

Living with Advance Cancer – What our Patients have taught us

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Introduction

- * Life after a diagnosis of metastatic breast cancer
- * Effective communication
- * Supportive Therapies
- * Advance Care Planning

Life after a diagnosis of metastatic breast cancer

You may not have the opportunity to live out your natural life time – but you have the opportunity of looking at new possibilities, new beginnings, new projects, new and stronger relationships with your loved ones and friends.

* Helena's Story

“the good time party girl who was a highly irresponsible adult, with a heart of gold”



Goals & Structure

- * Make short, medium and long term goals
- * Routine in your day
- * Negotiate with your medical team – identify what is important



Communication



“Central to good care is good communication”

- * Do not let things fester
- * Foster your relationships with your medical team, nurses and hospice team
- * Treatment holidays and second opinions

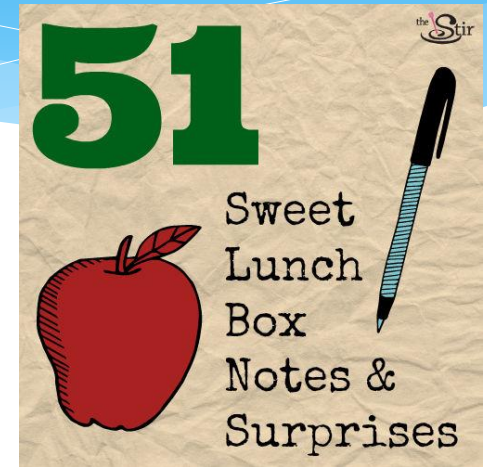
- * Put your thoughts into an email and send this to your oncology team prior to your appointments.
- * Negotiate with your medical team to define your best care plan



Supportive Therapies

“Living with advance breast cancer may mean you have to learn faster about life, trust more, be gracious in accepting help from others sooner than expected in your life”

Surprises



Dove house



- * Explore holistic touch therapies – aromatherapy massage, reflexology, reiki, counselling, art therapy and chair yoga
- * *“these therapies not only support but are empowering, to enable patients to take their health care to another level, to maintain wellness as long as possible, independence and quality of life”*



Hospice Support

- * Specialists in symptom management

“if you have a good team walking alongside you, patients are more confident and it improves quality of life”

Princess Margaret



Please note – picture not factual.
We referred to Margaret as “Princess Margaret” as it was like entertaining royalty in our chemo treatment room, and she held court!



Advance Care Planning

- * This process and document is also a great opportunity to communicate love, thoughts, inspiration, hope and can be a source of guidance and comfort for loved ones that will be left behind – to help them to move forward.





* Jo Segar – reflection on how the final goodbye can be a multifaceted occasion of joy

“I’ve decided they can be rather cathartic and actually jolly in a respectful way”

Conclusion

- * Today many patients are still living fulfilling lives, many continuing to pursue meaningful jobs, full or part time.
- * Living well beyond expectations
- * Negotiating for – chemo holidays
- * Living life with more confidence

We wish you peace, strength, clarity, quality of life and independence for as long as possible to continue your health journey.

Lives filled with joy and gratitude to create wonderful memories and, deepen loving relationships!

With kindness and thanks - *Dora and Natalie*

