



Support for your Support System

Supporting a loved one with advanced breast cancer can be emotionally and physically exhausting.

The ripple effect means that life may be disrupted and changed for many people. When the focus is on the person with cancer, there is a temptation for carers to put their own needs and wants “on hold”. Carers might feel like they “don’t have a right” to experience grief emotions or might feel guilty if they prioritise their own needs.

At the same time, “who can support my loved ones?” is a common question for people with advanced breast cancer. Maybe the person with advanced breast cancer is used to providing practical or emotional support to others. A change in health status can disrupt this balance. For some people with advanced breast cancer, guilt, worry and concerns for others can even outweigh their physical health or treatment concerns.



IBRANCE[®]
palbociclib

Supporting a loved one with cancer may be a marathon. Making sure carers have support, can help keep them well and able to care for others for a sustained period. It can also provide much needed reassurance for their loved one. There are lots of different types of supports and strategies that can assist. Below are some top tips for carers:

Ask for and accept help

- ✓ Reach out to friends, family, whānau, colleagues, and support organisations. Keep talking and sharing your thoughts and feelings with your loved one – chances are they may be just as worried about you as you are about them.

Explore local supports

- ✓ Hospital or community social workers, Hospice or the Cancer Society all have excellent support resources. Accessing services such as volunteer drivers, meal delivery services or financial support can take some extra pressure off.

Be organised

- ✓ It can be useful to plan the types of supports you or your loved one might need. These can be both practical and emotional and will likely vary over time.

Self-care

- ✓ Caring can be stressful and exhausting. Looking after yourself gives you more capacity to care for others. Take time out to relax and recharge. Look after your body by prioritising sleep, exercise and nourishing food. Stay connected with friends and family and continue doing activities you enjoy. Keep up any regular medications and see your doctor if you need help with your physical or mental health.



Be open with your employer.

- ✓ If you are in employment, let your employer know you are supporting a loved one with advanced breast cancer. Making people aware of what's happening can help them support you and allow more flexibility if you need time off for appointments or are feeling more exhausted than usual.

Process emotions.

- ✓ Carers often feel pressure to “stay positive”. It is normal to experience a range of grief symptoms when supporting a loved one with advanced breast cancer. Allow yourself to experience and process your grief and emotions. Talking to someone trusted or writing down how you are feeling can help. Linking with carer support groups can also help carers to share their common experiences.

There are lots of supports available to carers if you know where to go. Below are some links to websites and resources that can help:

- ✓ Cancer Society NZ — Supporting someone with cancer: <https://www.cancer.org.nz/cancer/supporting-someone-with-cancer/>
- ✓ About Us - Sweet Louise Support for incurable breast cancer: <https://sweetlouise.co.nz/about-us/>
- ✓ For family carers – Hospice New Zealand: <https://www.hospice.org.nz/resources/a-guide-for-carers/>
- ✓ Support for Family and Friends | BCAC Breast Cancer Aotearoa Coalition: <https://www.breastcancer.org.nz/content/support-family-and-friends>
- ✓ Caring for someone with a health condition, injury or disability - Work and Income: <https://www.workandincome.govt.nz/eligibility/carers/care-illness-disability.html>
- ✓ <https://www.supportcrew.co/>
- ✓ <https://timeoutnz.org/>
- ✓ 1737 - Need to Talk?: <https://1737.org.nz/>



IBRANCE® (palbociclib 75 mg, 100 mg and 125 mg) Capsules and Tablets.

IBRANCE (palbociclib) is a funded prescription medicine used to treat HR+, HER2- advanced breast cancer taken in combination with an aromatase inhibitor or fulvestrant. IBRANCE has risks and benefits. Do not take IBRANCE if you are allergic to palbociclib or any of the other ingredients in IBRANCE capsules or IBRANCE tablets. Caution is needed if you are premenopausal or perimenopausal, have or have had abnormal blood test results, respiratory infections or problems with your lungs, problems with your liver or kidneys, are lactose intolerant, are pregnant or planning to become pregnant or are breastfeeding. Tell your doctor if you are taking any other medicines. Common side effects include infection, abnormal blood test results, tiredness, feeling sick or vomiting, diarrhoea, sore mouth, lips or tongue, hair loss, loss of appetite, nose bleed, skin rash, change in sense of taste, blurred vision, increased tearing or dry eyes, shortness of breath, bleeding or bruising more easily than usual. If symptoms continue or you have side effects, see your doctor, pharmacist or healthcare professional. Ask your doctor if IBRANCE is right for you. Use strictly as directed. Contains 75 mg, 100 mg or 125 mg of palbociclib. IBRANCE is funded. A pharmacy charge and normal doctor's fees apply for all prescriptions. Further information on IBRANCE is available from Medsafe www.medsafe.govt.nz or Pfizer New Zealand Limited, Auckland, www.pfizer.co.nz Ph. 0800 736 363. V10721