

THE PRO-ACTIVE BREAST CANCER PATIENT TOOLKIT

Find Your Voice Resource Guide



BECOME AN ACTIVE PARTNER IN YOUR CARE

- Understand who is on your healthcare team and their individual role in your care.
- Write down questions prior to [your appointments](#), take notes, and bring an advocate or partner with you.
- Consider a [second opinion from a breast cancer specialist](#).
- Ask if you have had molecular testing and discuss how the results may impact your treatment plan and prognosis.
- Discuss your treatment goals with your doctor and learn more about your options to help you make an informed decision.
- Obtain contact information for a nurse or support person to call with questions or concerns as they arise.
- Ask your team for up-to-date online breast cancer resources.
- Consider joining a peer-to-peer support group or meeting with a therapist or counselor for emotional support.
- Download the [Office Visit Planner](#) from the Pro-Active Breast Cancer Patient Toolkit to help you prepare for visits.

FACTORS THAT GUIDE TREATMENT DECISIONS

Physicians will consider several factors, including:

- A patient's age, existing conditions, and overall health.
- The location and extent of disease.
- Disease symptoms.
- Molecular testing results.
- Potential treatment side effects.

Learn more from [The Pro-Active Breast Cancer Patient Toolkit](#).

GLOSSARY OF TERMS

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.

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.

TNM Classification of Malignant Tumors:

- **T:** Denotes the size of the tumor and any spread to nearby tissue.
- **N:** Describes lymph node involvement.
- **M:** Describes spread of cancer to other parts of the body (metastasis)

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).