

Wellness for Individuals with Metastatic Breast Cancer

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Background

- Cancer survivorship research for people living with metastatic breast cancer has been limited.
- Project Life is an MBC survivor-led virtual wellness community providing wellness programming.

Objective

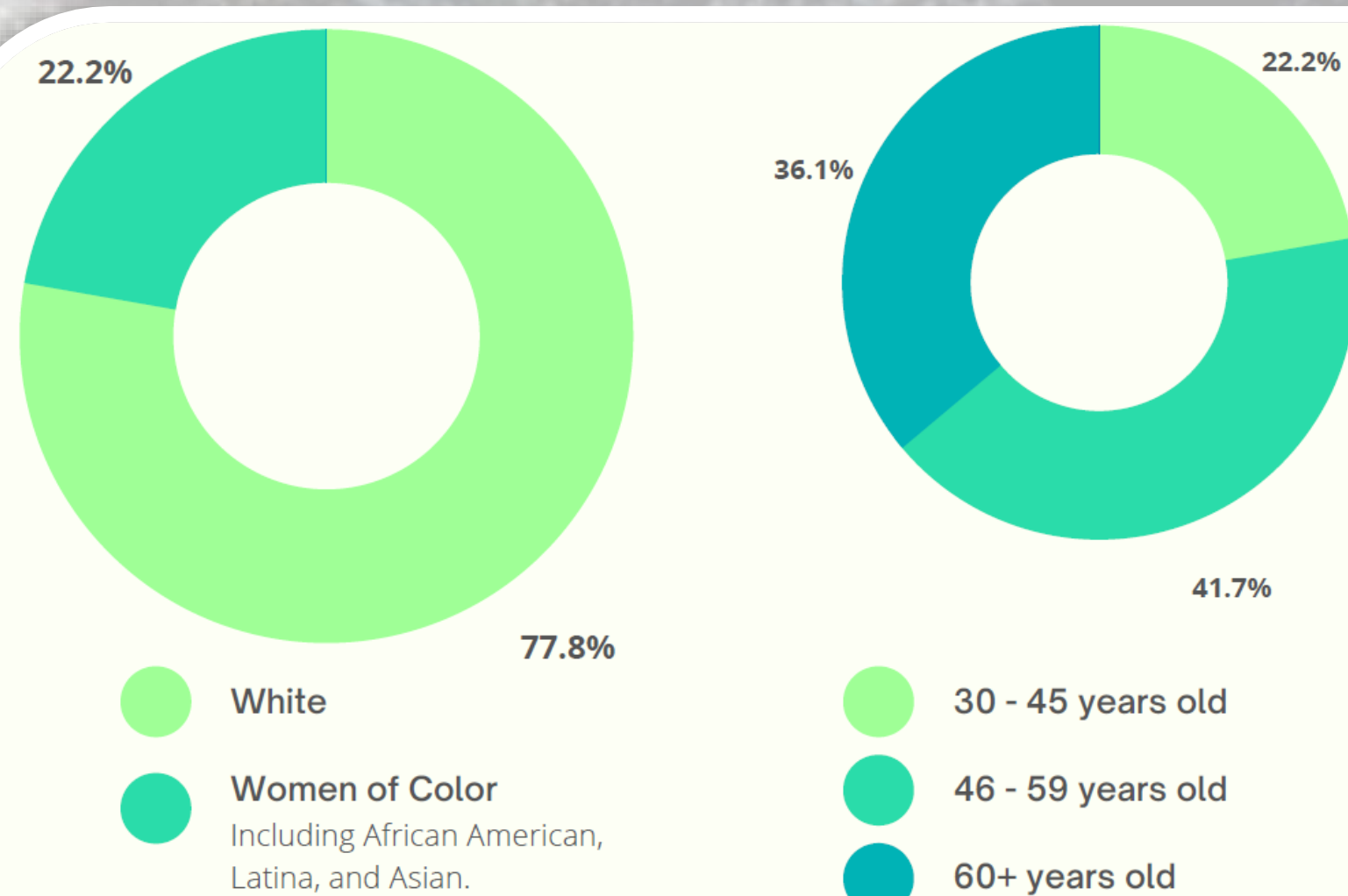
- To understand how Project Life members with MBC define wellness.

Methodology

- Virtually conducted 36 open-ended interviews with members of Project Life.
- Asked, "What does wellness mean to you as someone living with metastatic breast cancer?"

Results

Participant Demographics



Wellness Defined

Physical Spiritual
Financial Mental
Multidimensional
Emotional Social
Biomedical Nutritional

Discussion

- Wellness is a multidimensional, integral element of metastatic survivorship, which requires regular maintenance.
- Project Life exemplifies a model for providing holistic wellness support to people living with MBC.

Future Directions

- Elements of the healthcare system serving MBC patients should provide more resources to those experiencing MBC to facilitate wellness and should complement with referrals to outside resources and communities, like Project Life.

Acknowledgements

- This study was funded by the generous support of the Susan and Luke Simons Discovery Grant for Health Equity.

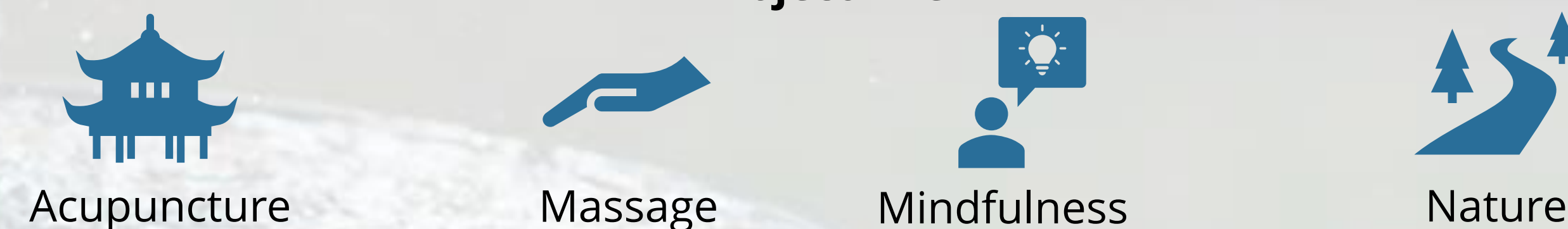
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Wellness Maintenance Complementary to Project Life



Project Life's Wellness Provisions

