

MAKE YOUR DIALOGUE COUNT



For many women with secondary breast cancer, visits to the doctor feel too short. It can be hard to know what types of questions to ask or which feelings to talk about. Here are some tips to help make the most of the time you have with your doctor.

DURING YOUR DOCTOR VISIT:



Bring someone you trust with you. This person can provide emotional support and may help you remember important information.



Take notes. You can use them later to better understand what your doctor told you, look up resources or to get a second opinion. If you have someone with you, ask them to take notes if you are unable.



Ask your doctor to use simple words. This will help you better understand your disease and possible treatments.

BEFORE OR AFTER YOUR DOCTOR VISIT:



Talk to a nurse or patient helpline after you talk to the doctor. A nurse can help explain what the doctor told you and may have ideas to help you manage your disease. For example, refer you to a support group or informational website.



Find a breast cancer group in your area to attend a meeting or explore online resources. Talking to women with similar experiences, even in a different country, may help you manage your disease.



Write down your side effects before you meet with your doctor so you can talk about them. The more you talk to your doctor about side effects you have, the better he or she can help you manage them. Also talk to your doctor about what you're feeling, including anxiety, depression or sleeplessness.

Secondary breast cancer and its treatment are complicated. While patients can support one another, each person living with the disease is in a unique situation. You should and can ask questions when you have them. You don't have to wait for your next doctor appointment.

For more information, resources and support tools on secondary breast cancer: visit [AdvancedBreastCancerCommunity.org](https://www.advancedbreastcancercommunity.org)



PRIMARY

versus

SECONDARY

BREAST CANCER

While breast cancer remains the second leading cause of death for women around the world, the majority of the public's focus goes towards primary detection, survival and cure. However, secondary or metastatic breast cancer, the most severe stage of the disease, is incurable, which means secondary breast cancer patients are often left out of the conversation.

WHAT YOU NEED TO KNOW

Primary Stage



<3% chance
will die from any breast cancer

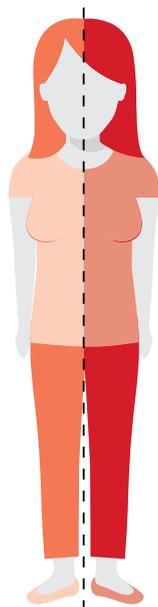
79%



focus their attention elsewhere and not on having breast cancer

50%

worry about their cancer coming back



Secondary Stage



Metastasis has an immediate impact on life expectancy

64%



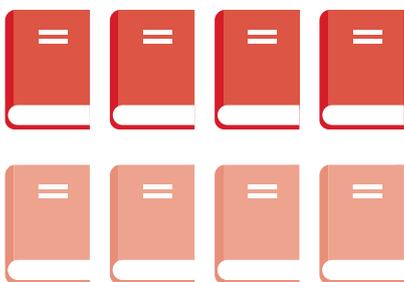
suffer emotional problems

50%

worry about caring for their family

WHAT THE METASTATIC COMMUNITY NEEDS

More Information



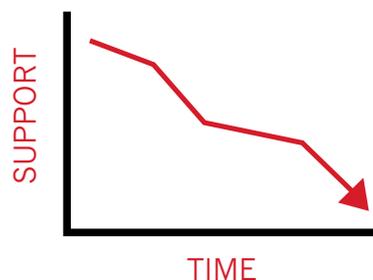
50% of patients feel this way

More Funding



Only **2%** of funding goes to secondary stage research

More Support



40% of patients said support wanes over time

Please visit [AdvancedBreastCancerCommunity.org](https://www.AdvancedBreastCancerCommunity.org) to learn more about the secondary or metastatic breast cancer community