Wellness for Individuals with Metastatic Breast Cancer

Lesley Glenn¹, Joshua Woods², Mya L. Roberson PhD²,³
1. Project Life 2. Vanderbilt University School of Medicine, Department of Health Policy
3. Vanderbilt Ingram Cancer Center

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?”

Wellness Defined

Physical
Financial
Mental
Emotional
Social
Biomedical
Nutritional

Wellness Maintenance Complementary to Project Life

- Acupuncture
- Massage
- Mindfulness
- Nature

Project Life’s Wellness Provisions

- Enabling Health Literacy
- Facilitating Life
- Offloading Stress
- Creating Meaning
- Providing Peer Support

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.

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Contact
Lesley Glenn
Founder & Executive Director of Project Life
lesley@projectlifembc.com