

# Metastatic Breast Cancer: Resources & Support

People living with metastatic breast cancer face unique challenges and concerns. The Cancer Support Community (CSC) provides support, education and hope to patients and those who care for them through a broad array of programs and resources. Here are just a few resources that can help:

## Frankly Speaking about Cancer: Metastatic Breast Cancer

CSC's highly acclaimed cancer education series provides sound medical and psychosocial information to empower patients and caregivers across the continuum of care.

## Be Prepared: Making the Most of Your Time with Your Health Care Team worksheet



People living with metastatic breast cancer can get organized and write down their main concerns before each medical appointment by using CSC's newest resource. This easy-to-use worksheet is designed to help facilitate better communication about metastatic breast cancer and its treatment and make more efficient use of each visit.

## Open to Options™



A SERVICE of the CANCER  
SUPPORT COMMUNITY

Making decisions about cancer treatment can be overwhelming. Sometimes it's hard to know what questions to ask the doctor or how to wade through conflicting feelings about what matters most related to treatments. But *Open to Options* –

CSC's decision support counseling program – can help. A trained specialist works with individuals to develop a personal list of questions and concerns. This list can then be shared with health care providers before or at medical visits. To set up an in-person or phone appointment, call **1-888-793-9355**.

## Cancer Experience Registry



The Cancer Experience Registry is designed to help people impacted by cancer, particularly those living with metastatic breast cancer, to

share their story, to learn about the experiences of others and to help transform the cancer experience. People who participate are connected to a network of support and resources. Findings from the Registry help us all better understand the social and emotional needs of people living with cancer and improve the ways in which care is delivered. Join today at [CancerExperienceRegistry.org](http://CancerExperienceRegistry.org).

## Living Healthy with Cancer

This program provides tips and information on how to develop or maintain a healthy lifestyle during active treatment.



## Toll-Free Helpline

CSC's helpline is open Mon-Fri 9am-8pm ET to help callers find credible resources and information about their cancer diagnosis. Call **1-888-793-9355** or visit [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org).

## Other Resources

**AdvancedBC.org**  
[www.AdvancedBC.org](http://www.AdvancedBC.org)

**Living Beyond Breast Cancer**  
[www.lbbc.org](http://www.lbbc.org)

**BreastCancer.org**  
[www.breastcancer.org](http://www.breastcancer.org)

**Metastatic Breast  
Cancer Network**  
[www.mbcn.org](http://www.mbcn.org)

**CancerCare**  
[www.cancercare.org](http://www.cancercare.org)

**Patient Advocate Foundation**  
[www.patientadvocate.org](http://www.patientadvocate.org)

**Facing Our Risk of  
Cancer Empowered**  
[www.facingourrisk.org](http://www.facingourrisk.org)

**Young Survival Coalition**  
[www.youngsurvival.org](http://www.youngsurvival.org)

