

## Essential Information to give me. I need this before your photo shoot.

### Background Information

- Your name (only first names will be used in the book)
- Your Date of Birth ( so I can calculate how old you are at the time of publishing)
- Your phone number and email (for my use only so that I can contact you for clarifications and updates)

There are three pieces of information I need from you for the book:

- 1) 3 – 5 words that describe you
- 2) Your medical summary completed in the below format
- 3) Your story

- 1) **What 3 – 5 words best describe you?** E.g. age, marital status, if you are a parent (include how many children you have), grandparent (again include how many grandkids you have), occupation, hobbies, sports, passions, nationality, ethnicity etc (only include words that you feel comfortable with other people knowing). DO NOT use personality traits e.g. friendly, humorous, compassionate etc. My aim is to put your first name, age and the 3 – 5 words on your photo page to give people more background about who you are, explain why you were photographed in a particular way (ie showing some aspect of your career or hobby) and most importantly, to show that cancer does not discriminate.

For example, my details look like this

Joanne, 52, wife, mother of 2, photographer, welfare worker, avid traveller

- 2) **Please complete your medical summary for any cancer you have had. It is important to answer every line so I have all the same info for all of the contributors.**

- 1) Cancer type: (if you have had more than breast cancer please fill out this list for all the types of cancer you have had)
- 2) Cancer Stage:
- 3) Location of Cancer:
- 4) amount of tumors if more than 1, size of tumors:
- 5) Type of Cancer: i.e. DCIS, ILC, IDC, Triple Neg, Inflammatory BC, Paget Disease, Angiosarcoma, Phyllodes Tumor
- 6) Grade of cancer:
- 7) receptor status: i.e. ER/PR/Her2 positive or negative:
- 8) Lymph node info: ie no evidence in lymph nodes, how many nodes had cancer, whether you had a full axillary clearance
- 9) Diagnosed: month/year,
- 10) age you were at time of diagnosis:
- 11) how it was first detected: ie self examination, mammogram etc
- 12) Treatment: ie lumpectomy, how many sessions of radiation, how many sessions of chemo, mastectomy, reconstruction etc
- 13) Current Status: i.e. diagnosed, active treatment, No Evidence of Disease (NED) since year date, inoperable, incurable

For example, my details look like this

Stage 1 Breast Cancer

Left Breast, 16mm Tumor

DCIS Grade 2, ER+, /PR+, Her2-

No Evidence in Lymph Nodes

Diagnosed: April 2021, Age 50, mammogram

Treatment: Lumpectomy

30 sessions Radiation

5 years Tamoxifen

Current Status: NED since May 2021

At the beginning of the book there will be a medical section that will include basic definitions of what all this means and to point the reader in the right direction to get more information.

### **3) Your Story**

We will come up with the theme for your story together. Once I have your phone number, I will call you and we will go over the questionnaire and explore possible topics for you to write about as your story.

My aim is for the book to cover most aspects of what it is like to have BC, both medically and personally, rather than recording each person's individual journeys from start to finish. If you already know what aspect of having BC you would like to write about let me know and we can shorten this process (but you need to check first that your topic hasn't already been covered). Do not stress if you do not know what to write about, that is what the questionnaire and I am here for.

Keep in mind that your finished story can be no more than one A4 page, but if you can make the salient points in just a few paragraphs, or a paragraph, that's even better. I'm trying to find the balance between this book being informative and relevant to people going through their own BC journeys, and not overwhelming them with too much text.

Remember that your story is likely to go through multiple drafts, with the copywriter giving you feedback on how to focus on, and explore the important aspects of the story.

### **Optional Extra Questions that will be included in the tips section at the back of the book**

- What were the positive things within yourself that helped you to keep going?
- What are some of the positive ways people have been able to support you?
- What "Not to DO" advice would you give to people in how they react/support someone with cancer?
- If you were to put together a care package for someone doing chemo, what products would you include?
- If you lost your hair during treatment, what advice would you give to others who are facing this?