



Are treatment side effects keeping you from living well with metastatic breast cancer?

Medicines for metastatic breast cancer (MBC) often come with side effects. But, did you know that many drugs that treat MBC can be just as effective at a lower dose, with fewer side effects? This approach to customizing your treatment is called **patient-centered dosing**.

Less struggle, more living

When treatment is too strong, it's hard to do normal things. A lower dose might help you:

- Stay on your medicine longer
- Do more of what you enjoy
- Spend more time with family and friends

Talk with your doctor about your side effects, what activities you like to do, and whether the medicines you take can be adjusted.

“We want to do things — be with friends, work, do chores around the house. We want to be here for a long time to enjoy our families. Immediately, I started noticing the difference with the new dosage.”
- Patient Advocate

You are not alone

Many people with metastatic breast cancer feel the same way. It's okay to talk about your side effects. Changing your dose does not mean your treatment won't work. It means you and your doctor are finding the best way for you to keep living your life.

**LIVING BEYOND
BREAST CANCER®**

Start the conversation

Try our conversation guide to bring up patient-centered dosing with your doctor.

Say: “I want to live well while taking this medicine. My side effects are stopping me from doing the things I enjoy.”

Things I want to do:

My side effects that get in the way are:

I have these side effects:

___ more than once a day
___ every day
___ other: _____

Ask: “Can my dose be lowered to help with side effects?”

Looking for more information?

Scan the QR code to find more on this topic from LBBC.

