

YSC METASTATIC BREAST CANCER PROGRAMS

ABOUT YSC

Young Survival Coalition (YSC) was founded in 1998 by three young women who were under the age of 35 when diagnosed with breast cancer. They were discouraged by the lack of resources available and the underrepresentation of young women in breast cancer research. Today, YSC is the go-to organization for young women facing a breast cancer diagnosis.

YOU ARE NOT ALONE.

877.972.1011

youngsurvival.org

 /youngsurvivalcoalition

 @YSCBuzz

 YSC YoungSurvival

 youngsurvivalcoalition



– Khadijah, age 28 at diagnosis,
35 at stage IV diagnosis

As a young woman living with metastatic breast cancer, it's important to know **YOU ARE NOT ALONE.**

WHAT IS METASTATIC BREAST CANCER?

A diagnosis of metastatic breast cancer, often referred to as stage IV, means cancer cells have traveled from the breast, beyond the lymph nodes, to other sites in the body.

Treatment varies for metastatic breast cancer. It can involve surgery or radiation to target a specific site of metastasis, or it may be a whole body treatment such as chemotherapy or hormonal therapy. Your treatment may be ongoing, so it's important to know what feels right for your body and quality of life as a young woman. Work with your healthcare team to learn all you can about your best options. Every woman's cancer is different, and every situation is unique.



"I am so thankful for [YSC's metastatic] resources and community. Because of YSC, I've been able to not only get help from others who are metastatic, but also offer help to others in return. We can discuss treatment options and side effects, and also speak frankly and lift each other's spirits when we need it most. I'm thankful every day for YSC!"

– Diana, age 40 at stage II diagnosis, 42 at stage IV diagnosis

THE RIGHT SUPPORT FOR YOU

Our metastatic programs will help you take a proactive role with your healthcare team in managing your metastatic breast cancer treatment.



CONNECT TO OTHERS

Find women who know what it's like to face stage IV breast cancer at a young age. **There are many easy ways to connect:**

- 1 YSC Online Discussion Boards**
Connect with fellow stage IV women 24/7
- 2 Face 2 Face Networking Groups (F2F)**
Meet up in your community
- 3 YSC SurvivorLink**
Get one-on-one peer support
- 4 Online Video Support Groups**
Talk monthly with other stage IV women from the comfort of your home



LEARN MORE

youngsurvival.org

YSC's website is the world's most comprehensive resource for and about young women affected by breast cancer. Find information on medical research and updates on clinical trials. Order and download educational materials, and read survivor stories.

YSC Metastatic Navigator

This guide book discusses various treatment options and provides advice on working with your healthcare team, along with planning worksheets and tools to help you stay organized.

YSC Summit and Regional Symposia

These conferences feature inspirational speakers and special wellness activities. Dedicated workshops address concerns for women living with stage IV breast cancer and their co-survivors. You'll also have the opportunity to connect with a community of women managing metastatic breast cancer and their co-survivors.

learn more at YOUNGSURVIVAL.ORG