# 10 Things You Should Know When Living with Metastatic Breast Cancer

**1. Understanding Your Metastatic Breast Cancer Type**

Metastatic breast cancer (mBC) has multiple types, and understanding your specific type is crucial. mBC can vary from one patient to another based on factors such as hormone receptor (HR), human epidermal growth factor receptor 2 (HER2), and other characteristics. It's important to discuss your unique tumor characteristics with your care team, as they may change over time, and you may need additional testing or changes to your treatment plan.

**2. Ask Questions to Better Understand Your Metastatic Breast Cancer (MBC)**

Like other cancers, mBC can be managed by using various approaches to evaluate your disease, including:

- Biopsy
- Blood tests
- Imaging studies

These tests can help inform your treatment decisions and recommendations (e.g., National Consortium of Breast Centers).

**3. Working with Your Healthcare Team to Make the Best Treatment Plan**

Your medical oncologist will be your main care provider, but you should also consider including a PCP, nutritionist, and mental health professionals as part of your care team. It's important to establish a primary point of contact and discuss how you want to receive information and ask questions. You should also learn about the disease, including its symptoms and how your treatment is impacting you.

**4. Know All Your Treatment Options**

Deciding your treatment plan involves considering the many different treatment types available. These may include:

- **Hormone Therapy**: For hormone receptor-positive (HR+) breast cancer, your treatment plan may include blocking or reducing the effects of estrogen or progesterone hormones. This can be done through medications, surgery, or radiation therapy.
- **Chemotherapy**: For both HR+ and HER2-positive breast cancer, chemotherapy is a common treatment to stop tumor growth and spread. It involves using drugs that can kill cancer cells or stop them from growing and dividing.
- **Targeted Therapy**: This type of treatment uses medications that target specific molecules or signaling pathways involved in cancer growth and spread. It can be used for patients whose tumors have specific genetic changes or biomarkers.
- **Immunotherapy**: This treatment uses your body's immune system to fight cancer. It involves drugs that help your immune system recognize and destroy cancer cells.
- **Radiation Therapy**: This treatment uses high-energy radiation to kill cancer cells and shrink tumors. It can be used to destroy remaining cancer cells after surgery or as a way to relieve symptoms caused by the tumor.

It's important to talk openly with your medical team, including your oncologist and other specialists, about your treatment options and care preferences. Be sure to ask enough questions until you feel comfortable, as you want to ensure you have a treatment plan that meets your needs.
5. 詢問治療選擇的優點和缺點
不論您是否剛診斷出轉移性乳癌 (MBC)，或已經與疾病相處一段時間了，
瞭解在治療對預期哪些事項會有所助益，例如療效、副作用和自付費用。在約診時記下重要事
項，若您不滿意討論內容或提供您的選擇，請立即要求進一步說明，或尋求第二項建議。

6. 關於合併治療有哪些資訊？
部分轉移性乳癌 (MBC) 病患可能需要接受合併治療，此類治療常涉同時使用二種或更多種藥
物。核準用於合併治療的藥物會分別給藥，不會在一次給藥中合併給予。不是每個人都適合此
種治療方式，故務必與醫療團隊討論適合您的方式。合併治療中使用的許多治療也可單獨使用
作為單藥療法。

轉移性乳癌 (MBC)
治療種類和給藥類型

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7. 若治療不再有效時會如何？
每位病患對癌症治療的反應不一。如果您的治療不再有效，且癌症持續生長或復發，您的醫療
團隊可能會建議使用另一種治療。然而，在那之前，您的醫療團隊可能會進行額外的檢測，以
確認您的癌症是否已經改變或惡化。

8. 積極參與您的治療
持續與您的醫療團隊溝通是更了解自身疾病和確保您接受最佳照護的關鍵。每次向醫師就診時，
請帶來您對於目前治療感受如何的問題和記錄。此外，也請記得透過攝取良好營養、保持
活躍和降低壓力的方式，盡量達到最佳健康狀態。

如需更多詳細資訊，請造訪 LifeBeyondPink.com