BREAST CANCER DIAGNOSIS
Discussion Guide

Ductal Carcinoma in Situ (DCIS) and Early and Locally Advanced Breast Cancer

If you've been diagnosed with breast cancer, there's a lot to learn. You may get all the information at once, or it may come at different times. This resource can help you gather information about your diagnosis and keep it in one place. We encourage you to add information as you receive it.

There are questions you can ask your doctor with space to take notes. There's also a Glossary at the end of this resource defining words you'll see in pink. Finally, you'll find a section where you can list members of your health care team.

You can download, print and write on this resource at your doctor's appointments. Or you can download, type and save it on your computer, tablet or phone.

About your diagnosis

After your breast biopsy, you'll get some information about your diagnosis, which is included in a pathology report. Understanding this information is important as it can help you make treatment decisions with your doctor.

1. What are the results of my breast biopsy? (check what applies to you)

Type:

- ☐ Non-invasive breast cancer - Ductal carcinoma in situ (DCIS)
- ☐ Invasive breast cancer

  Type _____

Biomarkers:

- ☐ Hormone receptor-positive (ER+/PR+)
- ☐ Hormone receptor-negative (ER-/PR-)
- ☐ HER2-positive (HER2+)
- ☐ HER2-negative (HER2-)

Grade:

- ☐ 1 (slow-growing)
- ☐ 2
- ☐ 3 (fast-growing)

Notes:

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2. If the breast biopsy showed an ER+/PR+, HER2-negative tumor, will a tumor profiling test, such as Oncotype DX® or MammaPrint®, be done on the tumor tissue?

☐ Yes ☐ No

If yes, which one? ☐ Oncotype DX® ☐ MammaPrint®

Notes:

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About your diagnosis (continued)

3. **Do you recommend I get genetic testing for inherited gene mutations?**

☐ Yes ☐ No

Notes:

4. **How can I get a copy of my pathology report(s) and other test results?**

Notes:

Treatment

Starting treatment for breast cancer can be overwhelming. Your treatment options are based on your unique breast cancer diagnosis, personal preferences and goals.

Surgery

You'll have either a lumpectomy or a mastectomy to remove the breast cancer.

Type of surgery recommended: ☐ Lumpectomy ☐ Mastectomy

If you have a mastectomy, you may decide to have breast reconstruction. Talk with your doctor about your breast reconstruction options.

After surgery, you'll get the following information about your diagnosis.

Margins:

☐ Positive
☐ Negative
☐ Close

Tumor Size:

_____

Lymph Node Status:

☐ Positive - if so, how many?

_____

☐ Negative

Notes:

Treatment (continued)

1. **If I have invasive breast cancer, will I have chemotherapy and/or another drug therapy before surgery (also called neoadjuvant therapy)?**

   ☐ If yes, move to the next question ☐ If no, move to question 3

   Notes:

2. **What type of neoadjuvant treatment do you recommend for me?**

   Notes:

3. **What is the stage of my breast cancer, and what does that mean for me?**

   Notes:

4. **What are my treatment options after surgery? (check what applies to you)**

   ☐ Radiation Therapy _____
   ☐ Chemotherapy _____
   ☐ Hormone Therapy _____
   ☐ CDK4/6 Inhibitor _____
   ☐ HER2-Targeted Therapy _____
   ☐ Immunotherapy _____
   ☐ PARP Inhibitor _____

   Notes:

Treatment (continued)

5. What is my prognosis with the treatment you're recommending for me?
   Notes:

6. Is there a clinical trial that's right for me?
   ☐ Yes ☐ No
   Notes:

7. How long do I have to make a decision about my treatment plan? How long before treatment begins? How long will each treatment take?
   Notes:

Other Notes:

Fertility

If you're thinking about having children, you can ask the following questions.

1. **How will treatment impact my fertility?**
   Notes:

2. **What are the options to preserve my fertility? Can you refer me to a fertility specialist?**
   Notes:

Support

The support of family, friends and others can help as you go through your diagnosis, treatment and beyond.

1. **What types of support are available to me? What types of support are available for my loved ones?**
   Notes:

Other Notes:

Komen Patient Care Center

Komen's Patient Care Center is your trusted, go-to source for timely, accurate breast health and breast cancer information, services and resources. Our navigators offer free, personalized support to patients, caregivers and family members, including education, emotional support, financial assistance, help accessing care and more. Get connected to a Komen navigator by contacting the Breast Care Helpline at 1-877 GO KOMEN (1-877-465-6636) or email helpline@komen.org to get started. All calls are answered Monday through Thursday, 9 a.m. to 7 p.m. ET and Friday, 9 a.m. to 6 p.m. ET. Se habla español.

Glossary (terms are in the order that they appear above):

Pathology report – A report that contains the information describing your breast cancer diagnosis.

Type – All breast cancers start in the breast, but they can be non-invasive or invasive. Tumor cells can vary in location and how they look under a microscope.

Biomarkers – A molecule in your body that can be measured and give information about your health. Hormone receptor status and HER2 status are two breast cancer biomarkers.

Hormone receptor status

- Hormone receptor-positive (estrogen receptor-positive and progesterone receptor-positive) breast cancers need hormones to grow.
- Hormone receptor-negative (estrogen receptor-negative and progesterone receptor-negative) breast cancers don't need hormones to grow.

HER2 status - HER2 is a protein involved in cell growth and survival that appears on the surface of some breast cancer cells.

- HER2 positive breast cancers have a lot of HER2 protein.
- HER2 negative breast cancers have little or no HER2 protein.

Tumor grade – Describes how closely cancer cells look like normal cells.

- Grade 1 – Cancer cells are slow-growing and look the most like normal cells.
- Grade 2 – Cancer cells fall in between grade 1 and grade 3.
- Grade 3 – Cancer cells are fast-growing and look very abnormal.

Inherited gene mutation – A change in a gene that can be passed down from parent to child.

Genetic testing – A blood test that looks for inherited gene mutations related to breast cancer in a person. Sometimes, having an inherited gene mutation helps guide breast cancer treatment.

Tumor profiling – Tests that give information about genes in cancer cells. For some breast cancers, they may give useful information in making treatment decisions.

Lumpectomy – Breast surgery that removes only the tumor and a small rim of normal tissue around it, leaving most of the breast skin and tissue in place.

Mastectomy – Surgical removal of the breast. The exact procedure depends on the diagnosis.

Margins – The rim of normal tissue surrounding a tumor that's removed during breast surgery.

- Positive – Edges of the tissue contain cancer cells.
- Negative – Edges of the tissue do not contain cancer cells.
- Close – Cancer cells approach, but do not touch the edge of the tissue.

Tumor size – A measure that's a part of staging after a tumor has been surgically removed.

Lymph node status – Shows whether or not cancer has spread to the lymph nodes.

- Lymph node-positive – At least one axillary lymph node contains cancer.
- Lymph node-negative – None of the axillary lymph nodes contain cancer.

Neoadjuvant therapy – Treatments used before surgery, often in large or locally-advanced breast cancers, to shrink tumors before surgery.

Stage – The extent of cancer in the body.

Prognosis – The expected or probable outcome or course of a disease (the chance of recovery or survival).

Your Health Care Team

You'll get care from many different health care providers, though all in the list below may not apply to you. This section can help you keep track of your health care team and their contact information.

☐ **Surgeon:**

Name_____ Contact Information _____

Notes_____

☐ **Medical Oncologist:**

Name_____ Contact Information _____

Notes_____

☐ **Radiation Oncologist:**

Name_____ Contact Information _____

Notes_____

☐ **Nurse:**

Name_____ Contact Information _____

Notes_____

☐ **Nurse:**

Name_____ Contact Information _____

Notes_____

☐ **Nurse:**

Name_____ Contact Information _____

Notes_____

☐ **Social Worker:**

Name_____ Contact Information _____

Notes_____

☐ **Patient Navigator:**

Name_____ Contact Information _____

Notes_____

☐ **Palliative Care Specialist:**

Name_____ Contact Information _____

Notes_____

☐ **Other:**

Name_____ Contact Information _____

Notes_____