

Metastatic Breast Cancer Clinical Trials and Treatment Options



TALKING TO YOUR DOCTOR ABOUT CLINICAL TRIALS AND TREATMENT OPTIONS

Cancer research is always changing. Currently, there is no cure for metastatic breast cancer (MBC), but the ultimate goal is to live longer with improved or maintained quality of life. Staying up-to-date about new treatments and talking to your doctor about your options may help you decide on the right treatment plan for you. Treatments may not work the same for everyone, so it's important you and your doctor discuss options that could work for you. During these conversations, you may talk about clinical trial results to help make your choice.



UNDERSTANDING CLINICAL TRIAL RESULTS

Determining what clinical trials results mean – and how they may impact your care – can be difficult. The first step in talking to your doctors about clinical trial results is to understand the words he or she may use – this information may help. There are 2 important terms to familiarize yourself with:

PFS Progression-free survival

- The amount of time after beginning a treatment that a person continues to live until their cancer gets worse (also called progression).
- In clinical trials, PFS is a shorter-term efficacy measure used to predict whether a treatment is effective. In MBC trials, this is commonly the primary, or most important, endpoint of the trial. It is important to note PFS does not necessarily mean a treatment will help people live longer overall.

OS Overall Survival

- The total length of time after someone begins treatment that he or she continues to live.
- In clinical trials, OS is a direct way to see if a treatment helped people live longer. In MBC trials, this is typically a secondary endpoint of the trial because it can take a long time to achieve.

In the end, it is critical to find a treatment plan to help balance day to day. Results from clinical trial research can help determine whether or not a treatment may be effective for the intended patient population. Answer a few quick questions on www.makeyourdialoguecount.com/physical-health/make-your-dialogue-count-questionnaire to receive a personalized discussion guide to help you talk to your doctor about your goals for treatment and life with MBC.