



Influencing best practice in breast cancer

While survival for women with breast cancer in Australia is among the highest in the world, there is evidence that not all patients are receiving the most appropriate care or getting the information they need about the options that are right for them. This unwarranted variation has the potential to have an impact on patient outcomes and experience.

About the Statement

The aim of the *Cancer Australia Statement – Influencing best practice in breast cancer* is to iron out unwarranted variations in breast cancer care in Australia.

The Statement is a summary of 12 practices that have been identified as appropriate or inappropriate for the provision of evidence-based, patient-centred breast cancer care in Australia. It highlights what 'ought to be done' in breast cancer care to maximise clinical benefit, minimise harm and deliver patient-centred care.

Not every practice will be relevant for all people diagnosed with breast cancer. The practice(s) relevant to an individual will depend on the type and stage of their breast cancer, their age, and where they are in their breast cancer journey.



HOW WAS THE STATEMENT DEVELOPED?

Cancer Australia took a highly collaborative, consultative and evidence-based approach to the development of the Statement. People with cancer were an integral part of the process, which brought key clinical and cancer organisations together with women with breast cancer to identify priority areas of practice.

USING THE STATEMENT

The Statement aims to empower people with breast cancer to engage with their health professionals and make informed, evidence-based decisions that deliver the best outcomes for them.

You may wish to talk with your health professionals about the practices in the Statement and about the options available to you.

For more information about the Statement visit canceraustralia.gov.au/statement



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Appropriate to consider and discuss fertility and family planning with premenopausal women before they undergo breast cancer treatment.

WHAT THIS PRACTICE IS ABOUT

A substantial proportion of women in Australia are diagnosed with breast cancer before they reach menopause. In 2016, it is estimated that there will be 5,035 new cases of breast cancer in women aged 20–54 years.

Some treatments for breast cancer, including chemotherapy and hormone therapy, can cause premature (early) menopause. This can affect a woman's chance of having children in the future.

WHY THIS PRACTICE MIGHT BE IMPORTANT TO YOU

If you have not yet started or completed your family at the time of your breast cancer diagnosis, discussing how treatment might affect your fertility and any options for preserving your fertility is important before your treatment starts. This may increase your chance of having children in the future, if this is important for you.

MORE INFORMATION

More information about other recommended practices and the Statement is available at canceraustralia.gov.au/statement



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