

## Here's what some of our Metavivors say

"My fellow Metavivors are the silver lining to the cloud that is metastatic breast cancer."

*Max*

"It's easy to become isolated and sad when diagnosed with terminal cancer. Metavivors NZ enabled me to connect with others and the group has pulled me into the world of the living when I needed it most."

*Moana*

"It's tough living from scan to scan. Metavivors get that and at 2am when I can't sleep, I know that there'll be another Metavivor out there that I can connect to in Facebook land."

*Gillian*

"Metavivors NZ is a helpful source of information and advice. We are able to be completely honest about our situation and how we are feeling. We can vent, share news and support each other."

*Lynda*

## Find us here



[www.facebook.com/groups/metavivorsnz](http://www.facebook.com/groups/metavivorsnz)



[www.breastcancer.org.nz/metavivors-nz](http://www.breastcancer.org.nz/metavivors-nz)



[www.youtube.com/nzbreastcancer](http://www.youtube.com/nzbreastcancer)



or email us at [bcac@breastcancer.org.nz](mailto:bcac@breastcancer.org.nz)

# METAVIVORS

NEW ZEALAND

Join our online community offering

**Support • Information**

**Friendship • Strength**

to those with secondary breast cancer



METAVIVORS  
NEW ZEALAND



The Breast Cancer Aotearoa Coalition and the Karen Louisa Foundation are proud supporters of Metavivors New Zealand.



## Metavivors NZ is a supportive online community for women and men with secondary breast cancer

It was established by the Breast Cancer Aotearoa Coalition (BCAC) to provide a forum to share experiences and advocate for better care and treatment for those with secondary breast cancer.

Metavivors NZ recognise that a diagnosis of secondary breast cancer can be a devastating blow. You may be feeling overwhelmed, anxious, confused and angry.

The support of others who are going through the same experience can be a massive help. Talking and sharing with others who are facing the same decisions, struggles and fears can ease the burden and help you on your journey.

Whether your goal is to find a support group, gather more information or simply to touch base with others, Metavivors NZ can help you.

**Join us now for support, information, friendship and strength.**

## What you need to know about secondary breast cancer

- ✓ Secondary breast cancer is also known as metastatic, advanced or Stage IV breast cancer.
- ✓ It's breast cancer that has spread to other parts of the body, such as the bones, liver, lung or brain.
- ✓ There is no known cure for secondary breast cancer, instead treatment focuses on control of the disease.
- ✓ It's estimated that around 20 to 30 per cent of all breast cancer cases become secondary.
- ✓ You can be diagnosed with secondary breast cancer at any time – 5, 10 or 15 years after initial diagnosis or on first diagnosis.
- ✓ Secondary breast cancer can affect anyone who has had breast cancer, including young women and men.
- ✓ There are many different types of secondary breast cancer, including: HER2 Positive, ER positive, PR positive, triple negative.
- ✓ The type of treatment you receive depends on the type of secondary breast cancer you have, the spread of the disease, and the location of secondary tumours.
- ✓ There are many different treatment options available for those with secondary breast cancer, including chemotherapy, radiation therapy, surgery, targeted therapies, hormone therapies and immunotherapies.



- ✓ Clinical trials can be a good option for women with secondary breast cancer. These are controlled studies looking at the effectiveness of new treatments. Speak to your oncologist about whether there's a clinical trial that's right for you.
- ✓ Women with secondary breast cancer can live for many years while undergoing treatment.
- ✓ Women with secondary breast cancer will not necessarily look unwell.
- ✓ Living with secondary breast cancer can sometimes make working and managing your finances a challenge.
- ✓ It's a good idea to take a support person, such as a family member or friend, with you when you see your oncologist.
- ✓ Try using a journal to write down your thoughts or feelings.
- ✓ Ask to see a counsellor if you're feeling depressed or having trouble dealing with things.

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