



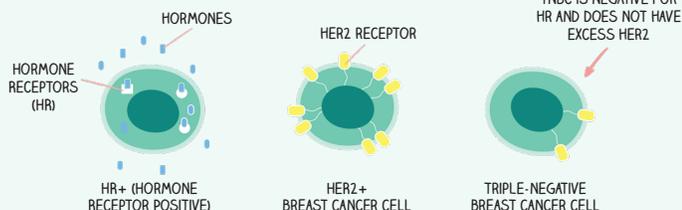
## TNBC On One Page

Use this guide to learn the basics on triple-negative breast cancer (TNBC), general questions to ask on treatment and finding emotional support for your cancer journey.

### What is TNBC?

TNBC (or triple-negative breast cancer) is an aggressive type of breast cancer where cells lack estrogen receptors, progesterone receptors, and excess HER2 receptors. That is what makes it “triple-negative.” Treatments that work for other types of breast cancer that have those receptors may not be an option for people with TNBC.

#### Types of breast cancer cells



**Who gets TNBC?** Anyone can get TNBC. But it is more common in people who are younger than age 40, Black, or have certain gene mutations.

**~10%–15%**  
of people with breast cancer have TNBC

**~2X**   
Non-Hispanic Black women are about 2 times more likely than non-Hispanic white women to be diagnosed with TNBC

### Questions to ask when you’ve been diagnosed with TNBC

You may have heard that TNBC is “hard to treat,” but there are treatment options out there. If you or someone you love has recently been diagnosed with TNBC, ask your doctor to explain the next steps. If you’re not sure how to start the conversation, these questions may help:

- Do I need treatment right away?
- What are the different options for my treatment, and what do you recommend?
- Where can I learn more about these treatments? Is there anyone else I should talk to?
- How will my cancer and treatment affect my daily life? Will I be able to work, exercise, and do my normal activities?
- What types of support can help me prepare for what’s ahead?



### Taking care of yourself

After a TNBC diagnosis, you may spend time thinking about your physical health. But it’s important to take care of your emotional health, too. These tips are a good starting place—but always find what works for you.

- Join a support group. You can find one in-person or online, or even reach out on social media
- Try one-on-one or group therapy. You can ask your health care team to recommend someone for you to talk to
- Talk with family and friends and lean on them for support
- Practice spirituality in a way that is meaningful to you
- Practice mindfulness, meditation, or relaxation techniques

### More TNBC resources

Visit these websites to read articles, connect with support groups, and to help get answers to your TNBC questions.

**LIVING BEYOND BREAST CANCER**  
[www.lbbc.org](http://www.lbbc.org)  
Free help line: **888-753-5222**

**Tigerlily Foundation**  
[www.tigerlilyfoundation.org](http://www.tigerlilyfoundation.org)  
Free help line: **888-580-6253**

**Triple Negative Breast Cancer Foundation**  
[www.tnbcfoundation.org](http://www.tnbcfoundation.org)  
Free help line: **877-880-8622**

You can also visit our website at [uncoverTNBC.com](http://uncoverTNBC.com) for more support and resources.