

Five topics to cover with your doctor

A metastatic breast cancer 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 the same metastatic breast cancer subtype as me?

02

YOUR CANCER DETAILS

How does this cancer type impact treatment decisions? Can you tell me more about how this diagnosis will impact my life?

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

SYMPTOMS & FEAR MANAGEMENT

What methods are available to help address side effects of treatment and symptoms of the disease? What are some methods used to deal with the fear and anxiety of disease progression between scans?

05

EMOTIONAL SUPPORT

Do you know of support groups dedicated to (metastatic) breast cancer? Could you connect me to therapists who have experience with metastatic breast cancer patients? Is it possible to connect me with someone else who is being treated for metastatic breast cancer?