



# HAVE the CHAT

with Your Healthcare Provider

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.

## Finding a trusted healthcare provider is an important part of a healthy lifestyle and crucial to your treatment journey if you have been diagnosed with breast cancer.

In fact, having a trusted healthcare provider before a diagnosis is one of the most important decisions you'll ever make, as your provider is one of your biggest advocates. Wherever you are in your journey, selecting the best provider is key. Select a doctor who is experienced, who you feel comfortable with, trust and who will advocate for you. The relationship between you and your doctor is important to healthy young women, or if you're diagnosed with breast cancer. Communicate openly with your healthcare provider about your concerns.



### WHAT TO KNOW

- ✘ Choose a healthcare provider who understands you and whom you trust, and develop a strong relationship with your healthcare team – do this as a healthy young woman, a young woman diagnosed with breast cancer, and for the rest of your life.
- ✘ If you've been diagnosed, ask about your treatment options, follow up care, complementary treatments, fitness regimes, fertility, pain management, and how this will impact your work and finances.
- ✘ Work with your healthcare provider to come up with a healthy lifestyle and or treatment plan together.



### WHAT TO SAY

- ✘ Discuss concerns and any issues you may have – family health history, screening or testing recommendations, treatment, etc.
- ✘ Discuss your goals – physical, mental and emotional; ask about diet and nutrition and attaining a healthy lifestyle.
- ✘ If you're living with breast cancer, talk about side effects. Everyone reacts differently to treatments.



### WHERE TO HAVE THE CHAT

- ✘ Make an appointment with your healthcare provider, and make sure you have enough time to get to know each other.
- ✘ Seeing your doctor regularly is key to building that relationship. Set up and keep your appointments. If you can't make it into the office, ask if you can set up a phone call with your healthcare provider.
- ✘ Have your questions and medical records ready so you'll be prepared when you meet with your doctor. Share this information with your caregiver – via phone or in person.

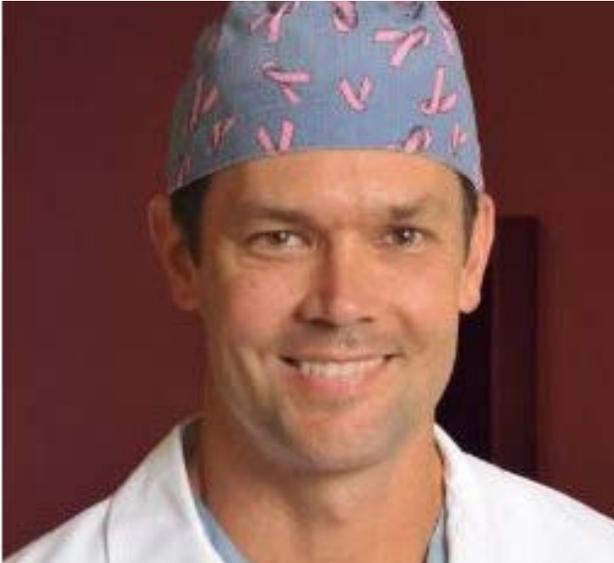


### WHEN TO HAVE THE CHAT

- ✘ Make every healthcare provider visit count.
- ✘ Write down important questions, goals, and other items you'd like to clarify with your doctor.
- ✘ Call your doctor when you have follow-up questions.
- ✘ Discuss any concerns as quickly as possible.

# HAVE THE CHAT

## with Your Healthcare Provider



### Meet Dr. David Weintritt.

My name is Dr. David Weintritt. I'm a breast surgeon. Every day I meet young women diagnosed with breast cancer. One of the most important relationships a young woman can have is with her doctor. Beginning with her primary care physician, to her OB/GYN, and to her healthcare team, if she is diagnosed with breast cancer. The relationship you have with your physician can have a huge impact on how you understand your body, listen to it, care for it and advocate for it. Find a doctor that feels right for you. Your healthcare tribe is a key part of the foundation for your health.



## Develop and maintain a relationship with your healthcare provider. Your life could depend on 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:

- [Choosing Your Provider](#)

