without food, in the morning or evening)?
- [ ] Could any of my current medications interact with these treatments?
- [ ] Is there anything I can do to improve the effectiveness of treatment or manage side effects?
- [ ] If I am experiencing side effects, would a dose reduction reduce these?
- [ ] What are other ways of managing common side effects?
- [ ] How will we know whether the drug treatment is working?
- [ ] What improvements in symptoms or daily activities should I look for?
- [ ] Is it possible to take treatment breaks or "drug holidays"?
- [ ] If I stop treatment, what is the likelihood that my symptoms or TGCT will return?
- [ ] If one medication does not work, can I switch to another treatment?
- [ ] Are there any clinical trials available for me?
- [ ] Why might I consider joining a clinical trial instead of using an approved treatment?

Living with your TGCT

- [ ] Can I continue to exercise? Are there activities I should avoid?
- [ ] Is physical therapy beneficial, whether or not I have surgery?
- [ ] Can stress affect my symptoms or quality of life?
- [ ] What are the best options for managing pain?
- [ ] Would a referral to pain management or rehabilitation be helpful?
- [ ] Does draining (aspirating) joint fluid help relieve symptoms?
- [ ] Is there anything I can do to reduce the risk of recurrence or improve long-term outcomes?
- [ ] Are there any supplements or herbals that may improve symptoms?