

Newly Diagnosed With HER2-Positive Metastatic Breast Cancer?

Take the Lead in Your Treatment Journey

- ✓ Learn about your cancer and treatment options
- ✓ Use these lists to talk with your care team
- ✓ Tell your doctors what is important to you



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What Matters Most in Newly Diagnosed HER2+ MBC

Hormone Receptor (HR) Status:

- HR-positive metastatic breast cancer means that cancer cells express estrogen and/or progesterone receptors and use them to promote cancer cell growth and survival
- HR-negative metastatic breast cancer means cells either do not express or have very low levels of estrogen and/or progesterone receptors and do not require them to promote cancer cell growth and survival

HER2 Status:

- HER2+: Cancer cells have high levels of HER2 protein
- HER2-: Cancer cells have low or no HER2 protein
- HER2 low: Cancer cells have some HER2 protein but not enough to be considered positive

Questions to Ask Your Care Team

Understanding Your Newly Diagnosed HER2+ Metastatic Breast Cancer Diagnosis

- What does HER2+ metastatic breast cancer mean?
- What is my HER2 status and what does it mean for my treatment?
- What is my hormone receptor status?
- Are there any additional genetic tests or biomarker tests I should consider?
- How will these test results affect my treatment options?
- When will I get the results?
- Should I be monitored for brain metastases?
- Will I need regular imaging tests?
- Do I need additional tests to determine my treatment options?

Exploring Treatment Options

- What are my treatment options?
- What are the pros and cons of each treatment option?
- How will each option affect my daily life?
- What are the expected side effects?
- Are there clinical trials that I should consider?

Getting Support and Resources

- What is my prognosis with currently available treatments?
- Whom should I contact with questions?
- Are the support services available?
- What financial resources are available?



Before your next visit, complete this checklist and share it with your healthcare team to ensure your newly diagnosed HER2+ metastatic breast cancer care aligns with what matters most to you.

Defining What Is Most Important to You (check all that apply)

- ☐ Being able to continue working or volunteering
- ☐ Maintaining independence in daily activities
- ☐ Minimizing treatment side effects as much as possible
- ☐ Spending quality time with family and friends
- ☐ Pursuing hobbies and leisure activities I enjoy
- ☐ Reaching personal milestones (eg, attending a wedding, taking a trip)

Discussing Your Treatment Preferences (check all that apply)

- ☐ I want to pursue the most aggressive treatment to extend my life
- ☐ I prefer a balanced approach that also prioritizes quality of life
- ☐ I want to avoid certain side effects if possible (eg, nausea, fatigue)
- ☐ I am open to participating in a clinical trial
- ☐ I prefer oral medications over IV infusions if efficacy is similar

Making Decisions (check one)

- ☐ I want to make the final choice about my treatment
- ☐ I want to make the final choice after hearing my doctor's opinion
- ☐ I want to decide together with my doctor
- ☐ I want my doctor to decide but consider my opinion
- ☐ I want my doctor to make all the decisions about my treatment

Reflecting How Much Medical Information You Want (check one)

- ☐ All the details, including prognosis
- ☐ All the details, but not prognosis
- ☐ Just enough to decide on treatment
- ☐ Other: _____

Defining How to Include Family and Friends in Your Care Decisions (check one)

- ☐ Decide mostly on my own
- ☐ Get their advice, then decide
- ☐ Decide together
- ☐ Let them decide

Identifying the Most Important People in Your Life Who Help With Treatment Decisions (check all that apply)

- ☐ My spouse or partner
- ☐ My child/children
- ☐ My parent(s)
- ☐ My friend(s)
- ☐ My spiritual or religious advisor
- ☐ Other: _____

Setting Goals for Your Treatment (check one)

- ☐ Help me live longer
- ☐ Try to make me feel better
- ☐ Get rid of all my cancer
- ☐ Other: _____

Prioritizing Concerns When Making Treatment Decisions (check all that apply)

- ☐ Physical side effects (hair loss, neuropathy, nausea, fatigue)
- ☐ Emotional/mental side effects (sadness, anxiety, memory)
- ☐ Ability to work
- ☐ Personal responsibilities (childcare, caregiving, household)
- ☐ Logistics and convenience
- ☐ Sexual concerns
- ☐ Fertility concerns
- ☐ Out-of-pocket expenses
- ☐ Impact on daily activities
- ☐ Burden on family/friends
- ☐ Access to clinical trials/new treatments
- ☐ Important events or goals

Consider Practical Concerns (check all that apply)

- ☐ Transportation to appointments
- ☐ Support at home
- ☐ Work schedule flexibility
- ☐ Insurance coverage
- ☐ Childcare needs
- ☐ Caregiving responsibilities
- ☐ Financial concerns
- ☐ Special events/timing