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# Managing It All

*A Medication & Comorbidity Survival Guide for Women Living with mBC*



## You're Managing More Than Cancer

Many women living with mBC are also managing other health conditions like:

High blood pressure

Diabetes

Heart conditions

Lymphedema



At the same time, you may be taking multiple medications with different schedules and side effects. That's a lot—and it requires a system.

## Build Your Medication System

Keeping track of everything doesn't have to feel overwhelming.

Start with:

- A daily medication schedule
- A pill organizer or reminder app
- A calendar for refills and appointments



Many patients say syncing refills on the same day each month helps them stay on track.

## Keep One Master List

Write down:

- All medications (including vitamins)
- Dosages and timing
- What each medication is for

- ✓ Keep it on your phone or in your bag
- ✓ Bring it to every appointment



## Stay Consistent (But Give Yourself Grace)

Taking medications at the same time each day can help build a routine.

- ✓ Link it to a habit (meals, bedtime, etc.)
- ✓ Set reminders

If you miss a dose, don't panic—just check with your care team on what to do next.



## Quick Daily Checklist

- I took my medications
- I checked in with how I feel
- I updated my tracker (if needed)
- I asked for help if I needed it



### Pay Attention to Side Effects

Managing multiple conditions can make side effects more complex.

#### Watch for:

- New symptoms
- Changes in energy or mood
- Reactions between medications

- ✓ Track what you feel and when
- ✓ Share changes with your doctor early

### Make It Manageable

You don't have to do everything perfectly.

- Focus on building a routine that works for you
- Ask for help from a caregiver or support person
- Use tools that make your life easier

### Don't Let mBC Overshadow Everything Else

It's common for cancer care to take priority—but your other conditions still matter.

- Keep up with routine care (blood pressure, glucose, etc.)
- Ask how to balance all your conditions together

Your health is whole—not separate pieces.

### Coordinate Your Care

You may have multiple doctors—but they may not always communicate with each other.

- Ask: “Are all my medications working safely together?”
- Make sure each provider knows your full medication list
- Don't assume—they need your input



## Join the Support Our Sisters Community

Connect with women who understand your journey and access real conversations about relationships, intimacy, and healing.



Visit <https://SupportOurSistersWithMBC.org> for more information.