



# HAVE the CHAT

for the Caregiver

Younger women can get breast cancer too. When it happens, life changes – for the young woman and those she loves. It's important to have the chat about how it affects her life at every stage and how it affects those around her.



**Have the Chat** is focused on igniting conversations with young women about breast health and wellness. When you “Have the Chat” early and often, you empower those you love to know the facts, own their bodies and take charge of their health. Information is ammunition!

We also aim to share the perspectives of how breast cancer affects those it touches the teenager, the young survivor, the young woman living with metastatic breast cancer, a patient with hereditary breast cancer, the caregiver, healthcare provider and more.

Our videos, tips and advice make it less awkward to broach the topic of breast cancer and its impact – with your daughters and loved ones. Join our movement to #havethechat and change the conversation from “What I wish I knew” to “I’m glad I know.”

*HAVE THE CHAT!*

## OUR MISSION

To encourage conversation about breast health early and often; and to highlight the issues surrounding the young woman diagnosed and those who love her.

Young women get breast cancer too; and when breast cancer is diagnosed at a young age, it’s more likely to be aggressive. Yet, many young women ignore early warning signs – like skin redness or nipple pain– thinking they’re too young to be at risk. And some doctors dismiss breast lumps in young women as cysts and opt to “wait and see.”

Early detection and prompt treatment can lead to more

positive outcomes, and a better quality of life. In fact, more than 90 percent of women whose breast cancer is found in an early stage will survive. At the same time, young women need to be vigilant even if they are diagnosed at an early stage.

In addition, young survivors and those they love face challenges. Educating young women empowers them to know what to watch for and do, cope with confidence, and live healthy and fearlessly; and when we talk about how breast cancer affects the community, it empowers all affected to better support each other.

## While it is meaningful to take care of someone with breast cancer, it can be tough emotionally to care for someone you love, living with a disease. You may experience sadness, grief, fear and feeling overwhelmed.

Make sure you take care of yourself – manage your stress level, physical and mental health.

Engage in a network with other caregivers and establish a support system. Each member of your support group can help in a different way, and you may be able to reciprocate support as well.

Achieving balance as a caregiver will allow you to sustain providing adequate support to the patient as they endure treatment.



### WHAT TO KNOW

- ✘ Ensure that you continue to take care of yourself as you take care of your patient. Do not lose yourself, but help each other.
- ✘ Talk to friends, family, or a professional to express how you're feeling, and how you can manage your stress level.
- ✘ It's understandable to feel emotions of sadness and depression. Talk about these emotions, and then get out there to maintain exercise, eating healthy, and engaging in meaningful activities.
- ✘ Reach out to your support system when you need them the most. They'll be there for you.



### WHAT TO SAY

- ✘ Tell your support system how you're feeling, what you need, and how you can work together in this journey.
- ✘ Understand you are taking on a significant amount of responsibility, and express yourself as a decision maker.
- ✘ Ensure you have a good, strong line of communication so you and your patient are on the same page with goals and expectations.



### WHERE TO HAVE THE CHAT

- ✘ Invite your spouse or significant other on a dinner date at home, where you may feel more comfortable having the chat.
- ✘ Take your young child/children to the park. Let your child ask you questions they might have to make your child/children feel informed.
- ✘ Online and telephone support is a great alternative if travel, distance, or time is a concern.



### WHEN TO HAVE THE CHAT

- ✘ Assure your family, your friends, your support system that you appreciate them, and you are on this journey together.
- ✘ You can have the chat at any time with an online support group, when it's most convenient for you, and when you need it the most.
- ✘ Patients want to feel in control during their treatment. As the caregiver, you might also want to feel in control, so you feel you are helping to take pressure off the patient.
- ✘ Be sure to let each other know how you feel – set up time to have regular check-ins. And maybe use an online site to update family on your own journey and needs.

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### Meet Martha.

My name is Martha. My role is Executive Director at the National Breast Center Foundation. I help our foundation patients and their families navigate their care. I also get to meet many caregivers who are taking care of those they love everyday – from diagnosis throughout treatment. Caregiving is extremely rewarding, but also emotionally and physically taxing. Caregivers need a healthy outlet and support as well.



**Educate and Inspire.** Share a picture or video of why you had the chat on social media and tag 10 friends, nominating them to #HaveTheChat.

**Empower.** Follow Tigerlily Foundation on social media and tag us in the picture. We'll share on our social media pages!

**Take the Pledge, Raise Funds & Start a Movement.** Start a fundraiser (click the link on [our website](#) or our [Facebook page](#)) to help us raise funds to educate more young women and families on the importance of having conversations about young women's breast health, mental health

(anxiety and depression during treatment), the importance of caring for the caregiver, having a strong relationship with your healthcare provider, knowing your genetic and hereditary history, metastatic breast cancer and survivorship. Inspire change and save lives.

**Additional Resource:** [Caregiver Support](#)

