

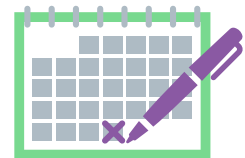
Tips for living and working with advanced breast cancer (aBC), also known as metastatic breast cancer (mBC)



Take control



Talk to your employer



Manage treatment-related side effects

Take control



- Having aBC (also referred to as mBC) can cause uncertainty in various areas of your life, particularly your work life. You may feel uncertain how it will affect work in the short term or in the longer term.¹ If you take action sooner rather than later, you can put your mind to rest.
- If you think you might want and/or need to continue to work, talk to your doctor or nurse specialist about how to balance work and treatment.¹ These conversations will help you prepare for other conversations with your manager and HR team at work. Ask your healthcare team questions like:
 - How long will my treatment take and how long will I need to stay in hospital for?
 - How do people usually feel during and after treatment?
 - Will I need time off to recover?
 - How can I reduce the effect of side effects?
 - Will my treatment affect me from physically being able to do my job?
 - Will I be able to concentrate on work and drive?



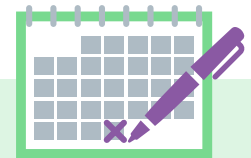
Take control continued

- Are there any things I or my employer could do that could make working easier for me?
- It may be helpful to speak with a professional who can help advise on the financial aspects of working with cancer.¹ You can find more information and get access to financial guides by visiting the Macmillan Cancer Support website. A link is available at the end of this guide.
- Make a decision about your work that feels right for you. Working can give you a sense of normality and routine, or you may need it for your finances. If you have friends at work this could be very important to you. It's possible you feel the right decision is to stop working during treatment and for some time afterwards until you feel ready to go back. Conversely, you might decide to carry on working, but cut your hours down, or make some changes to your role.¹
- After treatment, going back to work can help you to feel you are getting back to normal. However, you could decide not to return to work; a decision many people make. You might even choose to do something completely different or decide not to do anything at all. Do what's right for you.¹



Talk to your employer

- You may want to talk to your line manager and/or human resources manager and work with them to determine if any changes need to be made to your work on a day-to-day basis.² Any conversations you have with your employer are confidential.¹
- You do not have to tell your employer you have cancer, but if they know about your illness, they may be able to make **reasonable adjustments** for you, such as allowing time off for hospital appointments or flexible working hours.¹
- If you do not tell your employer and your ability to do your job is affected, it could cause problems later on, so think about having that discussion when the time is right for you.¹
- You can find out more about these **reasonable adjustments**, and about other ways employers can help make your working life easier, by following the link to Macmillan Cancer Support website: www.macmillan.org.uk
- There are different ways your employer can provide support to you at work during treatment for aBC (or mBC) or when you return to work. They usually understand that it is a difficult time and could try to help you.¹
- If you are self-employed, there are also benefits available to you. You can find out more by visiting the Macmillan Cancer Support website.



Manage treatment-related side effects

- Ask your healthcare team about how you can manage the impact of treatment-related side effects on your work through lifestyle modification, such as planning working days around treatment, eating well to keep your strength up and allowing time to relax.³
- Coordinate with your treatment team and/or workplace to determine a schedule that works best. For example, if you know you receive treatment on Tuesday afternoons, ask your employer if you could potentially have those days off and make up the time on a different day.³
- Keep a diary of how you feel during treatment; you may find a pattern that will help you know when you are well enough to work, and try to avoid physically demanding or stressful tasks the day before treatment and for a few days after it.³

Visit these websites for advice on making decisions about work, taking time off and information on financial and emotional support:



At Breast Cancer Now we're here for anyone affected by breast cancer. Our breast cancer nurses, expertly trained staff and volunteers, and award-winning information make sure you can get the support you need to help you live well with the physical and emotional impact of breast cancer.

For breast cancer care, support and information, call us free on **0808 800 6000** or visit www.breastcancer.org



We're here to help everyone living with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For information, support or just someone to talk to, call **0808 808 0000** or visit www.macmillan.org.uk

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See yellowcard.mhra.gov.uk for how to report side effects.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at yellowcard.mhra.gov.uk.

By reporting side effects you can help provide more information on the safety of this medicine.

References

1. Macmillan Cancer Support. Work and Cancer. Available at: <https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/work-and-cancer> (Accessed November 2021).
2. Macmillan Cancer Support. Talking to your employer. Available at <https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/work-and-cancer/talking-to-your-employer> (Accessed November 2021).
3. Macmillan Cancer Support. Coping with side effects at work. Available at: <https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/work-and-cancer/coping-with-side-effects-at-work> (Accessed November 2021).