

Letter opener [If sent by postal mail]:

Name of MP/MPP/Party Leader

Street Address

City/Town, Postal Code

Date

Subject line [If sent by email]:

More is needed for metastatic patients like me

Dear Name of Councillor, MPP,

As a constituent in your riding, I am writing to you to share my concerns as a woman living with metastatic breast cancer. [Identify issue/personal connection] Through my personal experience living with metastatic breast cancer, it is often common to feel isolated from the general breast cancer community. Many women living with a metastatic breast cancer diagnosis feel that the breast cancer information currently available simply does not address our unique needs. No matter where you are located, it is important for women living with metastatic breast cancer to feel supported and connected to a network of people who are facing similar challenges, especially as we try to better understand our diagnosis and access diverse treatment options.

[Facts and statistics] A few important facts about metastatic breast cancer:

- Advanced or metastatic breast cancer occurs when the cancer has spread to other parts of the body – most commonly, the bones, liver, lungs and brain.
- Metastatic breast cancer is currently considered an incurable disease, though there are many treatments that can help to control disease progression.
- Every year, approximately 25,500 Canadians are diagnosed with breast cancer.
- Approximately 30 percent of those initially diagnosed with earlier stages of breast cancer later develop recurrent and/or metastatic disease.
- At least three Canadian women receive their first breast cancer diagnosis of locally advanced or metastatic disease every day.

[Personal story] Now 54 years old, I was diagnosed with metastatic breast cancer (Stage IV) in June 2010. As a mother and a new grandmother, I look forward to spending as much time with my loved ones as possible. And this summer, I'll be traveling across the U.S. and Canada with my family, visiting iconic landmarks I've never seen before – like Niagara Falls. For women like me, a new year brings new hope. New treatments are available to help extend the number of sunrises, road trips, laughs and hugs with family members – an important New Year's resolution to keep.

My story, experiences, and challenges as an individual living with metastatic breast cancer is important and should be highlighted and recognized along with other early-stage breast cancer patients. **[Proposed solution]** Advocates from across Canada have called on the government to officially recognize October 13th of every year as Metastatic Breast Cancer Awareness Day in Canada, a day intended to support and honour individuals living with metastatic breast cancer all across the world.

[Call-to-action] I call on you to commit to vote on the proposed proclamation up for debate in the upcoming council meeting and stand in solidarity with Canadian families affected by metastatic breast cancer.

Thank you for your commitment, and I look forward to receiving a response from you.

Sincerely,

Kelly Slynch

Vancouver, BC, V5V 5V5

[Insert at least one form of contact if letter is sent via postal mail]