

## Choosing the best treatment for you

When thinking about treatment options, the best treatment for your cancer should always be your first concern. But, there are other things to consider. Before making your final decision, ask yourself these questions:

- **Will I have to travel to get treatment?**  
Depending on where you live, you may have to travel to another city for treatment. Some treatments, such as radiation therapy will require you to travel more often than others.
- **Can I join a clinical trial?**  
In a clinical trial, you may have the chance to be one of the first people to try a new breast cancer treatment. You will also be part of research that could someday help other people. A new treatment may or may not be more effective than standard treatments. It is important to ask your doctor about the pros and cons.
- **What kind of social support do I have?**  
Do you have someone to drive you to and from treatments? Is someone able to stay at home with you while you recover? Some kinds of treatment may require more support than others.



*Only you can decide which treatment best fits your life.*

### Did you know?

Some breast cancer treatments are more common in some regions of the country than in others. For example, lumpectomy is more common than mastectomy among women who live on the East and West Coasts. The highest rate is in the Northeast. Learn about these trends. Discuss them with your doctor and ensure you get the best treatment that is right for you.

## The cost of breast cancer

### Question:

I just found out that I have breast cancer. My doctor told me treatment will take several months. Could I lose my job? How will I pay for treatment?

### Answer:

Breast cancer, like other forms of cancer is considered a serious medical condition. As such, you may qualify for certain employment rights under federal regulations, state laws or company leave policies. In order to determine the provisions that may apply to you, you are encouraged to follow up with your Human Resources Department, the Department of Labor or your state employment commission.

If you already have health insurance, review your policy. Look for any gaps and limitations in coverage. You may want to ask your human resources department or call the insurance company itself. Make sure you keep your policy active. Pay your monthly premiums. If you are getting a new policy, do not cancel the old one until the new one is in effect. After you decide on a treatment and submit claims to your insurance company, keep good records. Make a copy of all your claims and take detailed notes any time you talk to your insurance company. Always include the date, time, the person's name and what you discussed.

If you do not already have health insurance, call your hospital and ask to speak with a social worker. Describe your situation and ask for advice. You can also call the National Coalition for Cancer Survivorship at 1-877-NCCS-YES (1-877-622-7937) for information about getting health insurance after a cancer diagnosis.

## Resources

Susan G. Komen®

1-877 GO KOMEN (1-877-465-6636)

[www.komen.org](http://www.komen.org)

CancerCare, Linking A.R.M.S.™

1-800-813-4673

[www.cancercares.org](http://www.cancercares.org)

National Cancer Institute's Cancer Information Service

1-800-4-CANCER (1-800-422-6237)

[www.cancer.gov](http://www.cancer.gov)

National Coalition for Cancer Survivorship

1-877-NCCS-YES (1-877-622-7937)

[www.canceradvocacy.org](http://www.canceradvocacy.org)

The Patient Advocate Foundation, Co-Pay Relief

1-866-512-3861

[www.copays.org](http://www.copays.org)

### Related fact sheets in this series:

- Breast Cancer Resources
- Breast Reconstruction & Prosthesis
- Chemotherapy and Side Effects
- Clinical Trials
- Integrative and Complementary Therapies
- Lymphedema
- Radiation Therapy and Side Effects
- Treatment Choices — An Overview

The above list of resources is only a suggested resource and is not a complete listing of breast cancer materials or information. The information contained herein is not meant to be used for self-diagnosis or to replace the services of a medical professional. Komen does not endorse, recommend or make any warranties or representations regarding the accuracy, completeness, timeliness, quality or non-infringement of any of the materials, products or information provided by the organizations referenced herein.