

# You're the CEO of your own health & your doctor works for you

*Too often, Black women are dismissed by doctors. Our concerns, our questions, our side effects, and our pain are valid—we deserve to be active decision makers in our breast cancer treatment and care plans.*

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## When talking with your doctor about your concerns, remember...



**You're never too young or too old to be taken seriously.** Triple negative breast cancer impacts Black women earlier and more aggressively than white women. Whatever life stage you are in, your priorities and quality of life matter and should be considered alongside your treatment plan.



**Trust your gut.** You know your body better than anyone—if something is bothering you, speak up. If your doctor dismisses it, ask them to explain why they don't think it is relevant to your cancer.



**Demand a translator if you need one.** Doctors and hospitals are legally required to provide a translator if you need one.



**Take up the time & space you need.** If your doctor is rushing through an appointment, you can ask to schedule a phone or in-person follow up for more time.



**Knowledge is power.** You need clear and complete information in order to make the best choices for yourself. You can always ask questions or ask for more information. Try: Could you repeat that? Could you explain that in a different way? Is there information about this in a different format (visual, audio, written down)? Are there resources that I could take home with me?



**Take notes.** Whether on paper or on your phone, notes help make sure that you remember everything your doctor says. You can—and should!—bring a support person with you to your appointments to take notes for you.

**AND MOST IMPORTANTLY:** You can always fire your doctor and hire a new one if you feel like they aren't listening to you or meeting your needs.

*Black*  
TRIPLE NEGATIVE  
BREAST CANCER  
SANCTUARY

