DOCTOR DISCUSSION GUIDE
Managing HER2-Positive Metastatic Breast Cancer

Introduction
If you've been diagnosed with HER2-positive metastatic breast cancer, you may have many questions about what comes next. Knowing what to ask during your conversation with your healthcare provider can help you to navigate your condition better. Familiarize yourself with these common terms before your appointment to better navigate this condition.

Vocabulary to Know
Your doctor might mention these common terms. Here’s what they mean.

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>HER2-Positive</td>
<td>There is an increased amount of the human epidermal growth factor receptor 2 (HER2) protein present on breast cancer cells. While the HER2 protein assists in normal breast growth and cell repair, too much can speed tumor growth. It may spread faster and may require specific treatment to target the HER2 protein.</td>
</tr>
<tr>
<td>Metastatic</td>
<td>Also known as stage 4, the tumor has gone beyond the breast itself to other parts of the body. In most cases, this means the bones, lungs, liver, or brain. In more than 50% of cases, the cancer cells have spread first to the bones.</td>
</tr>
<tr>
<td>Distant Recurrence</td>
<td>If cancer returns after an initial diagnosis to a part of the body that is not nearby, it is known as a distant recurrence.</td>
</tr>
<tr>
<td>De Novo HER2-Positive Metastatic Disease</td>
<td>When de novo metastatic breast cancer is first discovered, it has already spread to other sites and HER2-positive treatments have not yet been tried.</td>
</tr>
<tr>
<td>Hormone Receptor-Positive</td>
<td>A metastasized HER2-positive cancer cell can also be hormone-receptor-positive. These breast cancer cells have receptors for estrogen, progesterone, or both.</td>
</tr>
<tr>
<td>HER2-Positive Targeted Therapies</td>
<td>These systemic therapies can target the HER2 protein. They include man-made monoclonal antibodies that attach to the HER2 protein (inhibiting cell growth) an antibody-drug conjugates, which combine a monoclonal antibody with a chemotherapy drug (delivering the drug to the cell to damage it). HER2 is a kinase (a signal-relaying protein), and kinase inhibitor drugs may also be used.</td>
</tr>
<tr>
<td>Hormone Therapy</td>
<td>For stage 4 breast cancer, systemic hormone therapy may be recommended since this can reach sites anywhere in the body. These may either reduce available estrogen levels or keep estrogen from enabling breast cancer cells to grow. This may be suggested if your HER2-positive breast cancer is also hormone-receptor-positive.</td>
</tr>
<tr>
<td>Immunohistochemistry Test</td>
<td>Detects the amount of HER2 proteins in breast cancer cells from a tissue sample.</td>
</tr>
<tr>
<td>Immunotherapy</td>
<td>Immunotherapy are drugs that enable your immune system to recognize cancer cells and ramp up the response to them.</td>
</tr>
</tbody>
</table>
Questions to Ask Your Doctor
These questions will help you start a conversation with your healthcare provider.

About Symptoms
❑ What were some symptoms that I had that may have indicated that the tumor may have metastasized?
❑ What indicates that this has continued to spread?
❑ What can be done to alleviate some of the symptoms that I have been dealing with, or will treatment for the cancer take care of this?

About Causes & Risk Factors or Recurrence
❑ Does HER2 protein cause breast cancer?
❑ I have several risk factors for breast cancer. Is that why this spread?
❑ Did my family history of breast cancer make me more of a target for getting this type of cancer?

About Diagnosis
❑ What stage of HER2-positive breast cancer am I?
❑ Why is it important to test for estrogen and progesterone hormone receptors as well as HER2?
❑ What further testing and imaging can I expect?
❑ What metastasis means for my prognosis?

About Treatment
❑ What treatment is recommended for metastatic HER2-positive breast cancer?
❑ If I had a tumor removed, is breast removal (mastectomy) now needed?
❑ What are the treatment side effects, and what can be done to prevent or minimize them?
❑ What is my prognosis with this stage of HER2-positive breast cancer?

About Coping
❑ Are there local support groups you can recommend?
❑ Are there services to assist with getting to treatment?
❑ I found mild/moderate exercise helpful. Will I still be able to participate?
❑ How can a nutritionist help me to continue to enjoy meals despite side effects of treatment?