



What Black Women Need to Know About Triple-Negative Breast Cancer (TNBC)



Staying on top of your annual breast/chest screenings is important. Know what's "normal" for your body.

If you are experiencing something outside of your "normal" - don't wait - get it checked out.



Ask your aunties, and elders about your family history. Knowing this can help protect your health.

Hey Sis - we gotta make talking about health and family history a MUST in our community.

Did You Know?

All breast cancer is not the same.

Black women are more likely to get a certain type of breast cancer called TNBC.

Some people have a higher risk of developing breast and other cancers. That's why it's important to know your family history.




Ways to stay on top of your health:

Get annual screenings, don't be afraid to ask questions, and speak up for yourself - it's your right as a patient.




SHARE
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Treatment for TNBC may include, surgery, chemo, radiation, immunotherapy or other approved medications.


Your doctor will discuss your treatment options. Always remember it is a personal choice that should be made together with your doctor.

Treatment can be hard - develop your care team of family and medical professionals to help with side effects and any issues you may experience.




Once you receive a breast cancer diagnosis: One of your next steps is genetic testing.

Genetic testing is safe, your data is protected, it can help determine your treatment plan, and family members can be tested to see if they are at high risk for developing breast and other cancers.



TNBC can be more aggressive because it grows more quickly, is more likely to spread, come back and has fewer receptors (Estrogen/Progesterone/HER2) than other subtypes.



Although TNBC is more aggressive - MANY do survive. There is hope.

"I can't emphasize enough how important community is. Having those connections is the most important key for surviving cancer."
- Chavi, TNBC Survivor

To better understand the experience of being diagnosed with TNBC as a Black woman, SHARE conducted a research study. Eight major themes and 15 recommendations emerged from the deeply personal stories shared by these brave women diagnosed with TNBC.

Scan to hear their experiences and learn more about the study.

