

THRIVING WITH BREAST CANCER: TOOLS FOR NAVIGATING CARE AND TREATMENT

Program Resource Guide



Expert Advice for Thriving	Treatment Decision Questions
<ul style="list-style-type: none"> ▪ Exercise regularly. ▪ Engage in activities that bring you joy. ▪ Eat a well-balanced diet. ▪ Manage your symptoms with your healthcare team. ▪ Talk with someone you trust about your emotional challenges. ▪ Become an advocate for yourself and others. 	<ul style="list-style-type: none"> ▪ What is the type of breast cancer that I have? ▪ What are the treatment options available? ▪ Why is this treatment approach right for me? ▪ What are the side effects and potential outcomes of each therapy? ▪ What are my treatment goals? ▪ How will my quality of life be impacted?

Glossary Terms

Biomarker Testing (molecular 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.

Hormone Receptor Sensitive Breast Cancer: The cancer cells test positive for estrogen and/or progesterone receptors.

HER2-Positive Breast Cancer: The cancer cells test positive for the human epidermal growth factor receptor 2 (HER2).

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.

Shared Decision-Making (SDM): Process of communication by which patients and clinicians collaborate to make healthcare decisions. The process encourages patients to take a more active role in their care and treatment.

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 Resources	Treatment Decision Factors
<ul style="list-style-type: none"> ▪ After Breast Cancer Diagnosis (ABCD): abcdbreastcancersupport.org ▪ CancerGRACE: cancergrace.org ▪ Cure: curetoday.com ▪ Facing Our Risk of Cancer Empowered (FORCE): facingourrisk.org ▪ MyHealthTeam: myhealthteam.com ▪ Tigerlily Foundation: tigerlilyfoundation.org 	<ul style="list-style-type: none"> ▪ Anatomical stage, including the size of the tumor and the lymph node involvement. ▪ The cancer's grade and aggressiveness. ▪ Biomarker test results, including hormone receptor status. ▪ Molecular/genomic testing results. ▪ Age, existing conditions, and overall health.

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