

YOUNG & DIAGNOSED WITH BREAST CANCER WHAT'S RIGHT FOR YOU?

YOUNG ADULTS CAN AND DO GET BREAST CANCER

EVERY
YEAR

13,000

diagnosed before age 41

26,000

diagnosed before age 45

Be your #1 advocate! A diagnosis is overwhelming and scary.

When visiting or talking to your providers don't let those feelings take over. Be prepared for your appointments. Make informed decisions. Learn about your breast cancer and do **WHAT'S RIGHT FOR YOU.**

RIGHT TEAM

- When possible, look for doctors with experience in treating your type of breast cancer
- If possible, go to a center accredited by Commission on Cancer (COC) or National Accreditation Program for Breast Centers (NAPBC)
- Don't hesitate to seek second opinion
- Nurses, Social Workers, supportive care and Patient Navigators/ Advocates are important members of your team



RIGHT TESTS

- Understand your cancer; learn if you have an inherited gene mutation that caused your cancer (genetic testing)
- Learn more about the biology of your tumor through biomarker testing
- Ask about testing to inform how likely you are to benefit from chemotherapy, such as the Oncotype DX® test
- Ask your provider what test they are recommending, what they will learn from the results and how the results will impact your treatment and quality of life



RIGHT TREATMENT

- Many factors determine your recommended treatment – understand those factors
- All treatments have side effects – understand them and how they may impact your daily activities
- What restrictions (foods, beverages, etc.) are associated with the recommended treatment



RIGHT QUESTIONS

- What is the size and stage of my cancer?
- Is my cancer localized, invasive or advanced?
- What is my hormone receptor status?
- What is my HER2 status?
- Is genetic testing right for me?
- What biomarker test(s) is right for me?
- What else should I know about my cancer?
- What is covered by my insurance?
- Is a clinical trial right for me?
- What resources exist to help me learn more about breast cancer and get the support my family and I might need?



RIGHT PLACE

- YSC is here 24/7/365 – support, education and community are just a click away
- At youngsurvival.org find information, support, community and resources just for you

