



If Someone You Love has Breast Cancer

Breast cancer can cause many emotions. Your loved one may have many feelings. These can include fear, anger, sadness or frustration. This is normal. Sometimes it's hard to know what to say or do. It is important to understand what they may be thinking and feeling. Here are some suggestions on how you can help.

Providing informational support:

- Find out all you can about breast cancer and treatment choices
 - Learn about common breast cancer terms
 - Make a list of questions to ask the doctor
 - Share what you learn with your loved one
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Providing emotional support:

- Just listen
 - Let them express their feelings
 - Give them a hug
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Providing practical support:

- Cook or clean
 - Drive them to the doctor
 - Take them a hot meal
 - Do laundry
 - Send them a note
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If facing end of life:

- Attend grief counseling
- Work with your family, friends and doctor
- Provide spiritual and emotional support
- Be a good listener
- Talk with a hospice nurse
- Take care of yourself too

Q: What side effects should we expect from treatment? How can we prevent or treat these side effects? What problems should we report to you? How soon will the side effects begin?

A:

Q: Where can we find a breast cancer support group? Can partners or children attend?

A:

Q: What can I do if I am feeling overwhelmed or depressed?

A:



For more information on breast health or breast cancer, please call our breast care helpline (1-877-465-6636) or visit our website. Susan G. Komen for the Cure does not provide medical advice.

www.komen.org 1-877 GO KOMEN