

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

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

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