In 1991, very limited or inadequate resources existed for women who had completed primary treatment for breast cancer.

To address this, an organization was created where women could connect with each other to share accurate and easy-to-understand information in a supportive and caring environment. That place is Living Beyond Breast Cancer (LBBC).

LBBC’s mission is to empower all women affected by breast cancer to live as long as possible with the best quality of life. Today, LBBC addresses the needs of women who are newly diagnosed, in treatment, beyond treatment, at high risk or living with metastatic disease.

Recognized by the Web Marketing Association with the Nonprofit Standard of Excellence Award, lbbc.org is designed so users can quickly navigate the site to find the most current breast cancer information relevant to them, their families, their friends and their caregivers. This information is provided in a number of formats that include:

- Written transcripts
- MP3 podcasts
- Video
- Blogs

Special areas of lbbc.org are available for African-American and Latina women. Facebook and Twitter provide an immediate form of communication between LBBC and its online constituency.

Find LBBC online at lbbc.org, on Facebook by searching “Living Beyond Breast Cancer” and on Twitter by searching “LivingBeyond”.

To provide this environment of sharing LBBC organizes three annual conferences and conducts free, monthly teleconferences that give women access to information from well-known and trusted speakers and breast cancer authorities. It also provides women the chance to discuss their breast cancer experiences with other women. Community Meetings provide women, families, caregivers and experts the opportunity to interact face-to-face and special outreach programs offer Latina and African-American women their own place to learn from and share with each other.

Research shows that women with breast cancer feel more empowered about their experiences when their need for information is met and they are given the chance to connect with similarly affected women. To provide this environment of sharing LBBC organizes three annual conferences and conducts free, monthly teleconferences that give women access to information from well-known and trusted speakers and breast cancer authorities. It also provides women the chance to discuss their breast cancer experiences with other women. Community Meetings provide women, families, caregivers and experts the opportunity to interact face-to-face and special outreach programs offer Latina and African-American women their own place to learn from and share with each other.

These informative LBBC publications address the needs of women at all stages of breast cancer.

NEWLY DIAGNOSED

Guide for the Newly Diagnosed
Helps women navigate the first days, weeks and months following diagnosis

EARLY-STAGE SERIES

Understanding Bone Health
Methods to preserve bones and long-term health
Understanding Breast Cancer Treatment Research Studies
How clinical trials work and how to decide whether to take part
Understanding Fear of Recurrence
Coping with concerns after initial treatment
Understanding Financial Concerns
The economic impact of treatment
Understanding Hormonal Therapies (Coming soon)
Explore treatment types and ways to manage side effects
Understanding Insomnia and Fatigue
Tips to manage sleeping problems related to breast cancer and its treatment
Understanding Lymphedema
Causes, early warning signs and methods to manage this chronic side effect
Understanding Treatment Decisions (English and Spanish)
Pathology and genomic testing information

METASTATIC SERIES

Managing Stress and Anxiety
Explore a variety of coping options
Symptoms and Treatment Side Effects of Advanced Breast Cancer
Practical methods for managing issues that affect day-to-day life
Treatment Options for Today and Tomorrow
Available and pipeline treatments for metastatic disease
Understanding Palliative Care
How palliative care can improve quality of life

CULTURALLY RELEVANT TITLES

Getting Connected: African-Americans Living Beyond Breast Cancer
Personal stories from African-American women affected by breast cancer
We Celebrate Tomorrow: Latinas Living Beyond Breast Cancer (English and Spanish)
Culturally sensitive information in English and Spanish
Empower
—verb
1. To equip or supply with information
2. To invest with power or authority

Living Beyond Breast Cancer Publications Order Form
Single copies are FREE. For larger orders, please contact LBBC.

UNdErsTaNdiNG GUidEs
- Guide for the Newly Diagnosed
- Understanding Bone Health
- Understanding Breast Cancer Treatment Research Studies
- Understanding Fear of Recurrence
- Understanding Financial Concerns
- Understanding Hormonal Therapies (Coming soon)
- Understanding Insomnia and Fatigue
- Understanding Lymphedema
- Understanding Treatment Decisions (English or Spanish)
- Understanding Triple-Negative Breast Cancer
- Understanding Your Emotions

UNdErsTaNdiNG GUidEs | EARLY-STAGE SERIES
- Understanding Bone Health
- Understanding Breast Cancer Treatment Research Studies
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- Understanding Hormonal Therapies (Coming soon)
- Understanding Insomnia and Fatigue
- Understanding Lymphedema
- Understanding Treatment Decisions (English or Spanish)
- Understanding Triple-Negative Breast Cancer
- Understanding Your Emotions

UNdErsTaNdiNG GUidEs | METasTaTiC sEriES
- Managing Stress and Anxiety
- Frankly Speaking About Advanced Breast Cancer
- Understanding Palliative Care
- Symptoms and Treatment Side Effects
- Treatment Options for Today and Tomorrow

CUlTUrALLy rElEvaNT TiTlEs
- Getting Connected: African-Americans
- Living Beyond Breast Cancer
- Latinas Living Beyond Breast Cancer
- We Celebrate Tomorrow

TEll Us aBOUT YOUrsElF
Have you been diagnosed with breast cancer? □ Yes □ No
Have you been diagnosed with metastatic breast cancer? □ Yes □ No
In what year were you first diagnosed with breast cancer?________
Year of birth__________
Are you a healthcare professional? □ Yes □ No
Are you a caregiver for a loved one? □ Yes □ No

sHiPPiNG
NAME
ADDRESS
CITY | STATE | PROVINCE | ZIP | COUNTRY
PHONE | FAx | EMAIL

Survivors’ Helpline: (888) 735-5222

The Living Beyond Breast Cancer Survivors’ Helpline is a national, toll-free telephone service that offers women peer support and information in a confidential setting. The Helpline is staffed by trained volunteers who are at minimum one year beyond active treatment or who are managing advanced breast cancer. Callers can be matched with women who share similar circumstances and who speak either English or Spanish.

Living Beyond Breast Cancer works with the world’s top medical experts to continuously survey the changing landscape of breast cancer treatment and care. Powerful resources for women are then introduced to help women navigate the course of their disease.

As one of the world’s most respected information aggregates, LBBC is always developing new and effective education and support curriculums to meet the needs of all women affected by breast cancer.