

Five topics to cover with your doctor

A TNBC diagnosis can be overwhelming, leaving you unsure of what to say or where to begin planning. Here are some ways to get the conversation started with your doctor.

01

DOCTOR'S EXPERIENCE

Have you treated other people with TNBC?

02

YOUR CANCER DETAILS

What is the cancer stage and grade? More specifically, is it considered advanced or metastatic? Is it invasive or non-invasive? How do these elements impact treatment decisions?

03

TREATMENT TOPICS

What treatments do I need? What are potential long- and short-term side effects and how do those risks compare to the benefits of therapy? Are there ways to prevent, lessen, or manage side effects? What about clinical trials?

04

RECURRENCE CONCERNS

What can I do to protect myself from recurrence? What are some methods used to deal with the fear and anxiety of recurrence between scans?

05

EMOTIONAL SUPPORT

Do you know of support groups dedicated to TNBC? Could you connect me to therapists with experience with TNBC patients? Is it possible to connect me with someone else who has been treated for TNBC?