

Post-Treatment Navigator Launch

The money you raise for YSC through Tour de Pink helps women at all stages of their diagnosis, treatment, recovery and beyond. When a young woman is going through breast cancer treatment, she is probably counting down the days until she is finished. She expects to be jumping for joy when her chemotherapy and/or radiation therapy ends, but instead many young women find themselves anxious, confused and may not feel particularly healthy. YSC created, "[What's Next? A Young Woman's Post-Treatment Navigator](#)" to help young women know what to expect and learn how to manage their "new normal" after initial breast cancer treatment.

Topics covered include what to expect from long-term side effects like chemobrain, sex and intimacy, fertility, and lymphedema. It also explores how to approach nutrition and exercise, understanding your emotions, and managing your career and finances after treatment ends. This navigator also includes worksheets so you can document your treatment summary and create a survivorship care plan. You can download an electronic version of the Post-Treatment navigator [here](#) or order a free copy [here](#).



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3 DAYS.

200 MILES.

1 PURPOSE.