

# CARE GUIDELINES FOR YOUNG WOMEN WITH BREAST CANCER



## AS A YOUNG WOMAN WITH BREAST CANCER YOU SHOULD:

- 1 Receive treatment from healthcare professionals who are sensitive to the unique needs faced by younger women with breast cancer.
- 2 Have a full family history taken as soon as possible with respect to inherited cancer risk.
- 3 Be given an explanation of the risk of early menopause as a result of some treatments as well as the potential impact on bone health, sexual health, mental function and body weight and image.
- 4 Be given a full explanation during initial treatment planning about the possible impact of treatment on fertility, including support/resources for contraception and pregnancy after treatment.
- 5 Be offered counselling if you are diagnosed with breast cancer during pregnancy or within a year of giving birth to help you cope with the impact this has on you and your family.
- 6 Be informed, if needed, about any community-based resources to help you with childcare arrangements during your treatment and recovery, or support services available to help other family members cope.
- 7 Have the opportunity to discuss some of the complex life decisions you may be facing in a supportive environment with a skilled counsellor.
- 8 Be fully informed about choices around breast reconstruction.
- 9 Be given, if needed, the opportunity to be put in touch with community agencies to discuss the financial implications associated with breast cancer.
- 10 Have the opportunity to be connected with other young women who have been diagnosed with breast cancer.