



# LIVING BEYOND BREAST CANCER®



## METASTATIC BREAST CANCER RESOURCES



Thank you for joining us for **Ask the expert: Metastatic breast cancer**, with Tufia C. Haddad, MD. We hope you found the webinar helpful and informative. If you couldn't attend live, or you want to watch it again, you can access the recording [here](#).

Check out some of our other resources for metastatic breast cancer below.

### RECENTLY DIAGNOSED WITH METASTATIC BREAST CANCER?

Learn important medical information and receive practical support to help you get your bearings during the first few months after your metastatic diagnosis by watching [Newly diagnosed with metastatic breast cancer](#) with Tufia C. Haddad, MD.

### LIVING WELL WITH METASTATIC BREAST CANCER

Don S. Dizon, MD, FACP, FASCO discusses fear of progression, body image, parenting, and more in [this video](#) about living well with MBC.

### HOW EXERCISING CHANGES AFTER AN MBC DIAGNOSIS

Read Cathy Knowles' [blog post](#) about how she had to adjust her exercise routine and diet after her metastatic breast cancer diagnosis in January of 2017.

### UNDERSTANDING AND ACCESSING PALLIATIVE CARE

Palliative care is specialized medical care focused on providing relief from the symptoms, pain, and stress of serious illness. In [this recording](#) from our 2021 Conference on Metastatic Breast Cancer, James Tulsy, MD, discusses the goals and benefits of palliative care.

### TAKING ON 21 YEARS OF TREATMENT SIDE EFFECTS

Terlisa Sheppard shares her [personal story](#) of managing side effects and pain from the numerous treatments she's received since her metastatic diagnosis in 2001.

### ADDITIONAL RESOURCES

For more personal stories, interviews with medical experts, and resources for emotional and financial support, explore our hub for metastatic breast cancer resources at [LBBC.ORG/METS](https://www.lbbc.org/mets).

Get matched with a trained volunteer from our **Breast Cancer Helpline** who has a similar experience to you for peer-to-peer support at [LBBC.ORG/HELPLINE](https://www.lbbc.org/helpline) or call **888-753-5222**.

### STAY CONNECTED



Private Facebook groups

[Breast Cancer Support for All Ages, All Stages](#)

[Breast Cancer Support for Young Women](#)

[Support community for high risk](#)

### MARK YOUR CALENDAR

**Virtual Conference on Metastatic Breast Cancer**  
April 23 & 24, 2022

Signature

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