Fear of recurrence is something that almost every person who has been diagnosed with breast cancer faces. This Recurrence Discussion Guide aims to make it easier for you to talk openly with your healthcare team about this fear and how you can manage it. Taking an active role in your treatment planning can help you feel more confident that you're doing everything you can to reduce the risk of your breast cancer recurring.

Print this guide and bring it to your next scheduled appointment to help you start the conversation.

First, it may help to think about the topics or concerns that are most important to you right now, so that you can share them with your doctor or nurse. These could include questions to help you better understand your disease, any treatment information that is confusing, or next steps.

1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________

Next, below are some common, specific questions that you may want to ask your healthcare team to learn more about your HER2+ breast cancer and the risk that it will recur.

Recurrence is serious because it can mean progression to metastatic disease (cancer that has spread to other parts of the body), so understanding the steps you can take to help reduce your risk of recurrence is important.

Important Questions for Your Healthcare Team About Recurrence

I know that I have HER2+ breast cancer. What is my hormone receptor status, and can you explain what it means?

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I know that HER2+ breast cancer returns in about 1 in 4 women after adjuvant treatment (following surgery) with Herceptin® (trastuzumab).1-5 Given my age, cancer stage, hormone receptor status, lymph node involvement and response to prior therapies (as applicable), what is the risk that my breast cancer will recur?

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____________________________________________________________________________

What changes should we consider making to my treatment plan to help reduce the risk that my cancer will recur?

• Are there lifestyle changes I can make to reduce the risk of my cancer returning?

____________________________________________________________________________

• What additional medications can I take to help reduce the risk that my HER2+ breast cancer will recur?

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Tips for Discussions With Your Healthcare Team

- Write down your list of questions and concerns before your appointment and bring them with you
- Have a notebook on hand or use a recording device to take notes
- Share your questions and concerns with a friend or family member and, if possible, have him or her join you at your appointment to help communicate these questions to your healthcare team
- Don’t be afraid to tell your healthcare team if you don’t understand something – it’s important to ask questions so that you feel confident in the information you are provided
- If you need more time to talk but your doctor isn’t available, ask to speak to another member of your healthcare team, such as a nurse
- Ask for the doctor’s or healthcare team’s contact information and their preferred method of communication

How Can I Learn More?

In addition to your healthcare team, there are other trusted resources within the breast cancer community that you can rely on for information and support.

Visit ReduceRecurrence.com for several that you may find helpful.