



HAVE the CHAT

About Metastatic Breast Cancer

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

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.

Learning that you or a loved one has metastatic breast cancer is overwhelming.

It is often a challenge for many patients, friends and family to adjust, deal with their feelings and to cope, as they struggle to find a “new normal”. It is important to be able to talk about what this means and the feelings around it. People tend to avoid talking about

MBC because it is painful and scary, but it is important – to the person diagnosed and those around them.

Discover steps that are helpful to you. Depending on your practices, connect or reconnect with a religious congregation. Join a support group or social network group – or engage in advocacy and channel your energy into making a difference. You can also map out your life – this is the time that you can purposefully design life – just as you want it to be. Sometimes, you might just want to have someone sit with you and not talk. Whatever it is, make sure you have a core group that you can depend on, and share your true feelings with. And, if you’re a loved one, it’s important to talk too!



WHAT TO KNOW

- ✘ Metastatic breast cancer is cancer that has spread beyond breast tissue and the surrounding lymph nodes to form tumors in other parts of the body such as the bones, brain, liver, and lungs. Although many young women can live a long time with this disease, the average lifespan with metastatic breast cancer (MBC) is 3 years.
- ✘ If you’re the patient, having the chat with friends, family and people in your life is important, and it’s okay to answer their questions honestly and openly.
- ✘ Sometimes people might say things that are not appropriate or helpful. Even though this is tough for you, you may have to educate them on what you need.



WHAT TO SAY

- ✘ The most important thing to remember in all of this is to share the facts and how you feel.
- ✘ Ask your friends and family to also be honest with their questions and feelings.
- ✘ There is no “right” thing to say, only what is right for you and the people you love. Before you start the conversation, preface it with just that.



WHERE TO HAVE THE CHAT

- ✘ Have the chat at home or in a setting where you feel comfortable and safe to express your feelings and to allow others to express their emotions too.
- ✘ You and/or your family and friends can have the conversation in a therapeutic setting.
- ✘ If you have a religious affiliation, you could engage a spiritual leader for support in having the conversation.
- ✘ Find a support group or start a community group to create a safe space for you and others to share experiences.



WHEN TO HAVE THE CHAT

- ✘ It’s important to talk about your feelings whenever you feel them. Identify the people you can trust to talk to at any time.
- ✘ When you feel like you might be getting overwhelmed, don’t keep your feelings to yourself. Call or text someone – a peer, support group, your provider or counselor.
- ✘ Schedule regular check in times with your partner, loved ones, support group or therapist. It’s important to share your feelings and not keep them bottled up.

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Meet Shonte.

My name is Shonte. I'm 32 years old. I was diagnosed with metastatic breast cancer after years with symptoms and being told I was too young to have breast cancer. Breast cancer is rare in young women, but it does happen. Know the facts. Know your body. Know your options. It can be scary, isolating and lonely. I chose to take back my power from metastatic breast cancer and want to help others do the same.



Instead of avoiding learning about MBC, talk about it.

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:

- [Understanding MBC](#)

