



KNOWLEDGE IS POWER

7 KEY THINGS TO KNOW

1 Informed Decision Making = Participation:
Knowledge equips patients with information about their condition, treatment options, potential side effects, and prognosis. As a patient with knowledge you can actively participate in decisions regarding your care. In this way, you can ensure that your treatment plan aligns with your preferences, values, and health goals.

2 Knowledge Reduces Anxiety:
Heck, it's a traumatic time for you, as a breast cancer patient, and your loved ones. Understanding breast cancer and your treatment process can alleviate anxiety and our natural fear of the unknown. When patients know what to expect during each stage of their journey, they can approach it with greater confidence and resilience.

3 Knowledge Improves Your Ability to Communicate with Healthcare Providers:
Knowledge empowers you, the patient, to ask informed questions, seek clarification on what you've been told, and actively engage with your oncology healthcare team. Knowledge fosters better communication, trust, collaboration, and compliance during difficult treatments: It also leads to more personalized and effective care.

4 Knowledge Encourages Advocacy for Self-Care:
Knowledge empowers you to advocate for your own well-being by adopting healthy lifestyle habits, managing treatment side effects, and seeking support when needed. It encourages proactive self-care practices, such as meditation, and yoga, that can contribute to overall health and quality of life.

5 Pooled Knowledge Makes Everyone Stronger:
By connecting with other breast cancer patients you can access invaluable support networks, including other survivors, advocacy groups, and online communities. These networks provide emotional support, practical advice, and shared experiences that can inspire hope and resilience during challenging times.

6 Up-to-date Knowledge May Mean You're First in Line!
Access to knowledge about Research and Clinical Trials in your hospital network enables you to stay informed about the latest advancements in...

- breast cancer research
- emerging treatment options
- opportunities to participate in clinical trials
- explore innovative therapies
- contribute to the advancement of medical science

7 Knowledge Can Help You Kick Start Your Wellness Journey Back to Good Health:
Knowledge empowers patients to navigate life beyond treatment, including survivorship issues, long-term effects, and strategies for maintaining physical and emotional well-being. It encourages a holistic approach to health and empowers patients to advocate for their ongoing needs.

Overall, empowering you, the breast cancer patient, with knowledge has no downside! It not only enhances your understanding of the treatment and healing process, but it also gives you confidence, and enables you to actively participate in your own care, cope with challenges during and after treatment, and ultimately return to good health.