

Helpful Tips: Recently Diagnosed with Breast Cancer

This document is intended to provide some helpful tips that you can share with a friend or loved one after a recent diagnosis with breast cancer.

Everyone's journey is different. Many factors, including the stage of cancer at diagnosis, can influence what someone may want or need at any one point. There are three main types of support: informational, emotional and practical. Below is information that can be shared with anyone facing a breast cancer diagnosis.



INFORMATIONAL SUPPORT

After a diagnosis, you may want additional information on types of breast cancer, treatment options, or what to expect next. We realize everyone is different and Komen Great Plains is flexible to your needs whether you want to talk to someone in person, via phone or if you want to read information online.

Komen Great Plains

402-502-2979 or 605-271-1751
Monday - Friday, 8:00 a.m. to 5:00 p.m. CT

Breast Care Helpline

1-877 GO KOMEN (1-877 465-6636)
Monday - Friday, 8:00 a.m. to 9:00 p.m. CT

Many resources are available online at komen.org or komengreatplains.org. It is important that you feel that you can advocate for yourself during your treatment.

Second opinions are always a good idea. Even if it doesn't change the immediate treatment plan and help you, it can increase your understanding of the situation, WHY the current plan is the right one, and begin to look at 'next' options for when and if they are needed. Additionally, Komen Scholars — the top 60 breast cancer researchers in the U.S. — are available for help by calling our office.

RESOURCES

About Breast Cancer - General overview on Komen website

Questions to Ask Your Doctor - Covers 14 topics on a variety of breast cancer issues - good resource to bring to appointments or share with family/loved ones

LOCAL RESOURCES

Nebraska and South Dakota - informational, emotional and practical resources

EMOTIONAL SUPPORT

This level of support varies greatly based on your needs. Some people find comfort in connecting with survivors who have been through the experience. Komen Great Plains can connect you with local survivors for a peer-to-peer perspective and provide resources to connect with others locally and nationally either online or in person.

Your family members need support too and a wide range of resources are available for children, spouses and other caregivers.

RESOURCES

[Co-Survivor](#) - for family and friends of survivors/living with metastatic breast cancer

PRACTICAL SUPPORT



Your needs here are very personal, but in general you should know that a wide variety of support is available on a local and national level. Feel free to call our office or the Komen Helpline if you need help identifying a resource.

- Help with childcare or elder-care
- Short-term financial help - eligibility may vary based on program

RESOURCES

[Financial Assistance & Insurance](#)

[Stay Organized for Doctor Appointments and Health Insurance](#)

What can I do as a friend to support someone recently diagnosed?

Share any or all of the above information in a visit, phone call or email.

Let your friend know that you are willing to listen to them. Listening is more helpful than talking.

Ask yourself:

“Is what I’m going to say providing comfort and support?”

If it’s not...**don’t say more.**

[LEARN MORE](#)

Consider practical ideas to brighten someone’s day. Some examples can be:

- Bring a meal, bring a cup of coffee, tea or a chocolate bar
- Offer to go for a walk
- Offer to watch/spend time with kids, older parents or pets
- Come over to wash dishes or do a load of laundry
- Clean their house
- Gift them a binder to help organize paperwork from doctor visits, insurance company, test results and more.

If visiting in person seems like too much, mail a note or call them to let them know they are in your thoughts.

LOCAL RESOURCES

Nebraska and South Dakota - informational, emotional and practical resources