




<p style="text-align: center;"><b>INSIST ON BETTER CARE. ASK YOUR DOCTOR:</b></p> <ul style="list-style-type: none"> <li>▪ Have I had breast cancer genetic testing, including genomic testing?</li> <li>▪ What are the results?</li> <li>▪ How do the results impact my prognosis and treatment options?</li> </ul>	<p style="text-align: center;"><b>UNDERSTAND YOUR DIAGNOSIS</b></p> <ul style="list-style-type: none"> <li>▪ Ask for a definition of your cancer stage.</li> <li>▪ Have you had a metastatic biopsy (a biopsy of the site of metastasis)?</li> <li>▪ Ensure you understand your treatment goals and plan.</li> </ul>
<p style="text-align: center;"><b>WHAT IS GENETIC TESTING?</b></p> <ul style="list-style-type: none"> <li>▪ <b>Germline testing</b> is conducted via blood or saliva and identifies inherited gene mutations in the body.</li> <li>▪ <b>Somatic testing</b> is performed through a blood test and is used to identify gene mutations in the cancer itself. It is also commonly referred to as genomic testing, biomarker testing, or molecular profiling. Somatic mutations are NOT inherited.</li> </ul>	<p style="text-align: center;"></p> <p style="text-align: center;"><a href="mailto:question@powerfulpatients.org">question@powerfulpatients.org</a></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p><a href="https://twitter.com/power4patients">@power4patients</a></p> </div> <div style="text-align: center;">  <p><a href="https://PowerfulPatients.org">PowerfulPatients.org</a></p> </div> </div>
<p style="text-align: center;"><b>CLINICAL TRIAL PHASES</b></p> <ul style="list-style-type: none"> <li>▪ <b>Phase I:</b> The goal is to test the safety of the drug, finding the appropriate dose that produces the fewest side effects</li> <li>▪ <b>Phase II:</b> Further assesses the safety of the drug. The drug is tested on more humans with a specific disease.</li> <li>▪ <b>Phase III:</b> Compares the efficacy of a new drug to the standard-of-care treatment. Usually a randomized clinical trial with enrollment of 100 or more patients.</li> </ul>	<p style="text-align: center;"><b>VISIT THESE RELATED RESOURCES</b></p> <ul style="list-style-type: none"> <li>▪ <b>VIDEO: How Can You Advocate for the Best Breast Cancer Care?</b></li> <li>▪ <b>VIDEO: What Are Essential Genetic Tests for Metastatic Breast Cancer Patients?</b></li> <li>▪ <b>VIDEO: What Could Advances in Breast Cancer Research Mean for You?</b></li> <li>▪ <b>Download: <a href="#">Office Visit Planner</a></b></li> </ul>
<p style="text-align: center;"><b>FACTORS THAT GUIDE TREATMENT DECISIONS INCLUDE</b></p> <ul style="list-style-type: none"> <li>▪ Tumor type and genetic testing results</li> <li>▪ Response to past treatments</li> <li>▪ Patient-specific factors, including side effects, schedule, and clinical trial participation</li> </ul>	

## TIPS FOR A SUCCESSFUL APPOINTMENT

- Write down your questions in advance.
- Bring an advocate or a caregiver to your appointment.
- Ask for printouts of information covered during your appointment.
- Ask "Is there anything else that I need to know?" at the close of your appointment.

## GLOSSARY OF TERMS

**BRCA:** Stands for Breast Cancer gene. The BRCA1 and BRCA2 genes may impact one's chances of developing breast cancer.

**Genetic Testing (Biomarker Testing):** 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 to make a prognosis.

**Immunotherapy:** Type of therapy that harnesses one's own immune system to help the body fight cancer, infection, and other diseases.

**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.

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

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

**Triple-Negative Breast Cancer:** The cancer cells have tested negative for hormone epidermal growth factor receptor 2 (HER2), estrogen receptors (ER), and progesterone receptors (PR).

### BREAST CANCER SUBTYPES INCLUDE:

- Estrogen receptor-positive (ER+)
- HER2-positive (HER2+)
- Triple-negative

### MORE TOOLS FOR EMPOWERMENT

- Digitally Empowered™
- PEN-Powered Activity Guide
- Empowered Blog
- Empowered! Podcast 

## METASTATIC BREAST CANCER RESOURCES

- American Cancer Society: [cancer.org](http://cancer.org)
- Breast Cancer Research Foundation: [bcrf.org](http://bcrf.org)
- ASCO: [cancer.net](http://cancer.net)
- National Comprehensive Cancer Network (NCCN): [nccn.org](http://nccn.org)
- National Cancer Institute (NCI): [cancer.gov](http://cancer.gov)
- Tigerlily Foundation: [tigerlilyfoundation.org](http://tigerlilyfoundation.org)