



# QUESTIONS TO ASK YOUR DOCTOR

## Metastatic Breast Cancer

**Metastatic breast cancer** is breast cancer that has spread (metastasized) beyond the breast to other parts of the body. It's also known as stage IV or distant recurrence. Although metastatic breast cancer can't be cured today, it can be treated. Treatment focuses on extending life and maintaining quality of life. There are many new and ongoing scientific discoveries improving metastatic breast cancer care and offering hope to many.

If you have metastatic breast cancer, you may feel overwhelmed and unsure of what to ask your doctor. Here are some questions to help start the conversation.

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**Q: Where in my body has the breast cancer spread?**

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**Q: What is my prognosis (chances for survival)?**

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**Q: What tests will I need and how often? Why? Are there risks with any of the tests?**

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**Q: What are my treatment options? Which options do you suggest for me and why?**

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**Q: How long do I have to make a treatment decision?**

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**Q: What are the possible side effects of this treatment(s)? How long will they last?**

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Q: Are there clinical trials I can join? If so, how can I learn more?

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Q: What lifestyle changes will I have to make?

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Q: Will I have any pain? How can I manage it? Will you refer me to a pain specialist? What other things should I expect?

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Q: Where can I find a metastatic breast cancer support group? What support is available for my family?

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Q: What happens if I choose to end active treatment?

A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Notes:

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For more information on breast health or breast cancer, please call our breast care helpline 1-877 GO KOMEN (1-877-465-6636) or visit [komen.org](http://komen.org). Susan G. Komen does not provide medical advice.

**1-877 GO KOMEN (1-877-465-6636) [komen.org](http://komen.org)**