



The Good Medicine Project wants YOU!

*Please join the Good Medicine Project's mission
to help friends and families help loved ones with cancer.
Share your story of social support!*

Science shows that women who report high levels of social support during breast cancer treatment often report less pain and fewer side effects.^{1, 2, 3}

The Good Medicine Project is an effort to encourage and inform friends, families and communities of the do's and don'ts of this beneficial force. We are developing materials on the power and practicalities of how to help cancer patients. We would love to talk to you! View our introductory video at:

<https://vimeo.com/242685280>

Will you share your story? Here's what to expect:

1. Email Susan at susan@youaregoodmedicine.org before May 31.
2. Susan will coordinate a time for a phone call or Zoom conversation.
3. Plan to talk for 30 to 40 minutes about your experience.
4. Questions will cover topics like how help was offered, what was most useful (or not) and what you learned about helping others with cancer.
5. The Good Medicine Project will keep you informed as we develop and release our materials.

Thank You!

¹ Kroenke CH, Michael YL, Poole EM, et al. Postdiagnosis social networks and breast cancer mortality in the After Breast Cancer Pooling Project. *Cancer*. 2017;123(7):1228–1237.

² Social networks, social support mechanisms, and quality of life after breast cancer diagnosis. *Breast Cancer Research and Treatment*. May 2013

³ Quality of Life After Breast Cancer Diagnosis and Survival. *Journal of Clinical Oncology* 2011