HOW TO NAVIGATE THE FIRST MOMENTS WITH MBC

The road ahead of you may seem like a daunting one but knowing what to expect and how and where to get the help you need when you need it is imperative. Considering the following guidance may help you, your family members and caregivers navigate the first moments of a metastatic breast cancer (mBC) diagnosis.

BE YOUR OWN BEST ADVOCATE
You should know that there are novel and significant scientific discoveries improving mBC outcomes and offering hope to many. Get informed and be sure you understand why you may have options and be aware of what they are.

DON'T HESITATE TO ASK QUESTIONS

ABOUT MY DISEASE
- Where in my body has the cancer spread?
- How will I know if my disease stabilizes or progresses? What do we do next if my disease starts to progress again?
- How often will I get scans? What type of scans?

BIOMARKERS
- What is the hormone receptor status and HER2 status of my breast cancer? How do these affect my treatment options?
- What is the process for genetic testing? How long will it take to get my results?
- What does it mean to have a gene mutation? How can the presence of a mutation affect my treatment plan?
- What impact would a positive result have on my siblings and/or children?

TREATMENT JOURNEY
- How long do I have to make a decision about my treatment options? Are there any risks associated with delaying the treatment?
- What are the pros and cons of each treatment option?
- What side effects can I expect from the recommended treatment option? Who do I reach out to if I experience side effects?
- Is there anything I can be doing to enhance my treatment journey or level of care?

CLINICAL TRIALS AND DATA
- What are the benefits of participating in a clinical trial and am I eligible?
- Are there any clinical trials in other provinces or countries that I could be eligible for?

RESOURCES
- What support groups do I have access to?
- What websites, books and/or brochures may be helpful to me?

GENERAL
- What should I bring to my doctor appointments?

SEEK OUT ORGANIZATIONS AND RESOURCES

Remember: you are not alone.
It may be helpful to talk with others who have gone through this diagnosis. Patient associations can also offer an invaluable source of information and support.

Every patient case is unique. Please consult your doctor for additional information on your diagnosis and treatment options available to you.

For more information about resources for women with mBC, their family members and caregivers, visit www.extraordinarymoments.ca.