

# INSIST! METASTATIC BREAST CANCER

## Resource Guide



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### HOW CAN YOU INSIST ON BETTER CARE?

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- Consider seeing a [breast cancer specialist and/or getting a second opinion](#).
- Discuss with your doctor whether you have had all [relevant breast cancer testing](#) and profiling, including:
  - A biopsy of your cancer
  - PIK3CA gene mutation testing
  - BRCA1/2 genetic mutation testing
  - PD-L1 status testing
- Review the [test results](#) with your doctor and do your own research on the findings.
- Discuss your treatment goals with your doctor and learn about your options to help you make an informed decision.
- Partner with your doctor to determine a [personalized treatment plan](#) for your breast cancer.
- Ask if there is a clinical trial that could be right for you.
- Consult your healthcare team for up-to-date online breast cancer resources.

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### FACTORS THAT HELP GUIDE A TREATMENT DECISION INCLUDE:

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- A patient's age, existing conditions, overall health, and lifestyle
- Location and extent of the cancer
- Tumor profiling results, including genetic testing
- Potential treatment side effects

Learn more from [INSIST! Metastatic Breast Cancer](#).

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### GLOSSARY OF TERMS

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**Gene Mutation:** A permanent change in the DNA sequence that makes up a gene. Changes can occur due to mistakes when the DNA is copied or as the result of environmental factors.

**Genetic Testing (Molecular Profiling):** Laboratory testing that identifies certain genes, proteins, or other molecules in a sample of tissue, blood, or other body fluid. In cancer, it may also be used to evaluate treatment or make a prognosis.

**PARP Inhibitors:** A type of targeted treatment that inhibits the enzyme poly (ADP-ribose) polymerase.

**Somatic Mutations:** Genetic mutations that are not inherited.

**Metastatic Breast Cancer:** The cancer has spread beyond the breast to distant parts of the body, such as the liver, brain, bones, or lungs. Also known as stage IV.

**Triple-Negative Breast Cancer:** The cancer cells have tested negative for hormone epidermal growth factor receptor 2 (HER-2), estrogen receptors (ER), and progesterone receptors (PR).