

# Younger Women Together Online

## **Q and A with an Oncologist**

This session gives an overview of the principles of treating breast cancer in younger women, explaining when and why different treatments may be used. Information about breast and body awareness following breast cancer treatment is covered along with the possible signs and symptoms of a recurrence. The physical and emotional impact of a diagnosis of breast cancer can be life-changing and this is an informal session with the chance to ask questions prior to and during the session.

## **Relationships and communication**

A breast cancer diagnosis can have a significant impact on relationships with friends and family. This session, facilitated by an experienced therapist, will be a chance to begin to explore how your feelings about others and your relationships with them may have changed. In this short session it won't be possible to resolve all your issues but there will be a chance to think about what you most want to communicate and to who and some ideas that may help.

## **Fertility after treatment**

Information about the potential impact that treatment may have on fertility, temporary and permanent amenorrhoea (absence of periods), pregnancy after diagnosis and contraception. Speakers cannot predict your individual fertility status.

## **Intimacy and sexuality**

This session, facilitated by an experienced therapist, will be a chance to talk about the impact of your breast cancer diagnosis and its treatment on current and potential intimate and sexual relationships. It may include suggestions on how to alleviate some of the side effects of treatment and loss of libido and will provide you with details about sources of further information and support.