

BIOETHERANOSTICS, INC.
A HOLOGIC COMPANY

Navigation *notebook*

BREAST CANCER INDEX®

Let's *find your finish* together

We hope you use this notebook as a helpful tool to navigate your breast cancer treatment. Use it to record your progress, make notes about medical appointments, and leave any other important observations along the way.

Diagnosis

The Beginning

A breast cancer diagnosis is scary. And **while we can't take the fear out of breast cancer, we can** help reduce the uncertainty around treating it.

Diagnosis and Surgery

To better understand your breast cancer, work with your doctor to fill out the following information.

Date of Mammogram:

Date of Diagnosis:

Date of Biopsy:

Breast: *(circle one)* Left / Right

Date of Surgery:

Name of Surgeon:

Procedure: *(circle one)* Lumpectomy / Mastectomy

Size of Tumor:

Grade of Tumor:

Number of Cancer-Positive Lymph Nodes: 0 / 1 / 2 / 3 / 4+

Hormone Receptor Status (HR Status):

(circle one or more) ER+* / ER- / PR+* / PR-

**ER+ and PR+ are both forms of HR+ breast cancer.*

HER2 Status: *(circle one)*

HER2+ / HER2-

Additional notes:

Chemotherapy or Radiation

Chemotherapy

Genomic Test for Chemotherapy:

Test Name:

Results:

Chemotherapy Name:

Cycle 1 Date & Notes:

Cycle 2 Date & Notes:

Cycle 3 Date & Notes:

Cycle 4 Date & Notes:

Cycle 5 Date & Notes:

Cycle 6 Date & Notes:

Radiation

Radiation Treatment Dates & Notes:

“ *Hope and fear cannot occupy
the same space. Invite one to stay.* ”

Maya Angelou

Anti-Estrogen (Endocrine) Therapy

Are you on anti-estrogen therapy? Yes / No

If so, which medication?

- Aromatase Inhibitors
- Tamoxifen
 - Anastrozole (Arimidex)
 - Exemestane (Aromasin)
 - Letrozole (Femara)
 - Other

What side effects are you experiencing?

(Tip: It's important to chronicle how you're feeling while on anti-estrogen therapy.)

How many years of anti-estrogen therapy has your doctor recommended?

Additional notes:

Questions for Your Oncologist

Longer anti-estrogen therapy helps some, but not all, women reduce their risk of recurrence. Our goal is to provide information to help ensure you find the right length of treatment for you. No more. No less. Ask your doctor these questions to help determine your finish line for anti-estrogen therapy.

What is my individual risk of breast cancer coming back after 5 years?

Can I lower my risk of the cancer coming back? How?

How long do I need to take my anti-estrogen therapy?

How are we making this decision?

Breast Cancer Index can give you and your care team the information you need to make the right treatment decision by answering these questions:

- 1) Am I likely to benefit from extended anti-estrogen therapy?**
- 2) What is my risk of late distant recurrence (after 5 years)?**

I have been experiencing the following side effects on my anti-estrogen therapy. Are they going to continue or get worse? Are there any long-term health risks?

While I am taking my medication, what else can I do to help reduce my risk?

Are there any other tests available that I can take to help with treatment planning?

If I am a candidate for Breast Cancer Index, will you order the test for me?

Appointment dates and notes:

Circle any side effects:

- Weight gain
- Hot flashes
- Night sweats
- Nausea
- Sexual dysfunction
- Muscle pain
- Fatigue
- Vaginal dryness
- Bone health issues
- Joint pain/stiffness
- Other

“ Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. ”

Marianne Williamson, Author & Survivor

Keep up the good work, and continue **logging** your treatment. Taking good notes can help you work closely with your care team to address any side effects you are experiencing and stay dedicated to your treatment plan.

Appointment dates and notes:

Circle any side effects:

- Weight gain
- Hot flashes
- Night sweats
- Nausea
- Sexual dysfunction
- Muscle pain
- Fatigue
- Vaginal dryness
- Bone health issues
- Joint pain/stiffness
- Other

Taking your medication every day may seem daunting, but don't lose focus! Keep taking notes on how you are feeling and what side effects you experience. You can start talking to your doctor to better understand your treatment plan and whether you are racing to the 5-year finish line or 10.

Which anti-estrogen medication are you taking?

Which side effects have you experienced? (circle all that apply)

Weight gain

Vaginal dryness

Hot flashes/night sweats

Muscle pain

Sexual dysfunction

Fatigue

Joint pain/stiffness

Nausea

Bone health issues

Other

In the past month, how many times have you missed taking your anti-estrogen therapy? (circle one)

Never

1-2

3-4

5+

Appointment dates and notes:

“

Today's Mantra

”

*Tough times don't last, but tough people do.
And I'm as tough as they come.*

You are so close to completing 5 years of anti-estrogen therapy, and you are likely counting down the days until you are able to feel like yourself again.

If you have not already, talk to your doctor about BCI to get information to help better understand your finish line.

Which anti-estrogen medication are you taking?

Which side effects have you experienced? (circle all that apply)

Weight gain

Vaginal dryness

Hot flashes/night sweats

Muscle pain

Sexual dysfunction

Fatigue

Joint pain/stiffness

Nausea

Bone health issues

Other

In the past month, how many times have you missed taking your anti-estrogen therapy? (circle one)

Never

1-2

3-4

5+

Appointment dates and notes:

“

Your Year 4 Inspiration

”

When I can see the value of finishing treatment, every day feels more worth it.

Congratulations on completing 5 years of anti-estrogen therapy! For some women, this marks the end of their breast cancer treatment. However, for others, 5 additional years of anti-estrogen therapy can still help significantly reduce their risk of recurrence.

If you want to learn whether or not longer anti-estrogen therapy is likely to help you, or if you may be able to finally toss that pill bottle, now is the time to request Breast Cancer Index from your doctor.

Appointment dates and notes:

Circle any side effects:

- Weight gain
- Hot flashes
- Night sweats
- Nausea
- Sexual dysfunction
- Muscle pain
- Fatigue
- Vaginal dryness
- Bone health issues
- Joint pain/stiffness
- Other



With BCI,
the decision about
5 vs 10 years of
treatment is more
personalized
than ever

Even if your provider has recommended treatment after the 5-year mark, Breast Cancer Index can help determine whether continuing treatment is likely to benefit you.

Appointment dates and notes:

Circle any side effects:

- Weight gain
- Hot flashes
- Night sweats
- Nausea
- Sexual dysfunction
- Muscle pain
- Fatigue
- Vaginal dryness
- Bone health issues
- Joint pain/stiffness
- Other

Appointment dates and notes:

Circle any side effects:

- Weight gain
- Hot flashes
- Night sweats
- Nausea
- Sexual dysfunction
- Muscle pain
- Fatigue
- Vaginal dryness
- Bone health issues
- Joint pain/stiffness
- Other

“ You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. ”

Eleanor Roosevelt

If you're still on anti-estrogen therapy and experiencing side effects, it's not too late to ask for your BCI test. The finish line could be closer than you think—and you may not know it.

Appointment dates and notes:

Circle any side effects:

- Weight gain Hot flashes Night sweats Nausea
- Sexual dysfunction Muscle pain Fatigue Vaginal dryness
- Bone health issues Joint pain/stiffness Other

Appointment dates and notes:

Circle any side effects:

- Weight gain Hot flashes Night sweats Nausea
- Sexual dysfunction Muscle pain Fatigue Vaginal dryness
- Bone health issues Joint pain/stiffness Other

Today's Mantra

*I am brave. I am fierce.
I am powerful. I can do this.*

If you were among the many women whose finish line was year 10,
CONGRATULATIONS on your incredible commitment and perseverance!

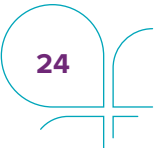
Appointment dates and notes:

Circle any side effects:

- | | | | |
|--------------------|----------------------|--------------|-----------------|
| Weight gain | Hot flashes | Night sweats | Nausea |
| Sexual dysfunction | Muscle pain | Fatigue | Vaginal dryness |
| Bone health issues | Joint pain/stiffness | Other | |

“
*Courage does not
always roar.
Sometimes courage is the
quiet voice at the end
of the day saying,
'I will try again tomorrow.'*
”

Mary Anne Radmacher,
Writer & Survivor



Any time is a good time
to talk about BCI.

Ask your doctor about
understanding your finish line
for breast cancer treatment.

Scan here to start finding your finish

