



5 ways to support someone who has breast cancer





Remember: Every person's experience with breast cancer is unique. Ask what you can do to help before assuming.



Listen. Sometimes a caring listener is what someone needs the most.



Offer to run errands, pick up groceries, or drop off a meal.



Make treatment more comfortable with a care package of items like comfy clothes or a blanket, ginger candy for nausea, or a book.



When in doubt say: “I don’t know what it’s like to be in your shoes right now, but I want you to know that I’m here for you.”