



The Conversation: Topics to Discuss with Your Metastatic Breast Cancer Care Team

Questions for Your Healthcare Team

Your healthcare providers will be your best source of information about your diagnosis, your treatment, and improving your quality of life. The information you need may vary depending on where you are in your treatment:

- ❓ What are the most important things I should know about my diagnosis?
- ❓ What are the goals of treating this type of cancer?
- ❓ What treatment options do you recommend at this point in treatment?
- ❓ What tests or exams do I need? How will we monitor for changes in the cancer?
- ❓ What can I do to improve my overall health and prognosis?
- ❓ Should I exercise? What type of exercise is safe?
- ❓ What foods should I be eating? What should I avoid?
- ❓ What symptoms or changes should I watch for?

Questions About How You Feel

Maintaining a good quality of life is an important focus of treatment for MBC. Ask yourself these questions and share your answers with your healthcare team.

- 1 ? Are you experiencing any pain?
- 2 ? Are you experiencing fatigue? How are your energy levels?
- 3 ? Is there anything that is difficult, or has become more difficult?
- 4 ? How would you describe your stress level?
- 5 ? How are your moods? Have you noticed a change in moods or how you feel?
- 6 ? What areas of your life do you have support, what areas do you need more support?

Questions When Starting a New Treatment

Treating MBC is an evolving process. Here are questions to ask when you are starting a new therapy or medication for MBC.

- 1 ? How does this therapy work?
- 2 ? What side effects can this therapy cause?
- 3 ? How is the therapy taken and how often?
- 4 ? Will I be able to take a break from this treatment?
- 5 ? How will you know if the therapy is working?
- 6 ? What does the therapy cost?
- 7 ? Are there other treatment options if this therapy doesn't work?