

# TAKE THESE STEPS TO BECOME AN EMPOWERED ADVOCATE

Being an empowered advocate means feeling confident in knowing how to approach breast cancer. Whether you are someone with breast cancer or a caregiver, these steps can help boost your confidence and motivate you to stay active throughout your journey.

Here's what you can do:



## Know that knowledge is power!

Use your voice to ask questions, understand your body, and learn all you can from others, including advocacy communities.



## Find the right healthcare team

Having the right team that understands your challenges and aligns with your goals is important for shared decision-making.



## Build a personal support system

Communicate with your family and friends about how they can best support you. Whether it's with transportation, childcare, household responsibilities, be sure to share your needs and feelings. They are here to help you!



## Take care of ALL of you

Self-care is important! Taking steps to care for your mind and body may help better equip you for your treatment and beyond.



## Do your research on the best treatment(s) for you

Knowing all your treatment options and the tests that are available to inform these decisions can help you and your doctor make the best choices for you.

**Remember:** Learning all you can to be prepared for your next doctor's appointment will help you feel in control of your body and your care.

### Resources

<https://www.tigerlilyfoundation.org/5070-2/>

<https://www.breastcancer.org/podcast/self-advocacy>

<https://www.cancersupportcommunity.org/cancer-diagnosis-what-you-need-know#becoming-an-active-member-of-your-health-care-team>

<https://www.cancer.net/blog/2017-11/advocating-men-with-breast-cancer>

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