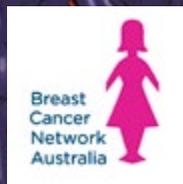


UNDERSTANDING METASTATIC BREAST CANCER



ENDORSED BY:



WRITTEN BY DOCTORS FOR KIDS!

INTRODUCING

THE MEDIKIDZ

The Medikidz are superheroes who live on Mediland, a planet shaped like the human body. They are experts in health and illness, and their mission is to teach you all about your body and how illness affects it.



SKINDY Expert on: the skin and bones



GASTRO Expert on: the digestive system



PUMP Expert on: the heart and blood vessels



AXON Expert on: the brain and nerves



CHI Expert on: the lungs and respiratory system



ABACUS The Medikidz guardian

ALSO
FEATURING



Thomas and
Bridget



THERE ARE DAYS
WHEN THE WORLD
SEEMS PERFECT!

WHEN YOU FORGET ALL OF YOUR
TROUBLES AND WORRIES.

THEN THERE ARE DAYS WHEN THE WORLD CAN BE, WELL, A BIT SCARY AND CONFUSING.

THOMAS, WHY IS MUM LIKE THIS? WHAT'S WRONG WITH HER?

I WISH I KNEW, sis.

INSIDE MEDIKIDZ HQ!

WHOA, THE **MEDIKIDZ!**

WHAT- WHAT ARE WE DOING HERE?

YOU'VE GOT QUESTIONS ABOUT YOUR MUM'S ILLNESS, AND WE'VE GOT ANSWERS!

YEAH, YOU'VE COME TO THE RIGHT PLACE. WELL, TECHNICALLY WE TELEPORTED YOU TO THE RIGHT PLACE. EITHER WAY, WE'RE GLAD YOU'RE HERE!

NOW, LET'S GET THIS ADVENTURE STARTED! TELEPORTING DOWN TO MEDILAND, THE PLANET THAT'S SHAPED AND WORKS JUST LIKE YOUR BODY!

INSIDE THE BREAST.

WELCOME TO THE BREAST.

THOSE GUYS ARE BONKERS!

WHO ARE THEY?

THOSE ARE METASTATIC BREAST CANCER CELLS, OR MBCs FOR SHORT.

BUT WHAT IS METASTATIC BREAST CANCER?

METASTATIC BREAST CANCER IS A CANCER THAT STARTS IN THE BREAST AND SPREADS TO OTHER PARTS OF THE BODY.

IT'S ALSO CALLED SECONDARY BREAST CANCER, STAGE IV (4) BREAST CANCER, OR ADVANCED BREAST CANCER. ALL THESE NAMES MEAN THE SAME THING.

MOVE IT, WE'VE GOT PLACES TO BE!



THESE BREAST CANCER CELLS BREAK AWAY FROM A TUMOUR IN THE BREAST AND FORM NEW TUMOURS IN ONE OR MORE PARTS OF THE BODY, LIKE THE BONES, LIVER, LUNGS OR BRAIN.

WHEN THIS HAPPENS, IT IS CALLED A METASTASIS (PRONOUNCED MEH-TAS-TUH-SIS). DOCTORS AREN'T SURE WHY IT HAPPENS IN SOME WOMEN AND NOT IN OTHERS.



METASTATIC BREAST CANCER CAN OCCUR IN WOMEN WHO HAVE BEEN TREATED FOR BREAST CANCER AND THEIR CANCER COMES BACK. SOMETIMES, IT CAN OCCUR IN WOMEN WHO NEVER KNEW THEY HAD BREAST CANCER.

COME ON, TEAM, LET'S FOLLOW THEM! SKINDY, YOU AND THOMAS TAKE THE BONES AND LIVER WHILE BRIDGET AND I TAKE THE LUNGS AND BRAIN.



HATE THAT IT'S SPREADING, BUT KIND OF LOVE THIS SLIDING!

THE SPREADING OF CANCER CELLS FROM THE BREAST TO OTHER PARTS OF THE BODY CAN CAUSE PROBLEMS.

THE PROBLEMS DEPEND ON WHERE THE CANCER CELLS HAVE TRAVELLED TO IN THE BODY.

ON THE BONE!



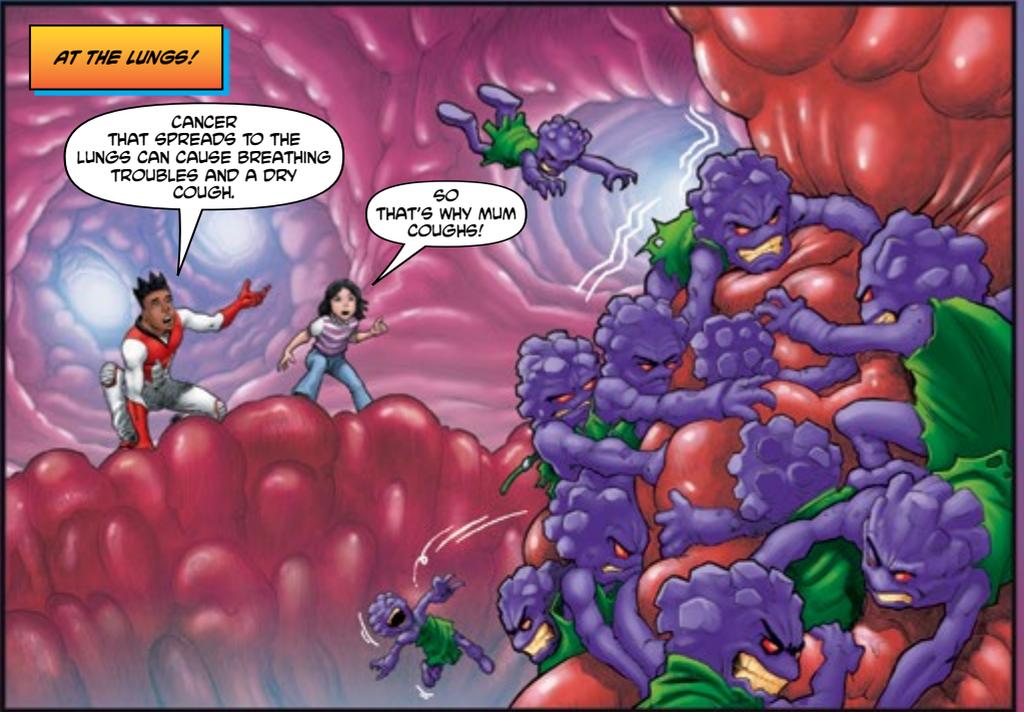
CANCER THAT SPREADS TO THE BONES CAN CAUSE PAIN AND CAN ALSO MAKE THE BONES WEAKER. SOMETIMES THE BONES CAN BREAK.

MUM DOES COMPLAIN ABOUT HER LEGS HURTING SOMETIMES.

AT THE LUNGS!

CANCER THAT SPREADS TO THE LUNGS CAN CAUSE BREATHING TROUBLES AND A DRY COUGH.

SO THAT'S WHY MUM COUGHS!



CANCER THAT SPREADS TO THE LIVER MIGHT CAUSE A LOSS OF APPETITE AND WEIGHT. IT CAN ALSO MAKE YOUR MUM LOOK YELLOW.

THEIR DANCE MOVES HAVE CERTAINLY MADE ME LOSE MY APPETITE!



INSIDE THE BRAIN!

CANCER THAT HAS SPREAD TO THE BRAIN MIGHT CAUSE A HEADACHE THAT WON'T GO AWAY. IT MAY ALSO CAUSE CONFUSION OR FITS.

THEY'RE ALL JUST A BUNCH OF BULLIES! HOW DO WE GET RID OF THEM?

UNFORTUNATELY, METASTATIC BREAST CANCER CANNOT BE CURED. THE DOCTORS WON'T BE ABLE TO GET RID OF ALL THE CANCER CELLS, BUT THEY CAN STILL HELP YOUR MUM FEEL BETTER.

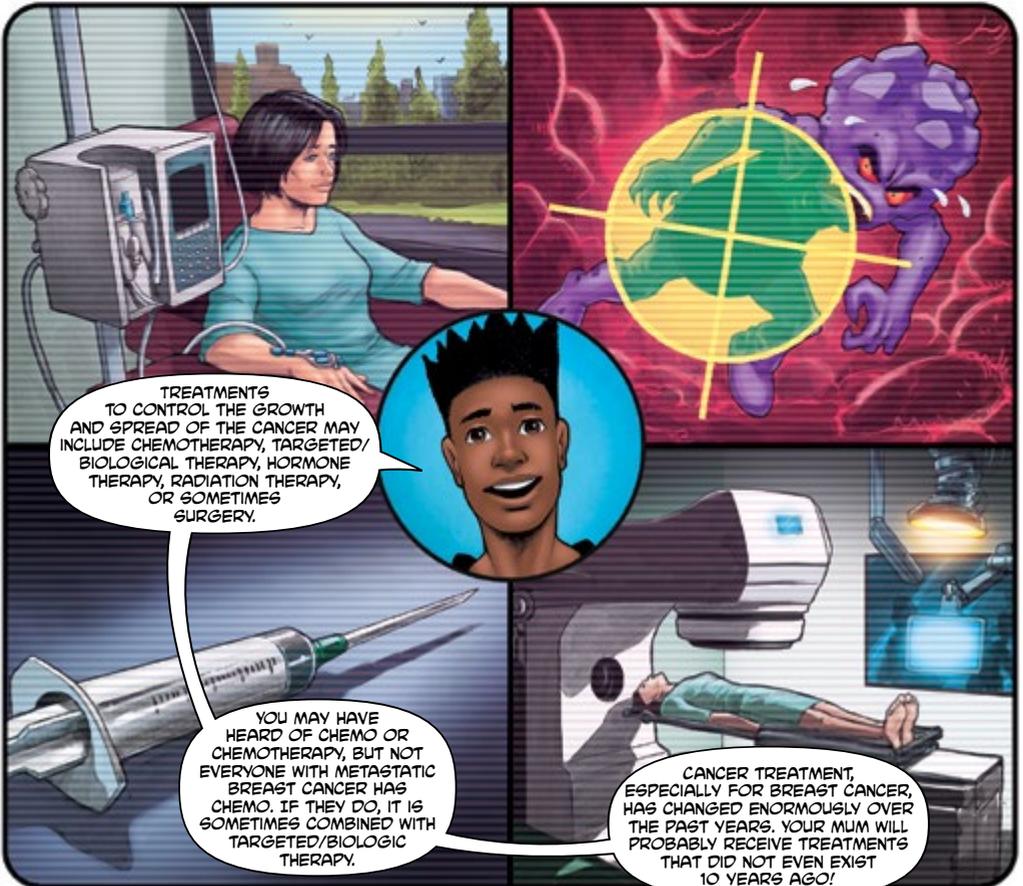
LET'S MEET UP WITH SKINDY AND THOMAS AT HQ AND WE'LL TALK ALL ABOUT IT!

BACK AT MK HQ!

THE AIM OF THE TREATMENTS IS TO GAIN CONTROL OF THE CANCER AND TO KEEP YOUR MUM AS WELL AND SAFE AS POSSIBLE FOR AS LONG AS POSSIBLE.

THERE ARE MANY DIFFERENT TREATMENTS TO HELP YOUR MUM.

SHE MIGHT RECEIVE ONE OF THESE TREATMENTS OR A COMBINATION.



TREATMENTS TO CONTROL THE GROWTH AND SPREAD OF THE CANCER MAY INCLUDE CHEMOTHERAPY, TARGETED/ BIOLOGICAL THERAPY, HORMONE THERAPY, RADIATION THERAPY, OR SOMETIMES SURGERY.

YOU MAY HAVE HEARD OF CHEMO OR CHEMOTHERAPY, BUT NOT EVERYONE WITH METASTATIC BREAST CANCER HAS CHEMO. IF THEY DO, IT IS SOMETIMES COMBINED WITH TARGETED/BIOLOGIC THERAPY.

CANCER TREATMENT, ESPECIALLY FOR BREAST CANCER, HAS CHANGED ENORMOUSLY OVER THE PAST YEARS. YOUR MUM WILL PROBABLY RECEIVE TREATMENTS THAT DID NOT EVEN EXIST 10 YEARS AGO!

OKAY, SO ALL OF THE TREATMENTS WORK TO CONTROL MUM'S CANCER, YEAH?

MOST OF THEM DO, BUT THERE'S ALSO ANOTHER WAY OF LOOKING AFTER YOUR MUM CALLED **PALLIATIVE CARE**. IT DOESN'T CONTROL THE CANCER, BUT IT **DOES** RELIEVE YOUR MUM'S PROBLEMS, LIKE HER PAIN, SO SHE'S COMFORTABLE.

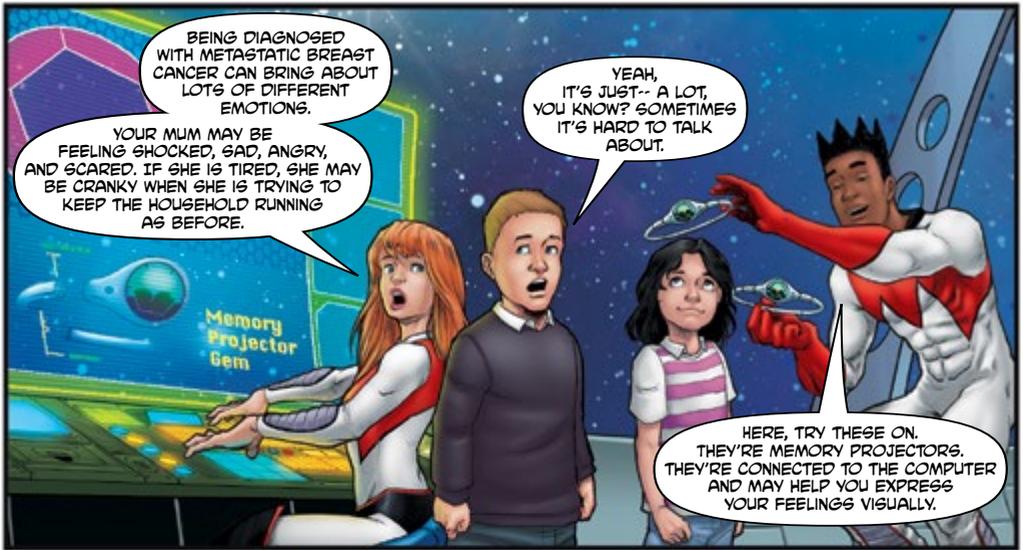
AN ACE TEAM OF HEALTHCARE SPECIALISTS WILL HELP PLAN YOUR MUM'S TREATMENTS.

YOUR MUM MAY NEED A NUMBER OF TESTS BEFORE AND DURING TREATMENT. THIS MIGHT MEAN A LOT OF HOSPITAL VISITS. THESE TESTS HELP THE DOCTORS AND NURSES PLAN THE BEST TREATMENT FOR YOUR MUM.

THE DOCTORS MAY SUGGEST YOUR MUM DO A CLINICAL TRIAL. CLINICAL TRIALS AIM TO FIND NEW CANCER TREATMENTS THAT COULD BE HELPFUL FOR PEOPLE LIKE YOUR MUM.

SOME CANCER TREATMENTS CAN CAUSE SIDE EFFECTS, LIKE PAIN, TIREDNESS OR FEELING SICK. YOUR MUM'S HEALTHCARE TEAM WILL HELP PREVENT THESE SIDE EFFECTS. THEY WILL TRY TO AVOID HER LOSING HER HAIR, BUT IF SHE DOES LOSE IT, SHE CAN WEAR GREAT WIGS, OR SOME PEOPLE USE COLD CAPS WHICH CAN REDUCE HAIR LOSS.

YOUR MUM'S TEAM WILL ALSO HELP EASE HER PAIN SO SHE CAN GET MORE ACTIVE.



BEING DIAGNOSED WITH METASTATIC BREAST CANCER CAN BRING ABOUT LOTS OF DIFFERENT EMOTIONS.

YOUR MUM MAY BE FEELING SHOCKED, SAD, ANGRY, AND SCARED. IF SHE IS TIRED, SHE MAY BE CRANKY WHEN SHE IS TRYING TO KEEP THE HOUSEHOLD RUNNING AS BEFORE.

YEAH, IT'S JUST-- A LOT, YOU KNOW? SOMETIMES IT'S HARD TO TALK ABOUT.

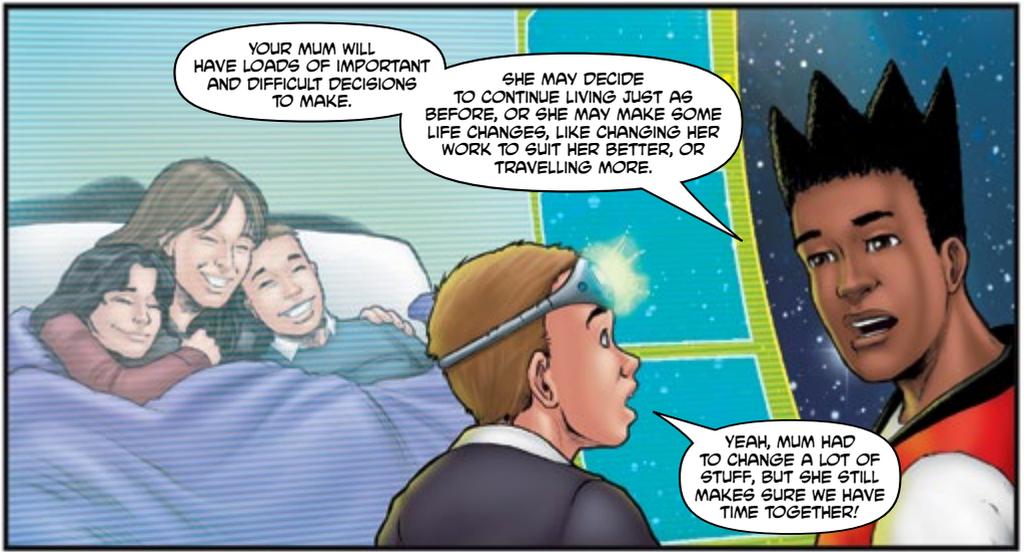
HERE, TRY THESE ON. THEY'RE CONNECTED TO THE COMPUTER AND MAY HELP YOU EXPRESS YOUR FEELINGS VISUALLY.



YOUR MUM MAY WORRY ABOUT WHAT THE FUTURE HOLDS.

I REMEMBER WHEN MUM FIRST FOUND OUT SHE SPENT A LOT OF TIME ALONE JUST THINKING.

IT WILL TAKE YOUR MUM A WHILE TO COME TO TERMS WITH THE NEWS AND TO FIGURE OUT HOW TO LIVE THE REST OF HER LIFE.



YOUR MUM WILL HAVE LOADS OF IMPORTANT AND DIFFICULT DECISIONS TO MAKE.

SHE MAY DECIDE TO CONTINUE LIVING JUST AS BEFORE, OR SHE MAY MAKE SOME LIFE CHANGES, LIKE CHANGING HER WORK TO SUIT HER BETTER, OR TRAVELLING MORE.

YEAH, MUM HAD TO CHANGE A LOT OF STUFF, BUT SHE STILL MAKES SURE WE HAVE TIME TOGETHER!



FINDING OUT THAT YOUR MUM HAS A CANCER THAT CAN'T BE CURED IS HARD NOT JUST FOR HER, BUT FOR YOU GUYS TOO!

YOU MAY FEEL SCARED, WORRIED, SAD, OR ANGRY.

YEAH, I TOOK THE NEWS OF MUM'S CANCER PRETTY HARD.

IT'S OK TO WANT LIFE TO GO ON AND TO DO ALL OF YOUR USUAL ACTIVITIES. THESE FEELINGS ARE NORMAL AND NOTHING TO BE ASHAMED OF!



IT CAN BE TOUGH NOT REALLY KNOWING WHAT'S GOING TO HAPPEN TO YOUR MUM, AND YOU MIGHT WONDER WHY THIS IS HAPPENING TO YOU AND YOUR FAMILY.

YEAH, IT MAKES ME WONDER IF MAYBE I DID SOMETHING WRONG!

NO WAY! YOUR MUM'S CANCER WASN'T CAUSED BY ANYTHING YOU OR YOUR FAMILY DID OR SAID.



AFTER THE INITIAL SHOCK, WHEN HER TREATMENT GETS UNDERWAY THINGS WILL IMPROVE, AND MAYBE LIFE WILL GO BACK TO NORMAL. THIS IS GREAT BUT CAN SEEM A BIT WEIRD ALSO.



IT CAN HELP TO TALK ABOUT YOUR FEELINGS. REMEMBER, YOU HAVE YOUR MUM, FAMILY AND FRIENDS WHO LOVE YOU AND THEY WILL LISTEN AND HELP TALK THROUGH YOUR WORRIES.



YOU MAY WANT TO GO MEET HER DOCTORS AND NURSES AND SEE WHERE SHE HAS TREATMENT.



THERE'S EVEN A TEAM OF EXPERTS LIKE PSYCHOLOGISTS, COUNSELLORS AND SOCIAL WORKERS WHO CAN HELP YOUR MUM, AND YOU, COPE WITH YOUR FEELINGS, ESPECIALLY WHEN SAD OR ANXIOUS.



SOME WOMEN WITH METASTATIC BREAST CANCER LIVE MANY YEARS, AND THIS IS IMPROVING ALL THE TIME AS NEW TREATMENTS BECOME AVAILABLE.





SUPPORT GROUPS CAN ALSO HELP YOU AND YOUR FAMILY.

YEAH, YOU'VE GOT TO REMEMBER THAT YOU'RE NOT ALONE!

OTHER FAMILIES ARE GOING THROUGH THE SAME THING AS YOU.

I NEVER THOUGHT OF THAT!

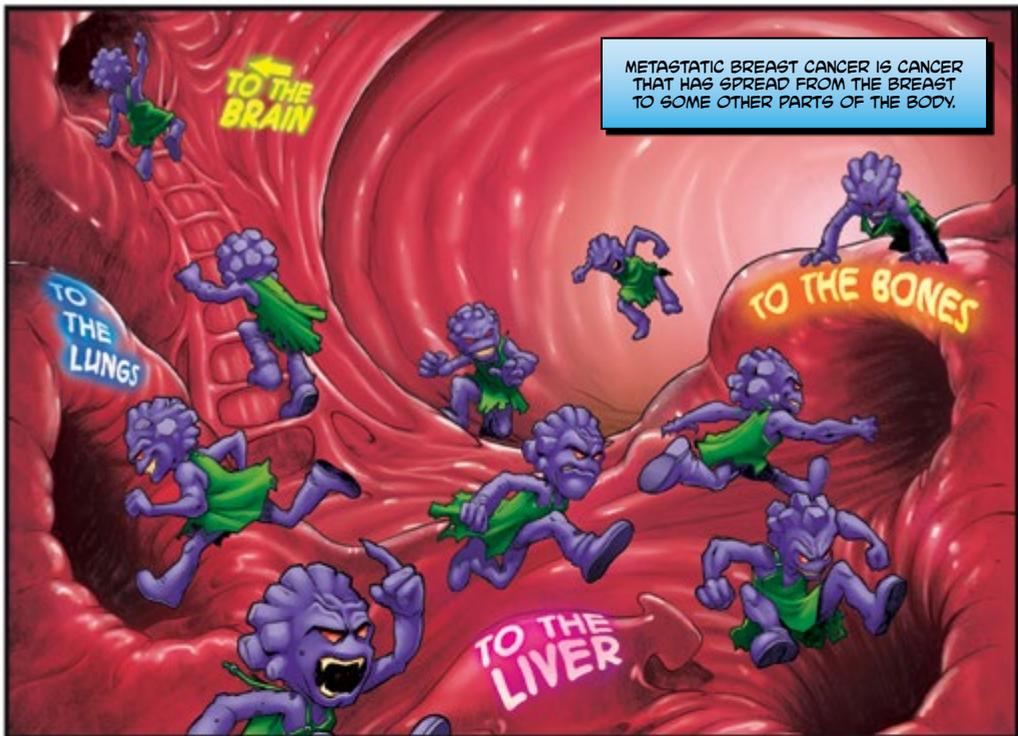
THAT DOES MAKE ME FEEL A LITTLE BETTER!

THERE ARE ALSO OTHER WAYS TO HELP YOUR MUM. A HEALTHY DIET, WITH LOTS OF VEGGIES, REGULAR EXERCISE AND MEDITATION CAN HELP TOO. MAYBE YOU CAN DO SOME YOGA EXERCISES WITH YOUR MUM AT HOME?

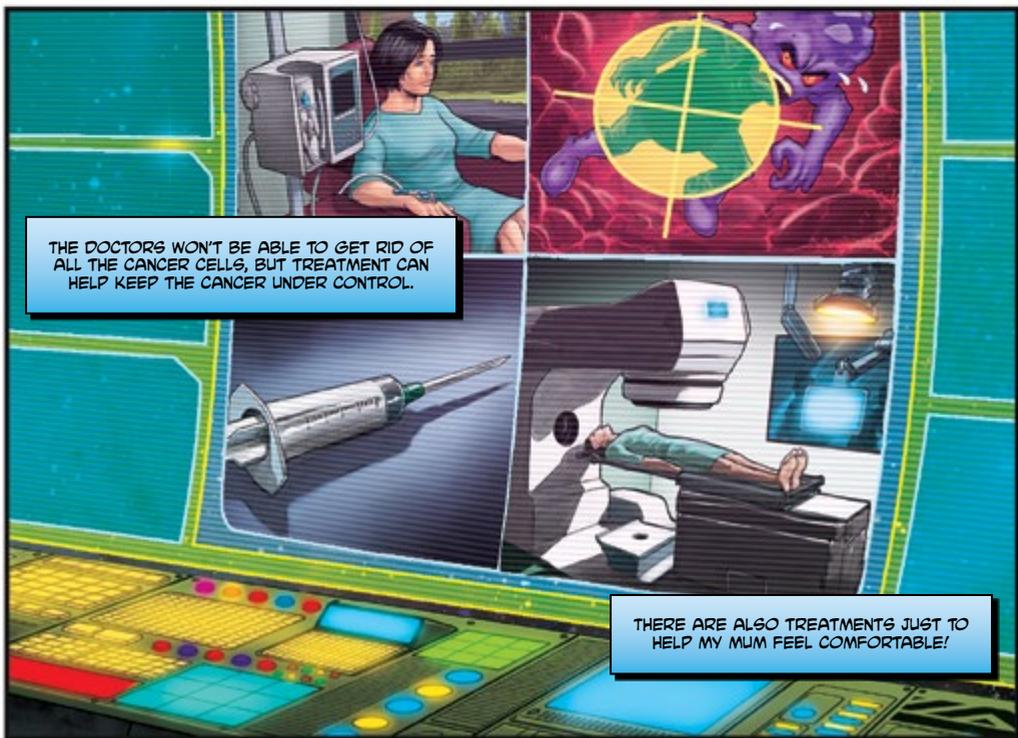


WOW, WE LEARNED A LOT.

YOU CAN SAY THAT AGAIN, SIS. BETTER MAKE SURE WE'VE GOT IT ALL DOWN!



METASTATIC BREAST CANCER IS CANCER THAT HAS SPREAD FROM THE BREAST TO SOME OTHER PARTS OF THE BODY.



THE DOCTORS WON'T BE ABLE TO GET RID OF ALL THE CANCER CELLS, BUT TREATMENT CAN HELP KEEP THE CANCER UNDER CONTROL.

THERE ARE ALSO TREATMENTS JUST TO HELP MY MUM FEEL COMFORTABLE!



IT'S NORMAL TO FEEL SAD, SCARED, WORRIED, AND ANGRY, BUT TALKING ABOUT MY FEELINGS WILL HELP ME DEAL WITH MY MUM'S CANCER.

IT'S IMPORTANT TO REMEMBER THAT IT'S NO ONE'S FAULT MY MUM GOT CANCER, AND THAT I'M SURROUNDED BY PEOPLE WHO CAN HELP MY MUM, ME, AND ALL MY FAMILY.

TOP MARKS TO BOTH OF YOU!

PAF

YEAH, YOU NAILED IT!

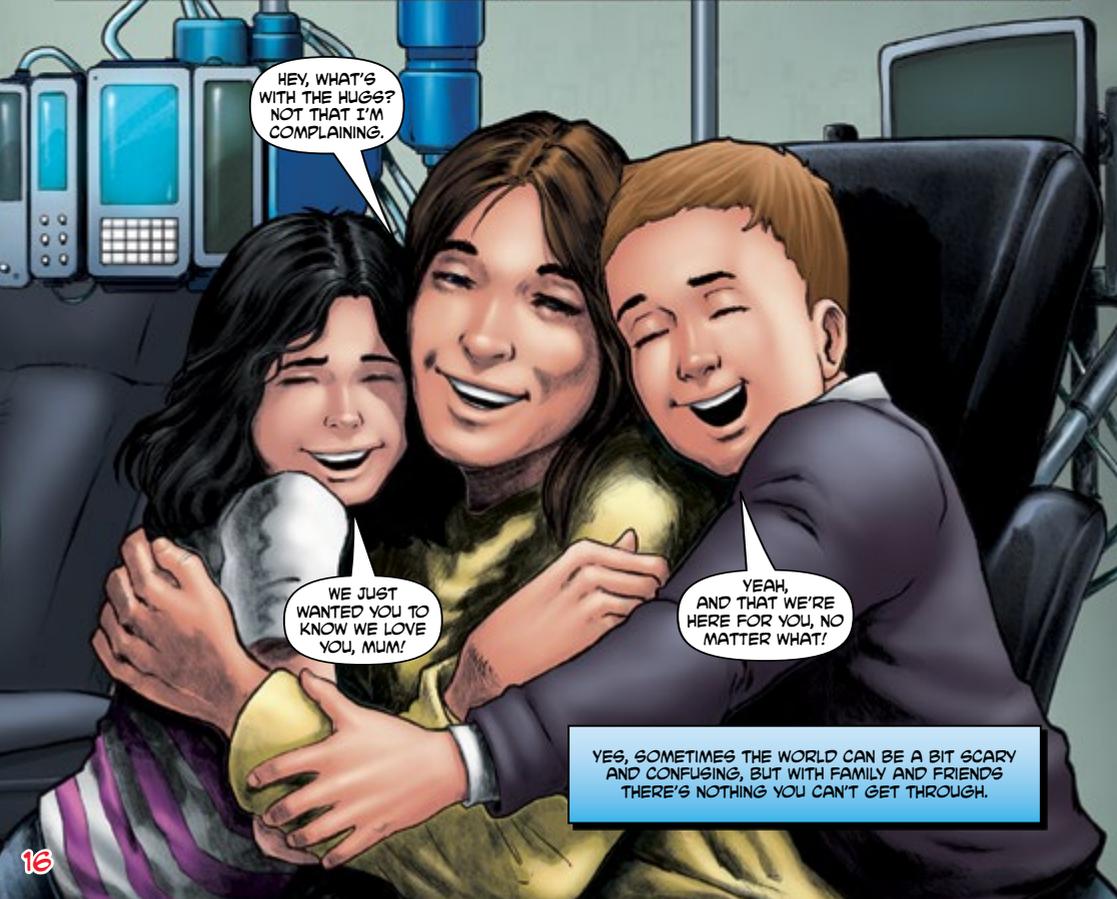


THANKS FOR EVERYTHING, MEDIKIDZ!

YEAH, I FEEL LOADS BETTER NOW!

OUR PLEASURE!

TELL YOUR MUM WE SAID HELLO!



YES, SOMETIMES THE WORLD CAN BE A BIT SCARY AND CONFUSING, BUT WITH FAMILY AND FRIENDS THERE'S NOTHING YOU CAN'T GET THROUGH.

EDITOR IN CHIEF
Columba Quigley, MD, FRCP

MEDICAL WRITER
Kimberly Maxwell, PhD

PEER REVIEW PANEL

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ART EDITOR
JL Straw

ART
Micky (Pencils)
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In Folio Design (Lettering)

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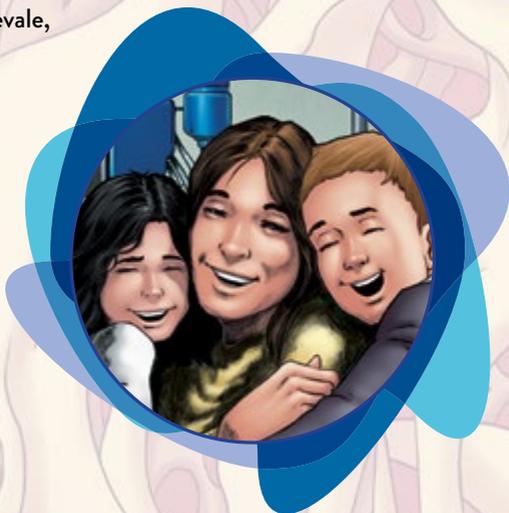
Medikidz USA, Inc.
205 Lexington Avenue, 16th Floor
New York, NY 10016

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Special thanks to the stars of
this book: Thomas Carnevale,
Bridget Carnevale and
Dr Elaine George



WHAT'S UP WITH THOMAS AND BRIDGET'S MUM?

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