



HAVE the CHAT

About Clinical Trials

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.

A clinical trial is a type of medical research study that determines whether an intervention – a new drug, medical device or diagnostic tool – is safe and/or effective. Investigators leading a clinical trial develop a protocol – a detailed document that describes how the study will be performed.

A clinical trial recruits volunteer study participants to test the intervention, taking an average of seven years for a promising intervention to progress through the steps of clinical testing.

Have the chat about clinical trials. You may benefit from volunteering as a study participant.



WHAT TO KNOW

- ✘ Participating in a clinical trial allows you to access the newest treatments and care.

- ✘ Clinical trials are led by a principal investigator, who is usually a medical doctor.

- ✘ Enrollment characteristics may include age, gender, medical history, previous treatment, current health status, and the particular type or stage of cancer.

- ✘ A doctor or nurse will assess your medical history, perform a physical exam and perform laboratory tests to determine whether you meet the eligibility criteria.



WHAT TO SAY

- ✘ Discuss the purpose of the study.

- ✘ What tests and procedures will be used? What are the risks, the benefits, and the length of participating in the study?

- ✘ Understand how often you'll meet with the clinical trial team. Know how much of your time will be expected because time is valuable.

- ✘ Ask about procedures that are in place to keep you safe, and how to contact someone if you have an adverse effect.

- ✘ Ensure that your information will be kept confidential.



WHERE TO HAVE THE CHAT

- ✘ Talk with your health-care provider about trials.

- ✘ Schedule a meeting with clinical trial staff.

- ✘ Discuss your questions before participating in a clinical trial.

- ✘ Have the conversation where you feel at ease and where you will be able to ask your questions in a safe environment.

- ✘ Do not feel discouraged if you cannot join a specific clinical trial. The research team's top priority is to ensure that the study is right and safe for all of the patients. If you are not selected, keep searching.



WHEN TO HAVE THE CHAT

- ✘ Start the conversation with your provider as early as possible; clinical trials take an average of 7 years from the beginning of clinical testing of the investigational drug to market approval.

- ✘ Healthy young women can participate in clinical trials too and should ask their doctors about this at their well woman visits.

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Meet Angelica.

My name is Angelica. I didn't even know about clinical trials until recently, when I learned that a friend had gotten access to a drug that had probably saved her life. Even though I have had benign tumors and have friends who have had breast cancer, I wasn't even aware of clinical trials in terms of what to ask, when to participate or even where to find out more information about the option of participating in trials, but I'm learning.



Educating young women at every stage of their lives about the power of clinical trials is so important.

People may be curious or afraid, but knowledge is power and that power can lead to action that could save lives.

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 Resources: - [Clinical Trials](#) - [Participate in Research Initiatives](#)

