



# Resources for Women with Advanced and Metastatic Breast Cancer

This list of resources has been put together specifically for women with advanced or metastatic breast cancer. We hope the information and resources below will help you learn more about your treatment options and the support services available to you.

## Pamphlets

### I Still Buy Green Bananas

Discusses the challenges of dealing with advanced cancer, as well as how to enhance your support system and make treatment decisions. Contains quotes from women with advanced breast cancer who also contributed to the content of the brochure. Call the Breast Cancer Network of Strength at 1-800-221-2141 to receive this free booklet and, if desired, peer support.

### Advanced Cancer: Living Each Day

Addresses living with cancer, coping with emotions, and practical considerations for you, your family, and friends. Available free from the National Cancer Institute at 1-800-4-CANCER.

### Pain Control: A Guide for Those with Cancer and Their Loved Ones

Gives a thorough description of cancer pain and pain management.

Provides an overview of prescription and non-prescription pain medicine and techniques for relieving pain without medicine. Call the American Cancer Society at 1-800-ACS-2345 to receive this free booklet on pain control.

### Eating Hints for Cancer Patients

Includes strategies for managing eating problems during treatment and suggestions for staying healthy after treatment. Eating well is especially important when your body is fighting disease. Call 1-800-4-CANCER to receive this guide.

### Taking Time: Support for People with Cancer and the People Who Care About Them

Gives insight into the emotional impact of cancer on you and your loved ones. Describes what's normal to feel and experience, and suggests ways to build a strong support system. Includes tips for friends and family. Available free from the National Cancer Institute at 1-800-4-CANCER.

### A Tiny Boat at Sea

Izetta Smith, MA

Written to help children who have had a parent diagnosed with cancer, this booklet provides practical advice about how to talk to your children about your diagnosis and treatment and how to support them

emotionally as they cope with your disease. Recommendations are given in an age-specific format. Available from Grief Watch at 503-284-7426 or can be ordered online at [griefwatch.com](http://griefwatch.com) (\$7.95).

## Books

**Advanced Breast Cancer: A Guide to Living with Metastatic Disease.** 2<sup>nd</sup> Edition. Musa Mayer. Patient Center Guides, 1998.

This book deals honestly with the realities of living with metastatic disease, and offers hope and comfort. All aspects of facing the disease are covered, including coping with the shock of recurrence, seeking information and making treatment decisions, communicating effectively with medical personnel, finding support, and handling disease progression and end-of-life issues. ISBN:156592522X, 532 pages, \$24.95.

Information is also available on the related website: [AdvancedBC.org](http://AdvancedBC.org).

## Kaiser Permanente Clinical Trials

As a Kaiser Permanente member, you might be eligible to participate in one of our many clinical trials for breast cancer. Clinical trials are research studies designed to improve treatment for cancer patients. If you are interested in participating in a clinical trial, ask

your oncologist if you qualify for one or call the Kaiser Permanente Oncology Clinical Trials program at 1-707-651-2786.

### **Advance Directives**

An advance directive is the best way to make sure that your health care wishes are known and considered if for any reason you are unable to speak for yourself. California law allows you to choose a person you trust to make your health care decisions and to express your wishes about the type of care you would want. Completing an advance directive can provide peace of mind for you and your family and allows your physician to keep your goals at the center of your treatment plan. For more information on advance directives, talk with your oncologist or pick up the California Advance Health Care Directive Kit from your Kaiser Permanente Health Education Center or Department.

### **Hospice Services**

Hospice is a special form of care for people whose cancer becomes terminal. Hospice care is palliative care, which means that the focus

is on your comfort rather than on trying to cure your illness. The goal of hospice care is to provide you with physical, emotional, and spiritual comfort, and to help relieve symptoms. Hospice also gives support to your caregivers and family. Hospice care is usually provided in your home. For more information on hospice care, speak to your oncologist.

### **Social Work**

Medical social workers are available to help you and your family learn to accept the changes cancer creates in your life and to minimize the difficulties of coping with these changes. Trained to assess your psychological strengths and weaknesses and how your social situation affects you, they provide short-term counseling. This counseling also includes financial counseling and linkage to Kaiser Permanente and community resources. They can also help you learn to communicate more effectively and to manage your feelings and relationship issues. For a referral to a social worker, talk with your oncologist or call the Medical Social Work department at your facility.

### **Kaiser Permanente Online**

At Kaiser Permanente's Web site, you can explore the health encyclopedia, schedule appointments, consult with a nurse or pharmacist, and more—all from the convenience of your home or office. Sign on today at [kp.org](http://kp.org).

### **Other Resources**

Contact your Kaiser Permanente Health Education Center or Department for additional resources.

### **Cancer Organizations**

- **American Cancer Society**  
1-800-ACS-2345 or [cancer.org](http://cancer.org)
- **Association of Cancer Online Resources, Inc.** has an online support group for women with metastatic breast cancer at [acor.org](http://acor.org). The url for the support group is [listserv.acor.org](http://listserv.acor.org).
- **Breastcancer.org** offers high quality overall information. [breastcancer.org](http://breastcancer.org)
- **National Cancer Institute**  
1-800-4CANCER or [cancer.gov](http://cancer.gov)
- **Breast Cancer Network of Strength** offers 24 hour hotline in 150 languages. 1-800-221-2141 or [www.networkofstrength.org](http://www.networkofstrength.org)

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.