

# FIND YOUR MBC VOICE

## Your Treatment Discussion Guide

This Treatment Discussion Guide can help you feel more prepared when discussing your specific type of metastatic breast cancer (mBC), the importance of genetic testing, and potential treatment options with your doctor. Be sure to take this guide with you to your next appointment.

### Your MBC Subtype And Genetic Mutation Status

It's important to know your specific mBC subtype and whether or not you have any genetic mutations. This information can help your doctor determine which treatment options may be appropriate for you. If you don't know this information, talk to your doctor about testing. Even if you have been tested before, your doctor might want to retest you since subtypes and genetic mutations can change over time.

### Treatment Options for MBC

Every person is different and your doctor considers a number of factors when making a treatment recommendation. Working with your doctor is the best way to find the options that may be appropriate for you.

The following mBC treatments may be options for the subtypes indicated below.

#### Subtypes:

HR+/HER2- ● HR+/HER2+ ● HR-/HER2+ ● HR-/HER2- ●

#### Treatment Options:

Surgery ● ● ● ●

Radiation ● ● ● ●

Chemotherapy ● ● ● ●

Endocrine (Hormonal) Therapy ● ●

HER2-targeted Therapy ● ●

mTOR Inhibitors ●

CDK4/6 Inhibitors ●

PARP Inhibitors ● ●

*This treatment is only an option for patients with certain genetic mutations.*

Immunotherapy ● ● ●

PI3K Inhibitors ●

*This treatment is only an option for patients with certain genetic mutations.*

Clinical Trials ● ● ● ●

You can learn more at [FindYourMBCVoice.com](http://FindYourMBCVoice.com) by clicking on the links for each treatment option. Let your doctor know if you are interested in learning more about participating in clinical trials as part of your treatment.

## Your Treatment Goals

Understanding what's important to you and what your treatment goals are can help your doctor better advise you about your treatment. Share the goals that are most important and why they are priorities.

Consider the goals listed below and circle ones that align with how you feel. Think about if there are other goals you'd like to discuss with your doctor as well and take note of them below.

**Spend More Time With Family, Friends, And Loved Ones**

**Travel**

**Stay Active**

**Attend A Specific Future Event**

**Live With As Little Pain As Possible**

**Only Take Oral Medication**

**Spend Less Time In The Hospital**

**Continue Working For As Long As Possible**

**Be Independent For As Long As Possible**

If you have other questions you'd like to ask your doctor, take note of them below.

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## Other Questions For Your Doctor

It's completely normal to have questions as you're learning about your treatment options and starting to consider next steps. Remember your doctor is there to help, and it's important to speak up and voice what you're thinking and feeling. To get the most from your visit, it can be helpful to think ahead about questions you want to ask. Here are some suggestions to get you started.

1. If I have questions or problems, who should I call?
2. How will treatment affect my daily life?
3. What level of caregiving will I need at this time?
4. Where can I find emotional support for me and my family?

If you have other questions you'd like to ask your doctor, take note of them below.

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Even if you're prepared for the conversation, it can still be hard to fit everything in during your appointment. Consider these helpful tips to make the most of your time:

- If you're concerned about not having enough time to get the answers you need, tell your doctor at the beginning of your appointment that you have questions. If time runs out, ask your doctor who they recommend that you speak to for further information.
- If you have questions or concerns about the cost of treatment, you may want to ask your doctor about programs that may be able to help with cost or about speaking with a social worker or a financial counselor.