

Living With Metastatic Breast Cancer



Resources/info for patients living with metastatic breast cancer

Over the next weeks and months, you'll have many choices to make. We hope the information and resources provided in this booklet will help you make decisions about your care.

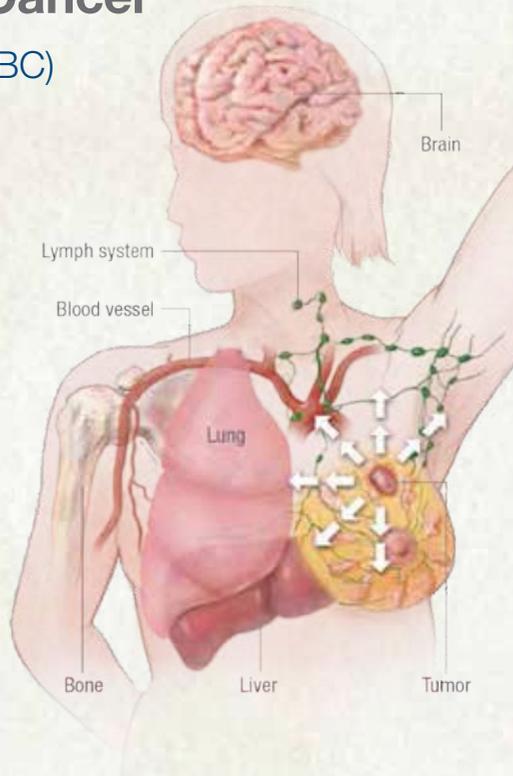


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Understanding Metastatic Breast Cancer

Metastatic breast cancer (MBC)

MBC, also called advanced breast cancer, is cancer that starts in the breast tissue and then spreads to other parts of the body. Cancer cells break away from the breast tumor and travel through the lymph system or blood vessels to another site (usually the bones, lungs, liver, or brain). No matter where the new cancer develops, it's still considered breast cancer.



Types of breast cancer

Some of the most common forms of breast cancer are classified by the cancer subtype. Testing for the cancer subtype is important because the results help you and your health care team decide the best treatment for you.

The subtypes of breast cancer are based on whether your cancer has receptors for certain hormones in your body. These hormone receptors, which can tell your cancer to grow, include estrogen receptors and progesterone receptors.

It's important to know that disease subtypes in advanced breast cancer may not be the same as in early stages of the disease.

You are not alone

As of 2019, more than **3.1 million women** in the United States have been diagnosed with breast cancer*

The number of women diagnosed with or living with MBC is not currently measured.

*Includes women who are currently being treated for breast cancer and women who have been treated in the past.

Living With Metastatic Breast Cancer

Emotional well-being

Having cancer can trigger many emotions, such as shock, disbelief, and fear. These emotions are normal. If you're feeling stressed or anxious, talk with your health care team. Seek counseling or try support groups.



Do you have “scanxiety”? Anxiety about having a medical procedure or an imaging test is completely normal. However, if these emotions become overwhelming, talk to your health care team about coping strategies.



People with cancer who have a strong support network tend to feel less anxious and report a better quality of life.

Nutrition and exercise

Proper nutrition is important for building strength during treatment. That means consuming:

- Small snacks throughout the day if you are unable to eat normal meals
- Protein-rich foods
- Plenty of water and other liquids
- 2 cups of colorful fruits and 2.5 cups of colorful vegetables a day

If treatment side effects make it difficult for you to eat well, ask your health care team about ways to help manage these side effects.

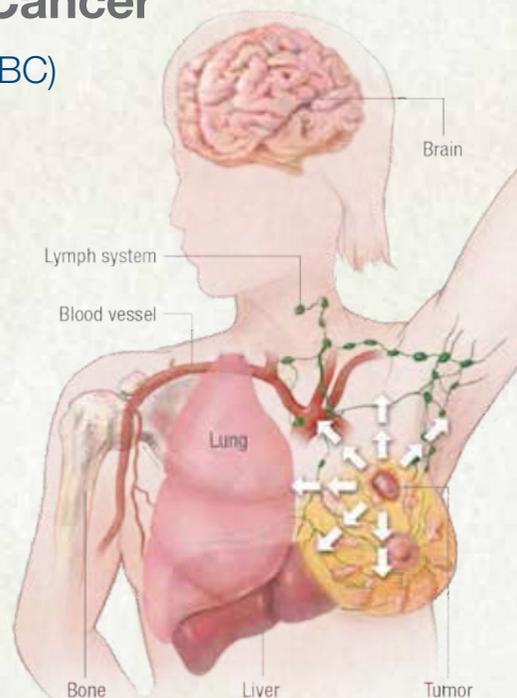
Exercise, including yoga, is a great way to boost energy and may help decrease stress, depression, nausea, and constipation.

Talk to your doctor before starting/changing any exercise.

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Finding Treatment Options

Talking to your health care team about your treatment options

It's important to talk to your health care providers about your diagnosis and treatment plan. Your treatment will depend on many different factors, including:

- The pathology report
- Where the cancer has spread
- Your type of breast cancer
- Treatments you have previously received
- Your current symptoms

A pathology report is the document that provides a diagnosis based on examination of your blood and tissue under a microscope. For information on how to read your pathology report, visit the College of American Pathologists online at www.yourpathologist.org. Watch the video and download the infographic to learn more.

Systemic treatment overview

There are many different treatment options available. Treatment decisions are made based on specific disease characteristics, including MBC subtypes. Treatment options include:

- Hormone therapy
- Chemotherapy
- Targeted therapy

Some people find that complementary and alternative therapies can help promote healing of the mind, spirit, and body through acupuncture, massage, meditation, yoga, and other methods.

Talk to your health care team before taking any complementary medicines.

Reach Out to Others for Help

Get the support you need

To fight metastatic breast cancer, you'll need to stay strong physically and emotionally. Surround yourself with people who care about you and will help you maintain a positive attitude.

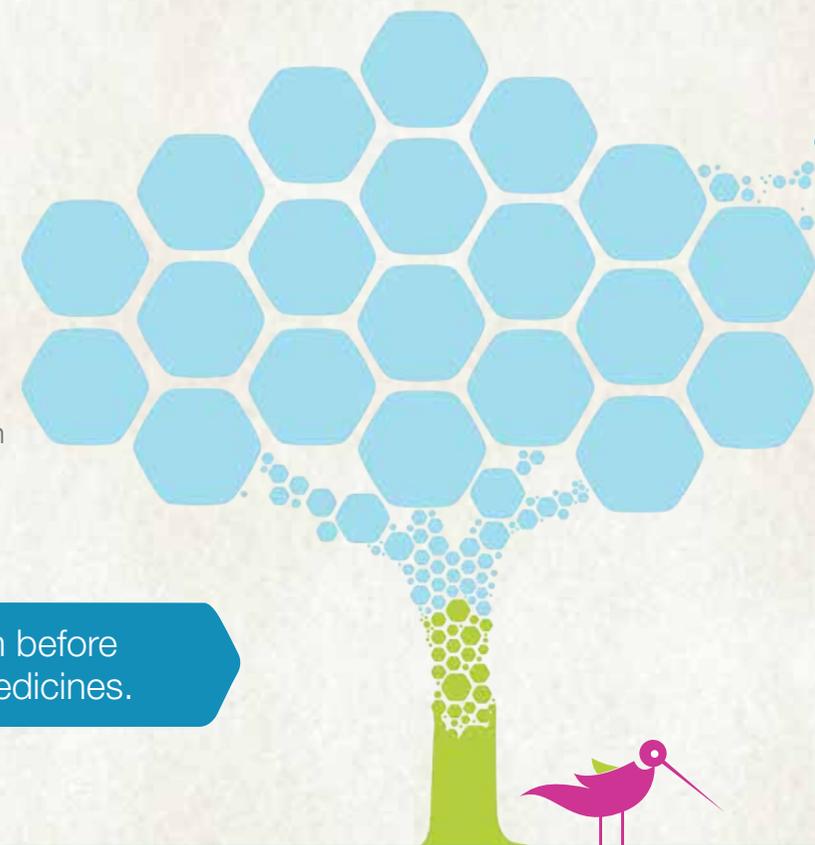
Since talking about your diagnosis and treatment can be emotionally draining, don't hesitate to refer others to outside resources for more information.

In addition, you may find it helpful to connect with others going through similar experiences. Support groups for people living with MBC can help answer your questions and offer advice and encouragement.



Additional support

If you need more day-to-day help, there are additional resources available. You can connect with others through certain websites and organizations designed to help patients and caregivers. Find more information and create your own account on these websites: www.mealtrain.com and www.mylifeline.org.



For more information, visit the

mbcinfo centerSM

Go to www.MBCInfoCenter.com to find helpful resources for MBC. MBCInfoCenter lets you access many resources in one convenient place to make it fast and easy to search for MBC information.

EXPLORE



resources to learn about metastatic or advanced breast cancer

DISCOVER



information on MBC treatments

GET TIPS



on healthy living with MBC

JOIN



communities and support groups

FIND



practical information on insurance coverage and financial assistance

LEARN



about providing support for loved ones with MBC

Be sure to check out the featured organizations for additional resources!

www.mbcinfocenter.com/mbc-community-groups-list

Remember, your family, friends, and health care team are there to support you.



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