

To the Husband Sitting There Right Now

If your wife has just been diagnosed with breast cancer, you do not need to have all the answers.

You do not need the perfect words.

And you do not need to pretend you are not scared.

Right now, your job is not to fix this.

Your job is to stay.

- Stay present.
- Stay engaged.
- Stay beside her.

You may feel overwhelmed by medical terms, treatment decisions, and uncertainty about what comes next.

That is normal.

Whatever you’re feeling right now, you are not the first husband to feel it.

The good news is that you do not have to figure everything out today.

Focus on the next step, not the entire journey.

She does not need perfection.

She needs presence.

Three Things to Remember

1 You Are Not Alone Other husbands have sat where you’re sitting now.	2 It Is OK Not to Know You will learn what you need to learn as you go.	3 One Step at a Time Don’t try to solve next month’s problems today.
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Your Role Starts Now

As a husband or partner, you may find yourself serving several roles at once.

Be Present The most important thing you can do is simply be there.	Take Notes Appointments move quickly. Write things down.
Ask Questions No question is too small. Ask when you don't understand.	Support Her Decisions Once treatment decisions are made with her healthcare team, support her as you move forward together.
Stay Steady You don't have to be fearless. You simply need to remain engaged and supportive.	

Questions to Bring to Appointments

- ☐ What type of breast cancer is it?
- ☐ What stage is it?
- ☐ What treatment options are available?
- ☐ What happens next?
- ☐ What should we expect in the coming weeks?

Write answers down.
You will not remember everything.

REMEMBER
Information reduces uncertainty. Preparation reduces stress. Support matters.

A Final Word

One of the most important lessons many husbands learn is this:

You do not need to carry everything alone.

Lean on family.

Lean on friends.

Accept help when it is offered.

Take care of yourself, too.

The better you care for yourself, the better you can care for the person you love.

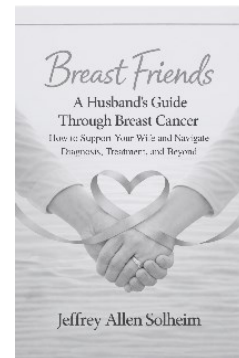
About Breast Friends

Breast Friends: A Husband's Guide Through Breast Cancer

The book provides practical guidance, encouragement, and real-world perspective from a husband who has been where you are now.

Topics include

- The shock and uncertainty of diagnosis
- Understanding the language of breast cancer and treatment
- Supporting your wife through appointments, decisions, and everyday life
- Managing fear, stress, and the emotions that come with the journey
- Moving forward through treatment and what comes next



**There is no perfect way to walk this path.
But you don't have to walk it alone.**

Continue the Journey

If Breast Friends feels like a resource that could help you, you can learn more about the book or purchase a copy using the QR code below.



Scan to view Breast Friends on Amazon

BreastFriendsGuide.com

Learn more about the book and resources for families.

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Healthcare professionals and organizations are welcome to print and share this Companion with patients and families.

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