CARE GUIDELINES FOR YOUNG WOMEN WITH BREAST CANCER

AS A YOUNG WOMAN WITH BREAST CANCER YOU SHOULD:

1. Receive treatment from healthcare professionals who are sensitive to the unique needs faced by younger women with breast cancer.

2. Have a full family history taken as soon as possible with respect to inherited cancer risk.

3. Be given an explanation of the risk of early menopause as a result of some treatments as well as the potential impact on bone health, sexual health, mental function and body weight and image.

4. Be given a full explanation during initial treatment planning about the possible impact of treatment on fertility, including support/resources for contraception and pregnancy after treatment.

5. Be offered counselling if you are diagnosed with breast cancer during pregnancy or within a year of giving birth to help you cope with the impact this has on you and your family.

6. Be informed, if needed, about any community-based resources to help you with childcare arrangements during your treatment and recovery, or support services available to help other family members cope.

7. Have the opportunity to discuss some of the complex life decisions you may be facing in a supportive environment with a skilled counsellor.

8. Be fully informed about choices around breast reconstruction.

9. Be given, if needed, the opportunity to be put in touch with community agencies to discuss the financial implications associated with breast cancer.

10. Have the opportunity to be connected with other young women who have been diagnosed with breast cancer.

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