### Expert Advice for Thriving
- 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.

### Treatment Decision Questions
- 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
- **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

### Treatment Decision Factors
- 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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