



## Tips For Managing Your Diagnosis



### STAY ORGANISED

A new diagnosis comes with a lot of information. Consider keeping track of your medical records by storing them in a folder/binder, or make digital copies by scanning or taking a photo of them and uploading to your phone, tablet, or computer. Make physical or digital copies of everything you receive and create a list of all your doctors and their contact information.



### WRITE THINGS DOWN

All the information a new diagnosis brings can be overwhelming. Help yourself remember questions, concerns, and what your healthcare team shares with you by writing things down.



### TALK WITH YOUR DOCTOR

Get the most out of your conversations with your healthcare team by asking about your treatment options and how a potential treatment will affect your everyday life. It's also important to have your voice heard and share in the decision making process with your healthcare team.



### SEEK THE LATEST INFORMATION AND RESOURCES

Following a diagnosis, it is important to do your own research from reputable sites in order to learn more about the disease and stay updated on the treatment.



### ESTABLISH YOUR SUPPORT NETWORK

- Coping with a new diagnosis doesn't have to be done alone. Don't be afraid to talk with your family and friends about any fears and concerns you may be feeling.
- Consider having a loved one join you at your doctor appointments. This person may be able to help you remember what is discussed.
- Join a support group to connect with patients who understand exactly what you're going through.



For more information on IBRANCE visit [www.IBRANCE.co.nz](http://www.IBRANCE.co.nz) or [medsafe.govt.nz](http://medsafe.govt.nz) for the IBRANCE Consumer Medicine Information.



## Notes

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**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](http://www.medsafe.govt.nz) or Pfizer New Zealand Limited, Auckland, [www.pfizer.co.nz](http://www.pfizer.co.nz) Ph. 0800 736 363.V10721