

# TRIPLE NEGATIVE BREAST CANCER: COPING WITH THE FEAR OF RECURRENCE



CANCERcare®

Over 75 Years of Help and Hope

## A CancerCare Connect® Education Workshop

This program is made possible by the Triple Negative Breast Cancer Foundation® and an independent grant from Merck & Co., Inc. CancerCare's application for continuing education credits for this program is supported by the Diana Napoli Fund.

Register  
Today!



## SPEAKERS

**Shimoli V. Barot, MD**, Associate Staff, Hematology and Medical Oncology, Cleveland Clinic

**Julia Rowland, PhD, FAPOS**, Senior Strategic Advisor, Smith Center for Healing and the Arts, Washington, DC

**Karen Hurley, PhD**, Psychologist - Hereditary Cancer Risk, Clinical Member, Cancer Prevention, Control & Population Research Program, Case Comprehensive Cancer Center, Cleveland Clinic

**Hayley Dinerman, JD**, Co-Founder and Executive Director, Triple Negative Breast Cancer Foundation®

**Sam Fortune, MSW**, Women's Cancers Program Coordinator, CancerCare

Our workshops are open to national and international clients and pre-registration is via our website [www.cancercare.org/connect](http://www.cancercare.org/connect)

## DATE

WEDNESDAY, SEPTEMBER 20, 2023 from 1:30 p.m. - 2:30 p.m. ET

## TOPICS:

- Triple Negative Breast Cancer, in the Context of COVID & Seasonal Flu
- Fear of Recurrence
- Concerns that Cancer May Come Back
- Events that May Trigger Fear of Recurrence
- Living With Continuing Uncertainty
- Promoting Effective Health Care Communication
- Making Informed Treatment Choices
- Follow-Up Care
- Tips for Coping with Fear of Recurrence
- Balancing Reality with Stress Management Tips
- Using Mind Body Techniques to Cope with Fear of Recurrence
- How to Select the Mind Body Techniques that Are Best for You
- Communicating with Your Health Care Team About Quality-of-Life & Lifestyle Concerns
- Guidelines for Preparing for Telehealth/Telemedicine Appointments, Including Technology, Prepared List of Questions & OpenNotes Discussion
- Questions to Ask Our Panel of Experts

For more information or to register, please contact our Hopeline at 800-813-HOPE (4673) or register online at [www.cancercare.org/connect](http://www.cancercare.org/connect)

Facebook: [facebook.com/cancercare](https://facebook.com/cancercare) | Instagram: @CancerCareUS | Twitter: @CancerCare

## What is a CancerCare Connect® Education Workshop?

CancerCare Connect® Education Workshops are a cost-free way to learn about cancer-related issues from the convenience of your home or office. Leading experts in oncology provide the most up-to-date information on the telephone and online.

### How do I participate?

You can listen to this workshop on the telephone or via live streaming through the Internet. Participation is free.

### How do I register?

There are two ways to register:

- Call **800-813-HOPE (4673)**
- Register online at [www.cancercare.org/connect](http://www.cancercare.org/connect)

After you have registered, you will receive additional information.

## Missed a CancerCare Connect® Education Workshop?

You can listen to previous workshops on the CancerCare website. Just log on to [www.cancercare.org/podcasts](http://www.cancercare.org/podcasts).

## Continuing Education Credits (Live Only)

**Social Workers:** This program has been submitted to The University of Texas MD Anderson Cancer Center, an approved provider through the Texas State Board of Social Work Examiners, provider #CS4607, for 1.0 Contact Hour.

Cancer Care, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0088. This workshop is approved for 1.0 Contact Hour.

**Registered Dietitians:** This program has been submitted to the Commission on Dietetic Registration for one Continuing Professional Education Unit (CPEU).

To request continuing education paperwork, please email your name, profession, and address to [connect@cancercare.org](mailto:connect@cancercare.org) after the program. All paperwork for continuing education credit must be requested, completed, and submitted within two weeks of the live program.

## About Us

Founded in 1944, CancerCare is the leading national organization providing free support services and information to help people manage the emotional, practical and financial challenges of cancer. Our comprehensive services include resource navigation, counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All CancerCare services are provided by master's-prepared oncology social workers and world-leading cancer experts.

To learn more, visit [www.cancercare.org](http://www.cancercare.org) or call **800-813-HOPE (4673)**.

CancerCare is pleased to collaborate with these organizations:

### Triple Negative Breast Cancer Foundation®

Helpline: 1-877-880-TNBC (8622)  
[www.tnbcfoundation.org/helpline](http://www.tnbcfoundation.org/helpline)

### Advanced Practitioner Society for Hematology and Oncology (APSHO)

American Cancer Society  
American Psychosocial Oncology Society  
American Society of Clinical Oncology  
The Association for Molecular Pathology (AMP)  
Association of Clinicians for the Underserved  
Association of Oncology Social Work  
Black Women's Health Imperative  
BreastCancerTrials.org  
Cancer Legal Resource Center (CLRC)  
Cancer Patient Education Network  
Cancer Support Community  
Caregiver Action Network  
Joe's House – A Lodging Guide for Cancer Patients  
Intercultural Cancer Council  
Latinas Contra Cancer  
The LGBT Cancer Project  
LIVESTRONG Foundation  
Living Beyond Breast Cancer  
Multinational Association of Supportive Care in Cancer  
National Association of Social Workers  
National Center for Frontier Communities  
National Coalition for Cancer Survivorship  
National Comprehensive Cancer Network® (NCCN®) – NCCN Guidelines for Patients®  
The National Witness Project, Inc.  
NeedyMeds  
Prevent Cancer Foundation®  
Redes en Acción: The National Latino Cancer Research Network at UT Health San Antonio  
Research Advocacy Network  
Scott Hamilton CARES Foundation  
SHARE Cancer Support  
Sharsheret: The Jewish Breast & Ovarian Cancer Community  
Sisters Network® Inc - A National African American Breast Cancer Survivorship Organization  
Tigerlily Foundation  
TOUCH, The Black Breast Cancer Alliance  
Triage Cancer  
Vital Options International  
Young Survival Coalition