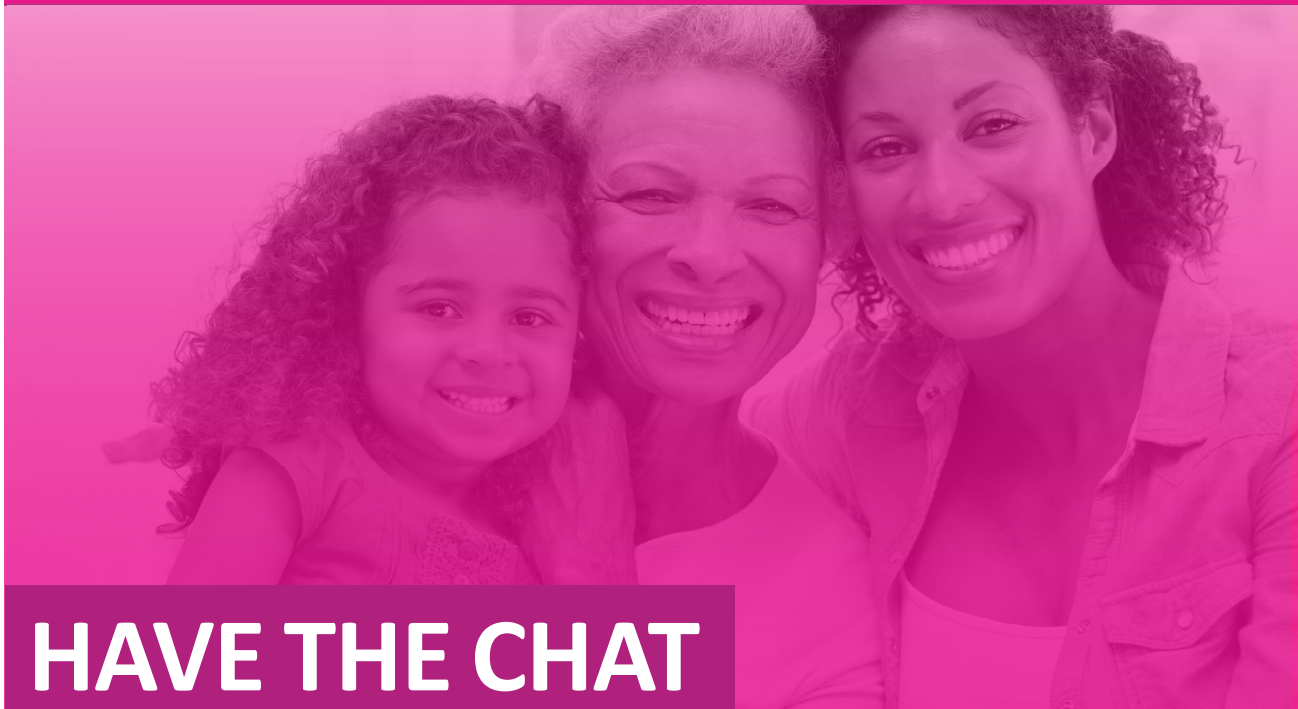




# HAVE the CHAT

About The Tough Stuff During and After 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** 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.

## As warriors, we seem mentally tough on the outside - strong, brick-solid, and like nothing can stop us. But on the inside, we may be feeling very differently.

You might feel like you're being tested. You might question why, how, and now? But know that you are not alone. You have so many options and so many outlets to create your own support system. Anxiety, depression, fear and the stress that comes with a diagnosis can be a challenge. Mental health is a factor we must continuously address. Let's have the chat about the tough stuff, like mental health during and after breast cancer.



### WHAT TO KNOW

- ✘ Learning about your diagnosis may cause side effects. Treatment may also cause side effects. These side effects may include bone pain, fatigue, depression, anxiety, and other concerns.
- ✘ Your healthcare team is there to help. Talk to your nurse or doctor honestly about how you feel emotionally and physically and discuss options of how to decrease side effects, or get help through counseling or other therapies.
- ✘ Traditional and/or complementary therapies may help reduce stress. Ask your social worker, nurse navigator, insurance company or healthcare provider for suggestions.



### WHAT TO SAY

- ✘ First, know that it's okay not to feel okay. Don't feel pressured to act a certain way.
- ✘ Express how you really feel.
- ✘ Affirming self-talk may not solve the challenges, but can give you a fresh perspective. Remind yourself that you are loved, and nourish your mental health with nurturing activities.
- ✘ Sometimes, saying nothing at all is okay too. Non-verbal support can be as important as the verbal. Surround yourself with people, places, pictures, activities and energy that make you feel good.



### WHERE TO HAVE THE CHAT

- ✘ Think of somewhere safe – home or any place you feel free to honestly and openly express how you feel.
- ✘ Join a local support group where you can discuss your feelings comfortably and openly, with others who can relate.
- ✘ Schedule an appointment with a therapist.
- ✘ Make time to journal when you are alone – writing down your thoughts can be an outlet and a way to see progress.



### WHEN TO HAVE THE CHAT

- ✘ Have the chat with your family when you're feeling down. Give them a phone call, or a video call if you want to talk "face-to-face".
- ✘ Talk to your doctor when you go for a visit, or schedule an appointment to talk about how you're feeling.
- ✘ Discuss this with someone you trust. Don't bottle it up; talk about it and get the support you need...and sometimes, just having someone listen makes a big difference.

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## About The Tough Stuff During and After Breast Cancer



### Meet Tonya.

My name is Tonya. My mental health has been a struggle since I was first diagnosed with breast cancer almost 14 years ago. After my second diagnosis, it was hard to accept a recurrence and treatment including a mastectomy. It's normal to have a myriad of feelings when you learn you have breast cancer. Find the support you need from mental health professionals. Your mental health is key to fighting cancer. Do it for you.



**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, and dealing with 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:

- Contact your physician for resources.
- Call your insurance provider for a list of mental Health resources.
- Call Tigerlily Foundation's 24/7 Prayer Line for support: (888) 803-4680.

