DAS KWORT

Roche



My AI guide for cancer

Navigate everyday life with confidence, feel safer in managing your condition, and be well prepared for conversations with your healthcare provider.

My AI guide for cancer

Navigate everyday life with confidence, feel safer in managing your condition, and be well prepared for conversations with your healthcare provider.

What the icons mean:

 Critically important **information**

 Useful **tips**

 **Screenshot** of a use case

 **Page reference**

 **Social media**

 **Read more here**





Would you like to read the **digital version of the Prompt Guide**? Simply **scan the QR code** and access the guide at www.daskwort.de.

Contents

06 Welcome

Section 1: Understanding AI chatbots

09 What are AI chatbots?
12 What can AI chatbots do, and what can they not do?
13 Data protection and security

Section 2: The art of questioning – prompting made easy

19 What is a prompt?
21 Tips and actual use cases for good prompts
24 For advanced users: why do AI responses vary?
26 Mini checklist before you click submit

Section 3: Practical prompts for cancer

30 Basic explanations
34 Understanding doctor's letters and preparing for doctor's appointments
43 Daily life and support
48 Staying informed going forward

Section 4: Conclusion & your next steps

53 Summary

What to expect from your AI guide

Dear reader,

This AI guide has been specifically designed for people with cancer – for patients and the relatives who support them.

It's important to point out that, even though many example prompts are worded in the first person ("I have..."), they are just as relevant to the people who support a person with cancer in everyday life – including partners and family members.

Cancer raises many questions in everyday life and in medical care: what is my specific diagnosis? How do I explain it to relatives? What therapy options do I have? What are the possible side effects?

Artificial intelligence (AI) can help you with this. It helps **summarize information, translate medical jargon into understandable words, or to prepare yourself for doctor's appointments in a structured way.**

This guide shows you how to use AI safely and effectively. It explains clearly how this technology works, what you should be aware of, and how it can help you in your everyday life. Many people find it helpful to use AI as a kind of "sparring partner": to organize their thoughts, finetune their questions and establish a dialog, particularly when they feel uncertain or want to prepare for an upcoming conversation.

This way, AI can accompany you in your daily life with cancer, and can help you to find answers and to better understand next steps. You will find many practical examples on topics such as:

- **Structured preparation for speaking with your doctor**
- **Explanations of cancer that are easy for family members to understand**
- **Everyday life, safety and organization**

Our goal is **to empower you and to make discussions with your treatment team more productive.** The more clearly you articulate your questions and needs, the easier it will be to make good decisions together. This guide will give you step-by-step support in using AI as a helpful tool, regardless of whether you are just getting started or already have some experience. Your guide is **deliberately designed to be practical** – simply try out the examples and adjust them to your individual situation.

If you like, share your experiences with us on Instagram **@daskwort,** Facebook**@ dasKWort**and YouTube **@daskwort5522.**

We wish you much joy in exploring these tools and all the best!

Important: AI does not replace professional medical advice. It is a tool to give you confidence and guidance – any medical decisions must be made in consultation with your treatment team. Protect your data during use: **Formulate questions anonymously without using personal information such as your name or address.**


AI

Section 1

Understanding AI chatbots

Artificial intelligence (AI) refers to systems that can take on tasks that usually require human thinking or action. These include understanding texts, answering questions, recognizing patterns and making predictions.

One particular form of AI is **large language models** (or ***LLMs*** for **short**). These models are designed to work with language. They have been "trained" on vast amounts of text and images, learning which words are likely to follow each other in certain contexts. This enables them to respond in natural everyday language and have **seemingly "human" conversations.**

LLMs are particularly helpful when it comes to preparing information in a quick, easily understandable manner. They can answer questions, translate texts, create summaries or filter data from images and tables, for example. However, they reach their limits when it comes to accurate and fact-based answers. Because they are only able to draw on their training data, they can **occasionally provide inaccurate or fictitious ("hallucinated") information**.

AI chatbots like ChatGPT are based on such language models. They are particularly effective when combined with **search engines**. While the LLM does the linguistic part – understanding and phrasing texts – the search engine delivers up-to-date, verifiable information. This connection creates a particularly powerful combination: the chatbot can communicate while simultaneously providing fact-based answers with up-to-date data. This is what AI chatbots like ChatGPT, Google Gemini, Microsoft Copilot, Anthropic's Claude, and Perplexity do.

How do I ask ChatGPT a question?



Did you know? How do I access ChatGPT?
You can open and use ChatGPT in your web browser (chatgpt.com) or as an app (iOS/ Android).

This guide focuses on **ChatGPT** because it currently dominates the AI chatbot market and makes fact-checking easy by including sources with its answers. (Most recent data: December 2025, StatCounter Global Stats)

Simplified query flow in ChatGPT:

1. Using an LLM, a search request to a search engine is generated based on an individual request (**prompt**), e.g. “Explain cancer to me in plain language. Answer in no more than 6 sentences.”
2. The search engine provides the results, and the LLM uses those to formulate a response citing the sources.



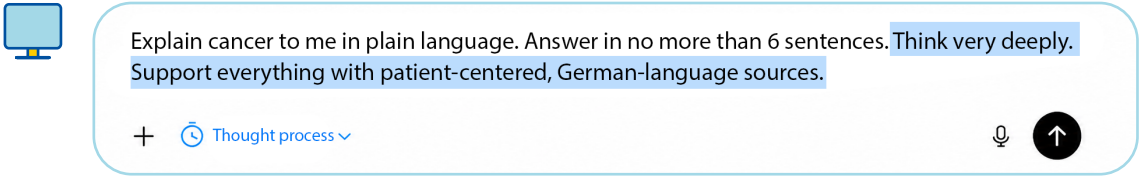
Did you know? This response process (= the LLM formulates a response based on the search results) can lead to **hallucinations**. This means that a statement from the LLM may sound true but is actually false (and not in the cited sources either).



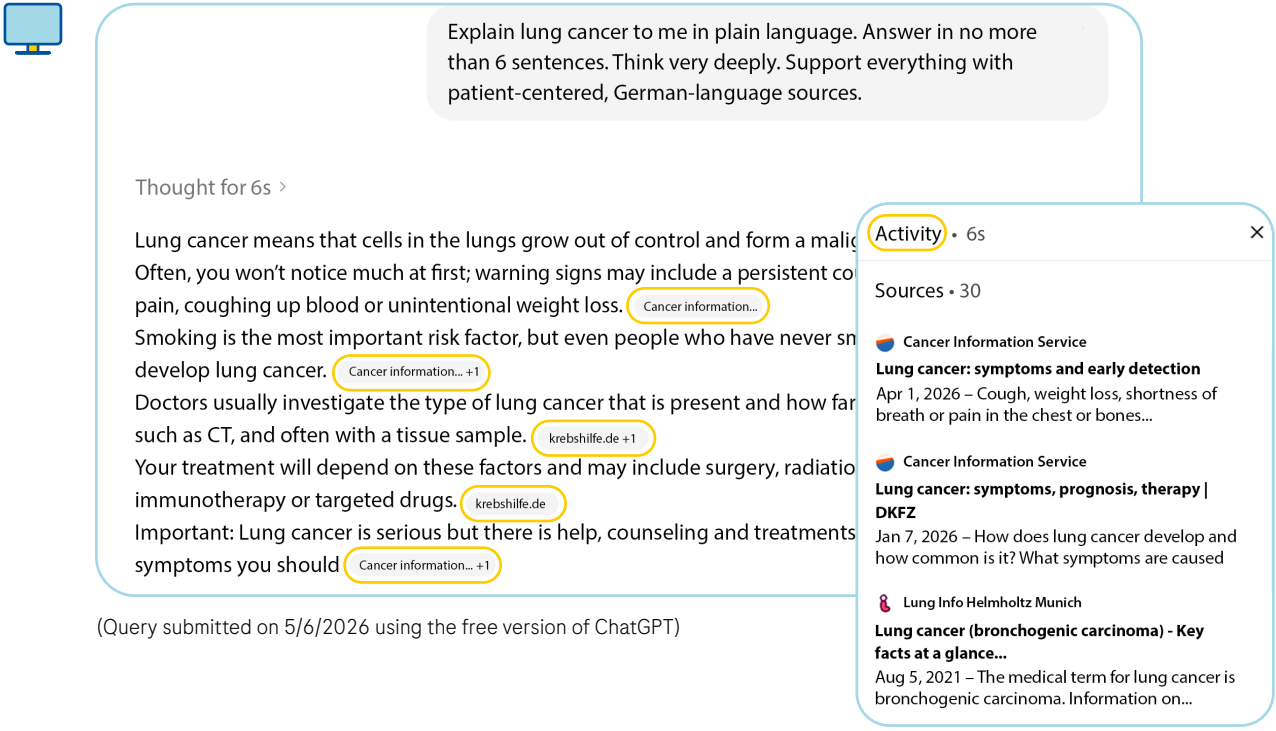
It is important that LLM statements are checked against the cited sources because hallucinations are common with AI.

Here is an example in ChatGPT:

1. A query in ChatGPT asking it to use the search engine and to think more deeply:



2. Answer provided with **source references**; thinking is visible under “Activity”:



(Query submitted on 5/6/2026 using the free version of ChatGPT)

What can AI chatbots do, and what can they not do?

As AI chatbots can make things up and make them sound plausible (hallucinate), it is important to check these statements yourself or with the help of a specialist.



Strengths

- Translate doctor's letters into plain language.
- Create symptom checklists or lists of questions to take to doctor's appointments.
- Provide tips for daily living (e.g., recipes, memory training, structural aids).
- Summarize technical texts.



Limits

- AI cannot make diagnoses.
- AI cannot make a therapy decision.
- Sometimes they "hallucinate" (make up incorrect information that sounds plausible or credible).



Important: AI chatbots are tools. You will make all medical decisions together with your treatment team. The more specific the task you set and provide important details, the better the AI chatbot can respond.

Data protection and security

Tips for using AI chatbots safely

1. Remain anonymous

- Do not enter any personal information (e.g. name, address, date of birth).
- Anonymize doctor's letters (you can find an example of this in *Section 3, page 35*).



Example:

- **Avoid:** "Explain the doctor's letter from Dr. Müller, University Hospital XY, for Anna Meier ..."
- **Better:** "Explain this doctor's letter to me: [content without names]."



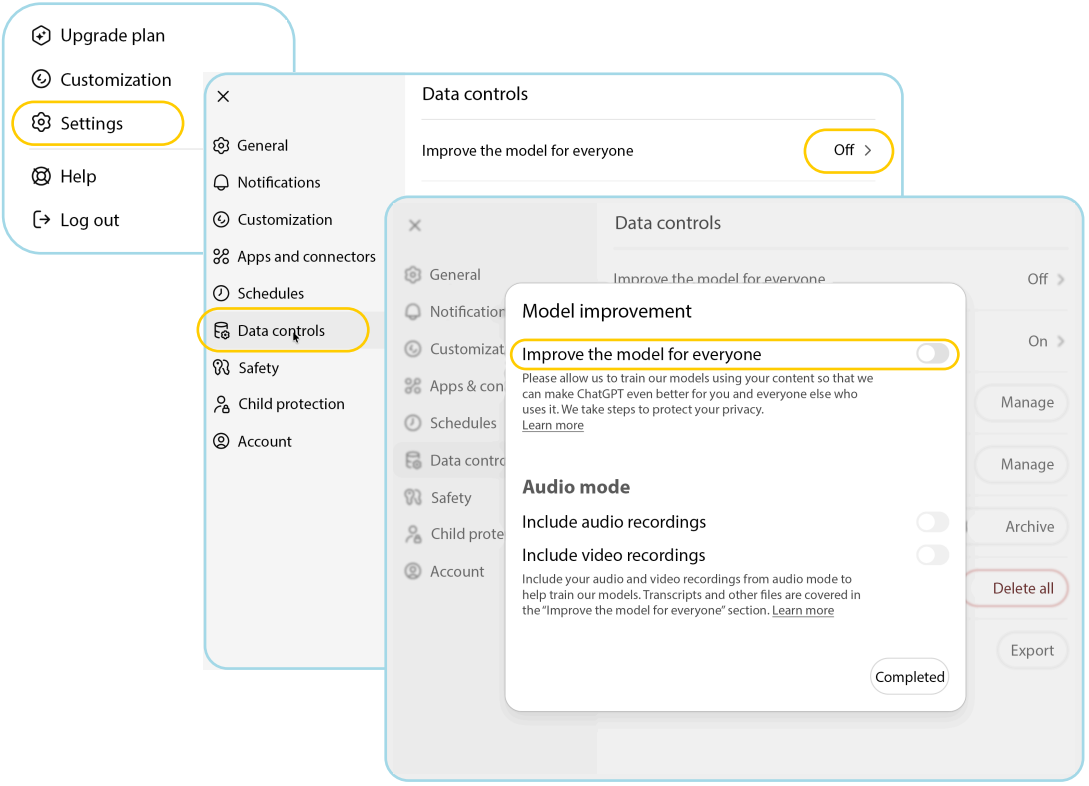
Important: Never give personal information to an AI chatbot. Certain anonymized context information, such as "I am female in my 20s," can help AI chatbots respond more appropriately to your individual life situation. However, with anonymized texts and a critical review of the answers, you can use them safely and effectively.



Important: When using AI chatbots, keep in mind that free variants often provide limited functionality, and often provide less reliable or more superficial results for challenging questions or research.

For ChatGPT: **Disable the use of the data for training purposes**

Did you know? In ChatGPT, you can ensure that the data will not be used for training purposes: “Improve the model for everyone” must be set to “Off” in the settings under “Data Controls”: You can ask the AI chatbot you are using where you need to adjust the settings so that your data is not used for training purposes.



2. Check answers critically

- Always compare with trusted sources (e.g. guidelines, treatment team).

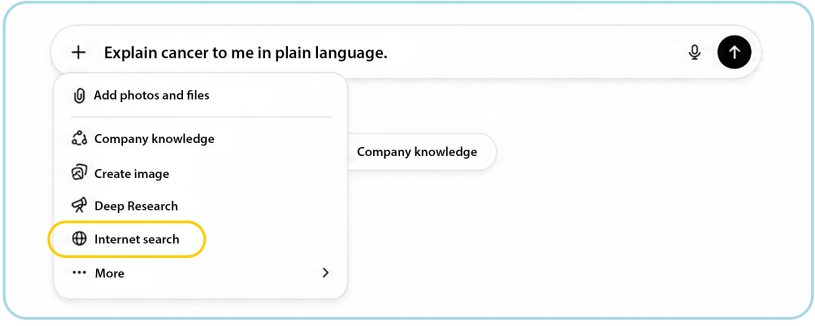
Important: Just because a source is mentioned in the response and contains correct information does not automatically mean that the LLM has reproduced this information correctly or completely.

This means:

- You should also check sources yourself and compare the content against official, reliable information.
- Always consult a healthcare professional or your treatment team if you are in doubt about medical or health-related topics.

3. Request sources

- Write in the prompt:
  - Please provide studies or guidelines.
  - Research and cite sources when necessary.
- Activate Internet search in ChatGPT:



4. Reduce hallucinations

- AI can sometimes make things up that sound convincing ("hallucinations").
- You can reduce the risk by writing the following in your question (prompt):
  - "If you're unsure, tell me."
  - "Please only give me scientifically proven information and indicate if you do not know something or are unsure about it."

Example:

- **Avoid:** "Which is the best therapy for me?"
- **Better:** "According to the guidelines, which therapy options are available? Tell me if you're unsure."



Did you know?

How patients can recognize hallucinations

- **Missing information about sources:** Caution is advised when the system does not provide clear, verifiable sources (e.g. medical guidelines, studies, manufacturer information). A source reference does not guarantee that the answer is correct, but it does allow the answers to be fact checked.
- **Incorrect medical terminology:** If terms are used inconsistently, inappropriately or are outdated, this is a warning sign.
- **No option to ask follow-up questions or request explanations:** LLMs should allow users to ask for the reasons or evidence underlying any statement: "How does the system arrive at this recommendation?"



Important: There is always a risk that non-experts will not be able to recognize hallucinations. Therefore, AI responses on **important topics should always be reviewed with the treatment team** and be considered more of a starting point for further ideas.

5. Not a substitute for medical consultations

AI can provide support but can never replace actual medical advice! Therefore, use the answers as preparation and always bring up any remaining questions during conversations with your treatment team.

Conclusion:

AI chatbots are digital helpers that can explain and structure texts, and provide tips for everyday life. They differ from provider to provider (e.g. ChatGPT, Gemini, Claude, Copilot) and have clear strengths, but also limitations: **they are no substitute for professional diagnosis and treatment decisions.**

Chatbots vary by provider in terms of functionality, data protection and response style; for medical questions, reliable sources and consultation with your treatment team are crucial.

Also, AI is constantly evolving. If an answer was unclear in the past, it may be better today – **but it should still always be checked with a critical eye.**



Section 2

The art of questioning

What is a prompt?

A **prompt** is what you enter into the AI – your question or task that you can formulate **in writing or as a spoken command**. Good prompts deliver **more precise and more useful responses** (see *Section 1* for details on LLMs).

To support a prompt in text form, you can upload other relevant information such as images or documents.

Examples of prompts:

- "Explain this (anonymized) doctor's letter to me in plain language. Answer in 5 short points."
- "Give me 7 short questions as bullet points to help me prepare for my next appointment with my oncologist, based on my observations since my last appointment."
- "Summarize this technical text so that an 8-year-old can understand it."

Simply put:

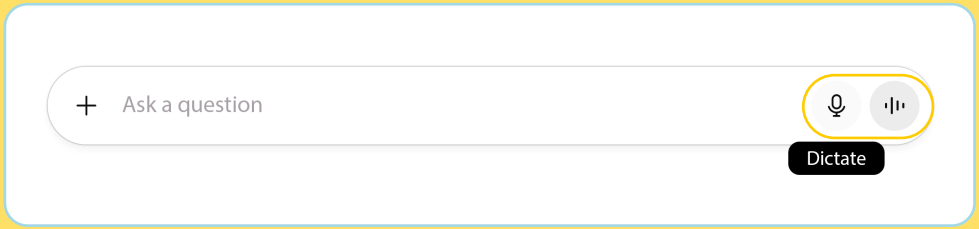
- You ask a question (prompt).
- The AI chatbot responds in plain language.

Did you know?

Voice input

If you find it difficult to type, you can **use AI with voice commands**. Here's how that works with **ChatGPT**:

- In the mobile app (iOS/Android) or on your laptop, there is a microphone icon at the bottom of the text entry field.
- Tap, talk, submit, done.



Tips for good prompts

Keeping these 6 points in mind will drastically improve the quality of the results.

1. Ask clear and precise questions: Say exactly what you need.

- **Avoid:** "Explain cancer."
- **Better:** "Explain briefly and in everyday language what cancer is, why there are many different types of cancer and what effects the disease and therapy can have in everyday life. Answer in a way that someone without medical knowledge can understand. Back up key statements with reputable sources, e.g. www.daskwort.de."

2. Provide context: Say **who** or **what** the answer is for.

- "Translate this doctor's letter into everyday language for someone who does not have medical knowledge."
- "Explain the following section in Turkish."

3. Set the structure & format: Say **what** the answer should look like.

- "Answer in the form of a checklist with a maximum of 6 items."
- "Create a table with three columns: 'Term,' 'Meaning', 'Questions for the appointment'."

4. State your purpose: Say **what** you need the result for.

- "Give me a short, understandable overview of current treatment options for cancer and accompanying steps to take in everyday life so that I can prepare for a discussion with the treatment team."

5. Set the style & tone: Say **how** it should sound.

- "Formal, objective, neutral patient information."
- "Very simple, so that relatives can understand it without prior knowledge."

6. Check answers critically! AI does **not** replace medical expertise. Read critically, ask follow-up questions, write down any remaining points for your next medical consultation.

Specific use cases

1. Understanding doctor's letters

- **Avoid:** "Explain my doctor's letter."
- **Better:** "I'm a 28-year-old man with lung cancer and am currently receiving therapy XY. Explain this (anonymized) doctor's letter to me in plain language. Break it down into: 1) Findings, 2) What does this mean?, 3) What should I ask at my next appointment? Maximum of 8 bullet points. Clearly flag anything you are not certain of. Think very deeply. Support everything with reputable sources."

2. Preparing for a doctor's appointment

- **Avoid:** "What questions should I ask?"
- **Better:** "I have breast cancer and will soon have a check-up. Objective: To review my current therapy and side effects. Create 10 specific questions on: effectiveness of the therapy, dealing with side effects, sport & exercise and prognosis. Format: Checklist with checkboxes. Clearly flag anything you are not certain of, and support everything with reputable sources."

3. Assessing side effects

- **Avoid:** "Are side effects X & Y dangerous?"
- **Better:** "Tell me about typical side effects or warning signs during treatment with cancer immunotherapy (general, no diagnosis). Explain in everyday language what is common, what to keep an eye on and when to seek medical advice. Clearly flag anything you are not certain of, and support key statements with reputable sources."

4. Explaining cancer to relatives

- **Avoid:** "Explain lung cancer to my family."
- **Better:** "Explain lung cancer in a way that a 12-year-old will understand. Tone: Friendly, hopeful. Format: 6 short sentences + 3 common questions. Use positive comparisons that are easy to understand. Clearly flag anything you are not certain of. Think very deeply. Support everything with reputable sources."

5. Finding the right diet

- **Avoid:** "Tips on nutrition?"
- **Better:** "Create a simple weekly meal plan with 5 everyday nutrition ideas for people with colon cancer (e.g. quick meals, everyday energy, suitable for the family). Format: table (day | meal | brief explanation). Add 2–3 simple recipe ideas and a short shopping list. Ask me questions to tailor the plan to my daily life."

Avoiding typical mistakes

1. Too many topics in one prompt

- **Avoid:** 8 tasks at once = superficial response.
- **Better:** Work in **stages** (summarize first, then draw up a list of questions, then list the sources).

2. No format specified

- **Problem:** Unstructured texts.
- **Solution:** Request bullet points or tables.

3. No limits specified

- **Problem:** Very long answers.
- **Solution:** Specify "Maximum of 150 words/6 items/1 table."

4. Hallucinations & misinformation

- Request sources: "Cite **guidelines/reputable sources**."
- Allow uncertainty: "**If you are unsure, tell me**."
- Double check **important details** (guidelines, treatment team).

Details in *Section 1, page 10*



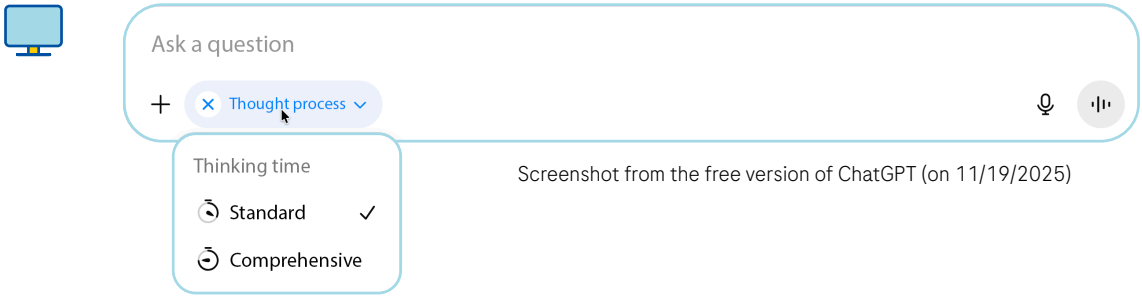
Did you know? Just give it a try: If the result is not suitable, rewrite the prompt and submit it again!

For advanced users

Why do AI responses vary?

There are several reasons why AI chatbots produce different results for the same prompt:

1. **Due to technical reasons, each answer is unique:** Even if you ask ChatGPT the same question in a new conversation with the same AI model (with the same settings), the answer can be slightly different.
2. **AI models think differently with each request:** When the AI model "thinks" (reasoning) to solve a request, it approaches the topic differently each time (e.g. for search engine queries). This means that the answers differ slightly each time, and possibly even the sources.
3. **Models perform differently:** depending on the AI model, the effort required to create the response varies.

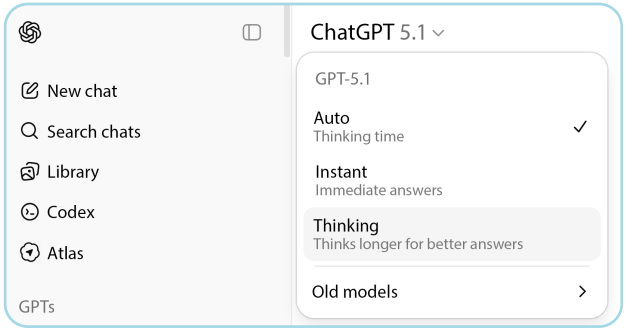


Screenshot from the free version of ChatGPT (on 11/19/2025)

Models with "**multi-step thinking**" (***reasoning models***): Models that "think for longer" and can solve more complex questions through "multi-step thinking" (and so take longer to answer) are called reasoning models.

In the free version of ChatGPT, you can use the "**reasoning**" option or add a prompt such as "**think deeply**" to encourage the model to invest more effort and produce a higher-quality answer.

In the **paid-for version of ChatGPT** you can, for example, select ***GPT-5 Thinking***, which takes much longer to answer but as a result gives better responses by repeatedly checking and correcting itself:



Screenshot from the paid version of ChatGPT (on 11/19/2025)

4. **Different training data** ensure a different "interpretation" of prompts and different basic knowledge. Because training is so resource-intensive, the gaps are filled mainly by search engines, rather than always trying to keep the data in the AI model itself as up to date as possible. A model trained in 2023 only knows events or studies from 2025 if it can access search engines when responding – this information is not included in pure model knowledge.

Mini checklist before you click submit



Is the objective clear?

- What do I need the answer for?
- What will the outcome help me do?



Has context been given?

- What kind of person or situation should the answer be suited to?
- Is there any background information to help better understand the request?



Was the format defined?

- In what form should the answer appear (e.g. list, table, short text, summary, list of ideas)?
- Is there a desired length or structure (e.g., 150 words)?



Have follow-up questions been factored in?

- If something is unclear, would you prefer the AI chatbot to ask before answering?
- Wording tip: “If you are unsure, please ask before answering.”



Has data protection been observed?

- Has personal data been anonymized or removed?

Conclusion:

You will get good answers when you ask your questions clearly and with sufficient information. Briefly explain the issue and describe what exactly you want to know or achieve. You can also specify roles or specific formats and go through them step by step. Ask the AI to cite its sources. This will get you helpful results for your daily life and for the conversations with your treatment team.

With a little practice, you'll get better and better at prompting. Don't worry if it doesn't work perfectly at first – trial and error is part of the process. That's the best way to learn!

Conclusion:

The benefits of AI:

- Specific answers to your specific questions and situation.
- Easy-to-understand explanations (e.g. of specialist terms) – so that you can speak with the doctor on equal terms and ask more targeted questions.
- Unlimited follow-up questions: You can delve deeper into a topic step by step.
- Patience: AI never gets tired and can explain things over and over again – even if you want to hear something again.



Section 3

Practical prompts for cancer to try

LLMs (see Section 1) are most helpful when you **try them out**. In this section you will find prompts that might be useful in your day-to-day life with cancer – from straightforward explanations of a cancer diagnosis to preparing for doctor's appointments.

Each prompt card displays:



Prompt: How to ask.



Answer/result: What you can expect.



Verify: How to check the answer.



Medical consultation/everyday life: How you can make practical use of the information.

Tired of typing? Here's a little AI trick: Use the audio function and have a direct conversation with the AI. Ideal for organizing your thoughts or preparing for medical appointments.

1. Basic explanations

What does my cancer actually mean for me?



Prompt: “I want to better understand my cancer. Please explain briefly and in plain language what all cancers have in common. Use a helpful metaphor so that I understand what my cancer diagnosis means. Go into detail on the fact that cancers vary widely in criteria such as origin, growth, triggers and much more. Use reputable, patient-oriented sources such as daskwort.de.”

Answer: Simple explanation of the differences in types of cancer.

Verify: “Provide reputable sources, such as www.daskwort.de .”

Medical consultation: "This is how I understood it. Is that correct?”

Explaining cancer to family members

Prompt: “How do I explain cancer to my relatives? Answer in a way that people without medical knowledge can understand. Think very deeply. Support everything with reputable sources.”

Answer: Simple explanation of cancer that helps to better understand side effects and everyday life, and gives relatives peace of mind in providing supportive care.

Verify: “Confirm that the examples are correct.”

Everyday life: Helps to involve family and friends.

What do family members need to know?

Prompt: "Create a guide for family members of patients with cancer. Acknowledge that the diagnosis comes as a shock to those around us, and that being impacted can mean a tremendous emotional burden. Explain to me why self-care isn't selfish here and what this can look like. Give me a list of tools and support services specifically for relatives of people with cancer."

Answer: A list of tools and support services specifically for relatives of people with cancer.

Verify: "Is the information sensitive, realistic and from reliable sources?"

Everyday life: Helps family members to better understand their own role.

Explaining cancer in a different language

Prompt: "Explain my cancer in Spanish using layperson's terms."

Answer: A translation for family members who do not speak German.

Verify: "Please confirm that translation is correct and understandable."

Everyday life: Helpful for multilingual families or when traveling.

Did you know? AI does not just write text! LLMs (see *Section 1, page 9*) can also understand texts and generate images. This makes it easy to create, for example, explanatory illustrations, infographics or visual representations of medical topics which are clear and easy to understand.

Explaining cancer to children

Prompt: "How do I explain cancer to children aged 6–8 years? Use simple examples and a positive tone. Format: 5 short sentences and 3 questions. Support everything with German-language, patient-focused and reputable sources. Think very deeply."

Answer: Child-friendly explanation, short and positive.

Verify: "Do these explanations align with patient information?"

Everyday life: Makes conversations with children and adolescents easier.

Using stories to talk about cancer



Prompt: "Create an image for me and write a short story which I can use to explain breast cancer to a 6-year-old child. Explain it in child-friendly and positive language."

Answer: A pictorial, creative explanation that makes cancer more tangible. For example: *You are a child who laughs, learns and discovers the world every day. Sometimes you might notice that your mom is tired, often going to see doctors or being given medicine. That's because she has cancer. Some of the cells in her body have got mixed up and need help. But you don't have to be alone in this. A little courage fairy gives Mom strength and gives you reassurance. She reminds you that you can be sad, ask questions, snuggle, laugh and enjoy nice moments together. You can't make Mom healthy by magic, but there are plenty of things you can give her: a picture, a smile or a hug. Lots of kind people are taking good care of Mom and of you.*

Verify: "Please confirm that this metaphor is medically accurate and appropriate for children."

Everyday life: Makes conversations with children and adolescents easier.



Important: Don't be surprised – the same prompt never produces the exact same result twice. You will always get a slightly different answer (see *Section 2, pages 24–25*). There may still be small or more obvious errors in the graphics that your observant child might be the first to notice.

2. Understanding doctor's letters

Translating a doctor's letter

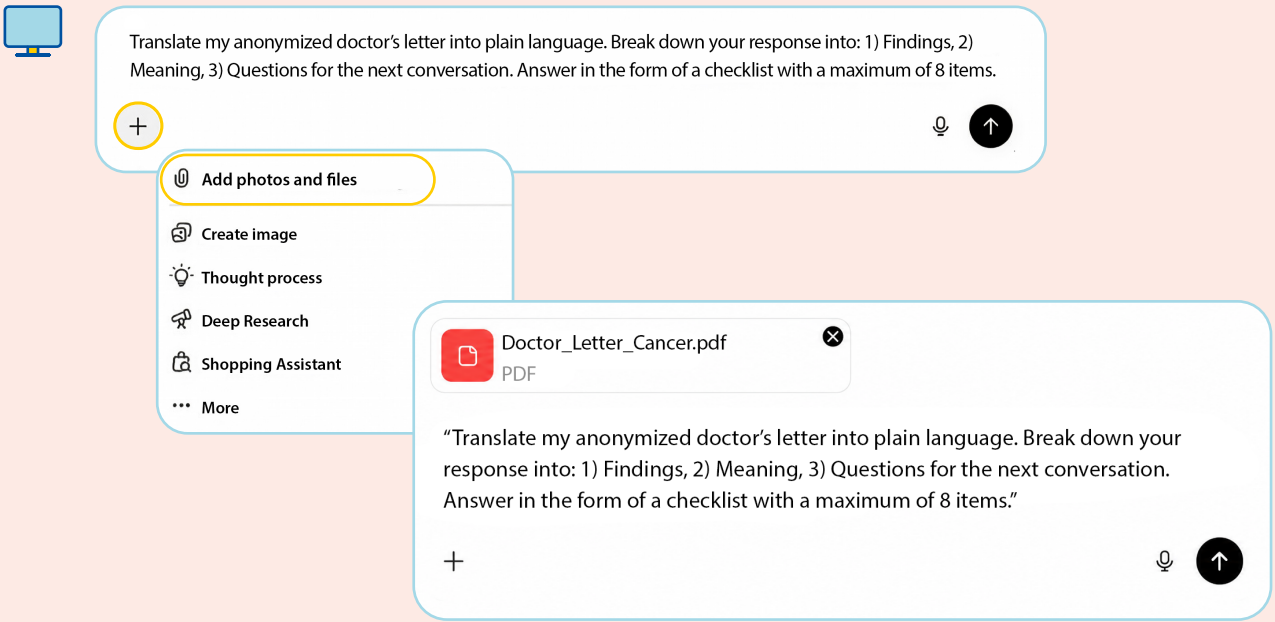
Say it out loud!

Prompt: "Translate my anonymized doctor's letter into plain language. Break down your response into: 1) Findings, 2) Meaning, 3) Questions for the next conversation. Answer in the form of a checklist with a maximum of 8 items."

Answer: Clear structure that makes complicated content understandable.

Verify: "Mark any parts you are unsure about."

Medical consultation: "This is how I understood it – is that correct?"





Step-by-step guide to uploading documents

1. **Open the chat:** Open the chat using ChatGPT in the browser or in the app.
2. **Upload the file:**

- Click the paperclip icon at the bottom of the input field.
- Select your document (e.g. a PDF, DOCX, TXT or CSV file).
- Once uploaded, the file name will appear in the chat window.

Give instructions: Describe how the document should be processed, e.g.:

- "Summarize the doctor's letter."
- "Rewrite the letter in plain language."
- "Extract only the diagnosis and medication."

Privacy: If you are sharing confidential information, make sure that you anonymize it (remove personal data), e.g.:

- Remove your name, date of birth, address, hospital name, doctor's name and patient number from the doctor's letter.
- You can also simply omit or replace any personal information you have with a placeholder, such as [name], [hospital], or [date].

This will keep the content the same but will not allow anyone to identify the people involved.

Preparing for a medical consultation



Prompt: "I have a doctor's appointment soon about [insert type of cancer, e.g. breast cancer, lung cancer, bowel cancer, lymphoma] and I feel unsure. Help me structure the conversation well. Give me a checklist of: 1) what I should prepare, 2) which paperwork is important, 3) what questions I can ask, 4) how I should word my main concerns. Make the answer easy to understand, use a maximum of 10 bullet points. Support key statements with sources that are patient-oriented, easy to understand and scientifically sound."

Answer: Structured checklist to prepare for the appointment.

Verify: "Are these points described in reputable patient information? Name the sources."

Medical consultation: Helps you attend your appointment feeling focused and well-prepared.

Collecting your own observations

Prompt: "I'm living with bowel cancer and I want to prepare for my next doctor's appointment. Help me to compile my observations since the last consultation – e.g. discomfort, side effects, pain, fatigue, appetite, sleep, mood, daily life, medications or unusual changes. Format: Table with Observation | Period | Situation/Context | Question for the treatment team. If something needs to be classified medically, please point it out."

Answer: Clear table with observations and relevant questions.

Verify: "If you are unsure, say so and mark the points I need to clarify with my doctor."

Medical consultation: Helps you not to forget anything important.

Asking the right questions

Prompt: "I am in the following situation: [insert brief description of diagnosis/therapy]. Give me 8–10 specific, understandable questions for my next medical consultation. Focus: Therapy, alternatives, side effects, everyday life, prognosis and unclarified findings. Format: Checklist with checkboxes. Use sensitive and plain language. Support key statements with sources that are patient-oriented, easy to understand and scientifically sound."

Answer: Personal list of questions for the appointment.

Verify: "Are these questions useful for an oncology consultation? Please highlight particularly important questions."

Medical consultation: Can be used directly as a conversation guide.

Therapy management

Prompt: "I am currently undergoing cancer treatment with the components [insert as applicable: chemotherapy, radiation, immunotherapy, pain therapy] as well as regular staging appointments, and I need a compact guide to therapy management in my everyday life. Give me a structured outline of how I can maintain an overview of the different therapy cycles while simultaneously establishing proactive pain management. Take into account fatigue, dealing with mental stress before standard follow-ups, and practical tips for days when I experience acute side effects, formulated in easy-to-understand and directly implementable steps."

Answer: Structured outline of treatment cycles and proactive pain management.

Verify: "If you are unsure, say so and mark the points I need to clarify with my doctor."

Medical consultation: Plan pain management early.

Weighing up treatment options together

Prompt: “Help me to better understand possible treatment options for my bowel cancer, so that I can feel well-prepared when talking to my treatment team. Create a simple table with: Guideline-compliant treatment options | Objective | Possible advantages | Possible disadvantages | Impact on my daily life | Questions for the doctor’s consultation.
Important: Do not give any therapy recommendations, only a neutral overview. Explain this to me so that I can understand it even without medical knowledge and can better assess what suits me and my actual situation. Support key statements with sources that are patient-oriented, easy to understand and scientifically sound.”

Answer: Comparable overview of different treatment options.

Verify: “Is this information guideline-based or derived from reputable patient information?”

Medical consultation: Basis for joint therapy decisions.

Understanding cancer screening and early detection



Prompt: "Explain to me in plain language which cancer screening and early detection tests are important in Germany, who should have them, and at what age. Specifically give details of skin cancer screening, mammography screening, lung cancer screening, HPV vaccination for the prevention of cervical cancer, colorectal cancer screening (e.g. colonoscopy) and annual visits to the gynecologist/urologist. Explain the difference between screening (preventing development) and early detection (detection at an early stage). Create a table with: Type of cancer | Important screening/early detection | Who should use it? | Age/Frequency | Questions for the treatment team/primary care doctor. Important: Do not give any individual medical advice. Evidence important statements with sources that are patient-focused, easy to understand and scientifically sound (e.g. from the National Association of Statutory Health Insurance Physicians, health insurance funds or the Cancer Information Service)."

Answer: Understandable overview of the most important cancer screening and early detection measures in Germany.

Verify: "Mark which tests form part of the legally recommended programs and which are more individual decisions."

Medical consultation: "What screening tests are currently pending for me and what recommendations are there based on my personal and family medical history?"

Understanding benefits and risks

Prompt: "Explain to me how I can better understand the benefits and risks of a cancer therapy. What do terms such as efficacy, side effects, probability, response and risk of relapse mean? Explain each of these for me using a simple example. Explain calmly and comprehensibly, without causing alarm. Support key statements with sources that are patient-oriented, easy to understand and scientifically sound."

Answer: Basic understanding of how to assess benefits and risks.

Verify: "Which points should I clarify directly with my treatment team?"

Medical consultation: Helps to better understand statements about odds and risks.

Practice asking questions during medical consultations



Prompt: "I'm afraid of not understanding everything during the doctor's appointment or of not having the courage to ask questions. Give me a few short sentences to use straight away if I haven't understood something, need a simpler explanation or want time to think. Tone: friendly, encouraging and respectful."

Answer: Specific sentence starters for difficult conversations.

Verify: "Make the sentences simpler and more suitable for daily use."

Medical consultation: Helps to actively follow up and address uncertainties.

Following up after a medical consultation

Prompt: “I had a doctor’s appointment about my cancer and I’m not sure I've understood everything correctly. Help me follow-up on the conversation. Prepare a checklist of the most important questions to ask myself after the conversation. Give me 5 tips on how to follow up appropriately after medical consultations, make them easy to understand.”

Answer: Structured follow-up of the conversation.

Verify: “Which points should I preferably direct to the treatment team again?”

Everyday life: Helps you to gain clarity and plan next steps.

Preparing to get a second opinion

Prompt: “I’m thinking of getting a second opinion about my cancer or therapy. Explain to me in an easy-to-understand manner when a second opinion can be useful, how I prepare for it and which documents are important. Support key statements with sources that are patient-oriented, easy to understand and scientifically sound.”

Answer: Guidance on preparing to ask for a second opinion.

Verify: “Which points are generally valid and which depend on my diagnosis?”

Medical consultation: Helps to address the topic of a second opinion openly.

Understanding diagnostics: key findings

Prompt: “What do terms such as biomarkers, grading and Ki67 mean for my breast cancer diagnosis, and why are they so important when it comes to choosing therapy? Explain the terms individually, in plain language and with a focus on how they affect my therapy decision. Support key statements with sources that are patient-oriented, easy to understand and scientifically sound.”

Answer: Structured and understandable explanation of the terms and their relevance for personalized therapy in breast cancer.

Verify: “How exactly are prognostic and predictive biomarkers different?“

Medical consultation: Helps to better understand your own diagnosis and the proposed therapy decision, and to ask targeted questions during the consultation.

3. Daily life & support

Tips for everyday life

Prompt: "I suffer from side effects from my cancer therapy (e.g. fatigue, neuropathy in the feet, skin problems or digestive problems). I know that exercise can help, but I often feel weak. Develop a gentle exercise plan for my daily life with simple exercises for coordination, balance and gentle strength building. Also explain briefly what role oncology sports can play. In addition, give me an overview of evidence-based everyday tips for these side effects that have helped other cancer patients. Use motivating examples of daily life and exercise guides from www.daskwort.de."

Answer: Exercise plan suitable for everyday life with simple exercises, oncology sport and evidence-based tips for daily living.

Verify: "Are the exercises and tips safe, understandable and suitable for people with fatigue and neuropathy?"

Medical consultation: Which exercise programs or oncology sport programs are suitable for my current capacity?

Applying for support services & benefits

Prompt: "In addition to my cancer, I find paperwork really stressful. I need an easy-to-understand overview of possible support services, such as a disability pass/degree of disability [GdB], co-payment exemption, household assistance and sick pay. Tell me step-by-step about where I can find these applications, what documents are important and what I need to be aware of. Use information from official bodies such as German Cancer Aid."

Answer: Step-by-step overview of support services and how to apply for them.

Verify: “Is the information up-to-date, reputable and understandable? Please provide sources.”

Medical consultation: What evidence can my treatment team provide for the applications?

Nutrition and exercise



Prompt: “I want to provide my body with the best possible support during radiation or chemotherapy, but I am anxious about so-called ‘miracle diets’. Create an understandable nutrition guide based on scientific guidelines (e.g. ESPEN or DKFZ). Also, explain how I can deal with changes in the way things taste, loss of appetite or weight loss, and digestive problems. What simple meals can I cook when I’m having chemo and have little appetite? Explicitly warn against dubious cancer diets and use sound expert input.”

Answer: Scientifically sound nutritional guidelines for cancer therapy.

Verify: “Are the recommendations guideline-based and free from dubious nutrition advice?”

Medical consultation: Which dietary recommendations are suitable for my therapy and symptoms?

Planning for the future/ traveling with cancer

Prompt: "I'm currently having cancer treatment and I want to plan a trip. Explain to me what I should be aware of – e.g. ability to travel, taking medication with me, insurance, refrigeration of medication and medical care at the destination. Create a practical travel checklist for people with cancer and suggest destinations that have good medical services. Use www.daskwort.de as a source of inspiration on the topic of courage to live and travel."

Answer: Travel checklist with important points for safe planning.

Verify: "Is the information safe, reputable and generally understandable?"

Medical consultation: Am I currently fit to travel and what do I need to prepare, medically speaking?

Structuring your fears & thoughts

Prompt: "I'm in the middle of cancer treatment but the fear of relapse won't go away. Give me understandable mental techniques (e.g. mindfulness, journaling, or small everyday strategies) to help me manage this anxiety. Also, explain how I can tell the difference between normal caution and debilitating panic. Use information like www.onko-portal.de."

Answer: Overview of strategies for managing relapse anxiety and emotional distress.

Verify: "Are the recommendations understandable, reputable and psychologically useful?"

Medical consultation: When should I seek professional support, e.g. psycho-oncology?

Dealing with side effects of therapy

Prompt: “My chemotherapy is starting soon and I'm very afraid of hair loss and physical changes. Create an understandable guide to hair replacement (wigs, scarves) and skin care during therapy. Explain what I should pay attention to when buying a wig (e.g. prescription, cost reimbursement, invoice processing) and which reputable points of contact are available. Use tips from www.daskwort.de on the topic of ‘self-confidence despite diagnosis’.”

Answer: Overview of hair replacement, skin care and practical steps relating to therapy.

Verify: “Is the information up-to-date, reputable and suitable for everyday life?”

Medical consultation: What support and prescriptions can my treatment team give me for hair replacement and skin care?

Reintegration & your ‘new normal’



Prompt: “My acute cancer therapy is nearing the end. Help me prepare for life afterwards – for example, for reintegration (Hamburg model), dealing with new physical limitations and my personal 'new normal'. Explain clearly what rehabilitation options are available and how reintegration into employment can be supported. Refer to opportunities for dialog with other affected people and practical tips.”

Answer: Overview of rehabilitation, reintegration and orientation after therapy.

Verify: “Is the information reputable and suitable for everydaylife?”

Medical consultation: What rehabilitation or reintegration services are suitable for my current situation?

Staying up-to-date

Prompt: "I'm a breast cancer patient and want to stay motivated to consistently adhere to my medications and appointments despite stressful side effects. Give me practical tips for daily life tips on how I can better manage side effects and reinforce my therapy adherence. Also explain why adherence is important and which tools, apps or support services can make my day-to-day therapy easier. Use patient-centric sources."

Answer: Overview with tips on treatment adherence, side effect management and digital support services.

Verify: "Are the recommendations understandable, realistic and medically useful?"

Medical consultation: What support options are available so that I can maintain my therapy well in the long term?

Conclusion:

Try it out! And if an outcome is not satisfactory, don't be disappointed – engage in dialog, ask follow-up questions, clarify your request. Often, the answer becomes clearer and more helpful on the second attempt.

With clear questions, suitable formats and sources such as www.daskwort.de, AI will become your practical companion – allowing for greater understanding, better structuring of and preparation for conversations with your treatment team.

4. Staying informed going forward

Questions about genetic testing

Prompt: “There are already cancers in my family and my oncologist has proposed genetic testing (e.g. BRCA1/2). I am afraid of the outcome and the potential consequences for my family. Clearly explain the process of genetic counseling and testing and what a positive outcome can mean for therapy, prevention or relatives. Use factual but empathetic language and refer to the family discussion checklists at www.daskwort.de.”

Answer: Overview of the procedure and significance of genetic testing for cancer.

Verify: “Is the information understandable, reliable, and medically accurate?”

Medical consultation: Does genetic counseling or testing make sense for me and my family?

Understanding heredity

Prompt: "I need to explain to my family members what 'hereditary cancer' means without causing panic. Explain to me the concept of autosomal dominant inheritance in cancer predispositions in a simple manner so that I can explain it to my almost adult children or other relatives. Use credible sources like the Consortium of Familial Breast and Ovarian Cancer and reference the infographics from www.daskwort.de that help make complex genetics understandable."

Answer: Simple explanations of hereditary cancer and genetic inheritance.

Verify: "Is the information medically correct, clear and reliably documented?"

Medical consultation: What is the significance of the genetic results for my family and what counseling options are available?

Pregnancy & family planning



Prompt: "I'm 31 years old and my family is not yet complete. Before starting my cancer therapy, I would like to understand what options are available for fertility protection (e.g. cryopreservation of eggs or sperm). Create an easy-to-understand overview of options, time windows and possible health insurance coverage. Mention the FertiPROTEKT network as a point of contact and use patient-oriented sources."

Answer: Overview of fertility protection and cost coverage before cancer therapy.

Verify: "Is the information up-to-date, reliable and medically accurate?"

Medical consultation: Which fertility preservation options are suitable for me personally and how quickly do I need to decide?

Finding professional help & support

Prompt: "I'm living with cancer and looking for support for myself and my family. Briefly explain what services are available – e.g., rehabilitation/aftercare, self-help groups, psycho-oncology, family counseling and special assistance for children. Also, show me how to find suitable services for my life situation. Use www.krebsinformationsdienst.de and www.daskwort.de, especially the areas for relatives, community tips and testimonials. Explain to me the difference between oncology rehabilitation (aftercare) and an outpatient self-help group. How do I find a group suitable for people my age (around 45 years old)? Prepare a list of criteria for good psycho-oncological support."

Answer: Brief overview of rehabilitation, self-help, psycho-oncology and support for relatives.

Verify: "Are the offerings reputable, appropriate and easily accessible?"

Medical consultation: What support is currently suitable for me and my family?

Clinical trials

Prompt: "I am interested in clinical trials in order to access modern cancer therapies. Explain to me clearly what Phase II and Phase III studies are, and the benefits and risks of being in a study compared to standard therapy. Show me how to search databases like clinicaltrials.gov or the German Clinical Trial Registry using criteria such as [type of cancer], [stage] or [mutations]. Also explain inclusion and exclusion criteria and use official sites such as www.gesundheitsinformation.de."

Answer: Overview of clinical studies, study phases, benefits/risks and how to search for suitable offerings.

Verify: “Is the information understandable, reliable and up-to-date?”

Medical consultation: Could a clinical trial be useful in my situation compared to standard therapy?

Psychological strength & resilience

Prompt: “I want to know how to stay mentally strong during and after breast cancer therapy, and how I can find confidence in my body again. Give me specific, everyday strategies and tips to cope with anxiety (e.g. about relapse). Explain the role of psycho-oncology, mindfulness and exercise in mental balance. Use a constructive and encouraging tone and refer to www.krebsinformationsdienst.de.”

Answer: Practical strategies for mental balance, focus on acceptance, open communication and seeking professional support (psycho-oncology, self-help groups).

Verify: “What relaxation techniques (e.g. yoga, meditation) are particularly recommended for cancer?”

Medical consultation: Helps to address fears and stress when talking with the treatment team and to actively request support.



Section 4

Summary and your next steps

Your **cancer AI guide** has taught you how you can use AI practically in your everyday life. From getting started with simple explanations to preparing for complex medical consultations, you've got lots of examples and prompt templates that you can try out straight away. The more often you use it, the more confident you will become in using AI.

This is what you have learned so far:

- What AI language models (LLMs) are and how they help you translate information into understandable language.
- How to **create great prompts** – clear, concise, with context, purpose and format.
- How to **prepare for doctor's appointments** to ensure that discussions with your treatment team are more structured and relaxed.
- How AI **supports you in everyday life** – with practical checklists, planning aids and tips for increased safety and guidance.
- How you can use AI to better understand **sensitive topics** without revealing personal data.
- That AI is a **tool, but not a substitute** for your treatment team, and **why it is important to always review answers with a critical eye.**

Key takeaways

- **Keep up-to-date**: AI is rapidly evolving – what is not possible today may be possible tomorrow.
- **Practice makes perfect**: the clearer the prompt, the more helpful the answer.
- **Asking questions pays off**: if a result isn't suitable, don’t be disappointed – follow up, rephrase, try different things, keep trying.

Still curious about AI?
Scan the QR code and read the **AI/SDM white paper** if you would like to learn more about AI.

DAS KWORT

If you like, share your experiences with us on Instagram **@daskwort,** Facebook **@dasKWort** and YouTube **@daskwort5522.**

What are you waiting for? You're all set!

Notes



Roche Pharma AG
Patient Partnership Hematology/
Oncology
Emil-Barell-Straße 1
79639 Grenzach-Wyhlen
Germany

www.roche.de

© 2026

Image credits:
Cover image: Westend61i/Getty Images; p. 8: Andriy Onufriyenko/Getty Images; p. 18: Suriya Phosri/Getty Images; p. 28: Issarawat Tattong/Getty Images; p. 44: ismagilov/Getty Images; p. 50: Issarawat Tattong/Getty Images

M-DE-00030905