

# Integrative oncology techniques for young women with advanced breast cancer



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MÉDICOS E INVESTIGADORES EN LA LUCHA CONTRA EL CÁNCER DE MAMA



*"MILC is honored to accept the SPARC Metastatic Breast Cancer Challenge, as it will support our project's initiation that will address the specific unmet needs of young women with advanced breast cancer in Mexico.*

*The "Joven & Fuerte = Metastatic Component" will be a novel support model in Mexico for young breast cancer patients, which will provide them, their caregivers and children with techniques to better cope through the disease process delivered by our team of psychology experts and integrative oncology specialists, guided by our patient advocates."*



Read more on the SPARC MBC Challenge at [uicc.org/SPARC](http://uicc.org/SPARC)

## Short description

Support for young women with metastatic breast cancer (MBC) in Mexico, including occupational therapy, expressive creative techniques, mind-body interventions and acupuncture.

## Abstract

Young breast cancer patients in Mexico are frequently diagnosed at advanced stages. They confront distinct practical and emotional challenges, and are recognised to be vulnerable to extra emotional distress and psychosocial issues, needing special support. However, cancer control efforts in Mexico are predominantly focusing on medical care, whilst psychological and supportive interventions have not been a priority, especially among metastatic patients.

The aim of the project is to promote the empowerment of young MBC patients, their children, spouse and caregivers by developing a supportive care model to help them better cope throughout their cancer journey. Our target population includes young women with advanced breast cancer aged 45 or younger and their families. At least 80 patients and their caregivers will participate in this new component, which results will provide us with grounds to establish a replicable scheme, ensuring that patients' needs are addressed in a more holistic approach.

This care model will offer weekly support groups, as well as a toll-free phone support session to patients with transportation restrictions. Occupational therapy, expressive creative techniques, mind-body interventions and acupuncture will be provided to address symptoms such as stress, depression, anxiety and fatigue, and to improve the quality of life.

## Focus areas

Voices for change

## Stakeholders

Patients

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