

# Myth Busters

Being diagnosed with MBC is a life-changing experience. People with MBC and their loved ones may feel a range of emotions, such as fear, anger, denial, and uncertainty. The decisions can be overwhelming, and there is often a lack of information specific to MBC. Below we dispel several common myths about MBC.

## MYTH

## FACT

**MBC is just a more advanced stage of breast cancer and each case is the same.**

There are many types of MBC. Because MBC can be present in many places, each diagnosis will differ in important ways, including what treatment option(s) might work best.

**Those who have been diagnosed with MBC did not treat their initial breast cancer diagnosis aggressively enough, or chose the wrong initial treatment.**

MBC, like other cancers, can be unpredictable. A diagnosis of MBC does not mean the person did anything wrong when deciding on the course of treatment following initial diagnosis. While all treatment options should be discussed with a physician, your loved one should not blame themselves if the disease spreads or returns.

**Because it's an advanced form of breast cancer, MBC is always extremely debilitating.**

Since there is no cure for MBC, people with the disease will be in treatment for the rest of their lives and the goal is to delay the progression of the disease. Through effective management, many people may live active and productive lives.

**All cases of MBC are treated the same way.**

There is no one-size-fits-all treatment for MBC; every person and their disease is unique. Treatment choices are determined by cancer type, location and extent of the metastasis, hormone status, levels of HER2 expression, and other factors. Knowing the hormone receptor status and levels of HER2 expression may help better manage your loved one's MBC journey and determine what tests will need to be done, treatment options, and how their body may be affected.

**It is necessary to decide on a course of treatment for MBC immediately and stick with it throughout the full course of treatment.**

MBC tumors can change over time. Because of this, it is important to work with your loved one's medical team to regularly evaluate the current treatment regimen to make the most informed decisions. There are a variety of available treatment options which may be given alone (monotherapy) or in combination, and may be considered to help slow the spread of the disease and potentially maintain overall quality of life.

**The timeframe in which the disease will progress is similar for everyone living with MBC.**

MBC is not the same for everyone. Particularly because there is a strong hormone component to MBC, each person's illness experience will be different due to the level of hormones present in the body. A person's overall health status, genetics and other illnesses can also impact the MBC journey.