

Long Term Navigator

For breast cancer survivors, every cancer-free year after completing treatment is an important milestone worth celebrating. But, young women are not just affected during treatment, there are physical and emotional effects even five years (or more) after their diagnosis. In [YSC's Long-Term navigator](#), young women learn how to:

- Manage their medical care and physical health
- Recognize long-term side effects and understand their risk of recurrence
- Communicate with their family about the impact of a breast cancer diagnosis on their emotional health
- Address financial, legal and employment concerns

This unique and informative downloadable resource for young women is available free because of the money raised by committed Tour de Pink riders.



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3 DAYS.

200 MILES.

1 PURPOSE.