

Are you a patient experiencing treatment-related side effects?



A survey of 1,221 patients with metastatic breast cancer found 86% had at least one bad side effect. If you have side effects, speak with your health care professional.

1. Talk with your doctor who may be able to:

Prescribe medication for relief

Adjust your dose

Change your treatment schedule

Recommend a different treatment

Suggest something else to make you feel better

2. How to start the conversation:

"We both want the same things."

"I want to have the longest possible life, with the best possible quality of life."

"You want that for me too!"

"Let's work together to achieve this."

3. What to discuss together:

- Your personal goals and wishes
- Your general health situation
- History of side effects
- Current and past blood counts
- Whether the disease is slow- or fast-growing
- Whether any organs are severely affected, or the disease is in the brain
- Your body mass index (level of body fat)
- Affordability of medications to ease side effects
- If you need help at home, is anyone available?



NEVER change anything about your treatment on your own; always speak with your doctor!

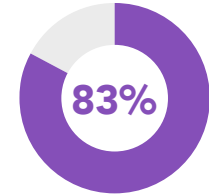
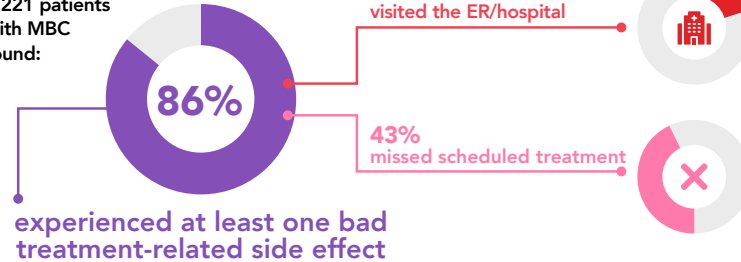
Learn more at: TheRightDose.org or email info@TheRightDose.org.

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Are you a health care professional who treats patients with metastatic breast cancer?

MBC treatment is often disrupted by drug-related toxicities that impact therapeutic efficacy and patients' quality of life. But studies of some chemotherapy & targeted drugs found lower doses can be as effective as the recommended starting dose, with less toxicity.

A study of 1,221 patients with MBC found:



of patients felt better upon receiving dose reduction for side effect palliation

Talk with each patient to jointly determine an optimal dose.

For each individual patient, at the start of treatment and thereafter, consider these factors.

- The patient's personal goals & wishes
- Performance status
- History of side effects from other drugs
- Current and past blood counts
- Indolent vs. aggressive disease
- Organ dysfunction/CNS metastases
- Body Mass Index
- Ability to afford medications or specialists to ease side effects
- Availability of patients' at-home care



Side effect mitigation strategies may include:



- Dosage reduction
- Altering treatment frequency
- Palliative medications
- Switching treatments
- Referral to specialist
- Changing drug manufacturers
- Other supportive measures (e.g. acupuncture, yoga)



To optimize patients' quality of life, ask patients about side effects at every visit!
Learn more at: TheRightDose.org or email info@TheRightDose.org



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