

Breast Cancer Tips

What I wish I knew at the beginning of my cancer journey

- Start a notebook and take notes at every appointment. Write down questions that come up in between
 - Ask for anti-anxiety medication even if you don't end up using it
- Your doctors are your partners – if you don't feel they are – you can change doctors
- You have the right to know all the options every step of the way
- Ask for what you need during treatment. (No co-ed waiting rooms during radiation for me)
 - Ask for help!! You will need help – laundry, cleaning, shopping, food prep. People want to help – let them!
- Advocate for yourself – if you can't, ask a friend or family member to be your advocate
 - Depending on diagnosis, some things can be on your own time frame. Give yourself time to take things in.
- Get physical therapy after surgery, especially if it involves lymph nodes, even if you think you are okay
- Bras – get fit properly with people that specialize in breast surgery
 - Don't push through your recovery – rest and nap as needed.
- Your time frame is your time frame, don't judge yourself based on others recovery!
- You will have a new normal. May be just physical but may also be mental and emotional.

Ask for Help!