

# 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).