

Your patient-centred breast cancer follow-up information

Breast Care Service Patient Information Leaflet

Introduction

This leaflet explains what to expect now that you have transferred onto patient-centred follow-up, and advises on how you can access the breast care team if you have any concerns.

Patient-centred follow-up has been introduced so that the need for routine hospital outpatient visits has been stopped, avoiding unnecessary visits when you are well. This new type of follow-up will be tailored to what is important to you as an individual moving on from breast cancer.

You will receive a further appointment with a breast care nurse or the patient-centred follow-up co-ordinator in the near future to go through self-management with you and to tailor your follow-up pathway to you.

We will also plan a further telephone review three months after this appointment to see how you are getting on and to see if there is any further support that you need or we feel that you may benefit from.

What happens about breast imaging?

You will continue to receive yearly mammograms for five years since you were last treated for breast cancer. Additional imaging, such as an MRI or ultrasound scan, will also be offered if this is required for you. It is important that you attend for these when you are called for your appointment.

These results will be reviewed and both you and your GP will be made aware of the results. You will be contacted within two to four weeks of the mammogram, usually sooner. However, if the mammogram detects a change in your breast, an appointment will be sent for further assessment in the breast or radiology department.

If you have any queries about your breast imaging appointments, please contact the main X-ray department at Russells Hall Hospital on 01384 456111 ext. 2327 (9am to 5pm, Monday to Saturday)

Will I need any other tests?

No, unless you report a new sign or symptom and it is decided that further investigations may be needed (please see section on 'How can I become breast aware?'). You may need a DEXA scan as part of your surveillance, but if you do, this will all be explained to you at your patient-centred appointment.

What do I need to do about medication?

We will let you know whether you need to continue or stop any current medication.

When you reach year five of follow-up, you will be re-discussed at the breast multidisciplinary team (MDT) meeting. This is the meeting that is attended by the surgeons, oncologists, breast care nursing team, breast radiographers and histopathologists who discuss all cases individually to agree on care pathways. You will be provided with further advice at this point if any further or extended treatment is required.

What happens if I am on a clinical trial?

If you have agreed to participate in a clinical trial, you may be asked to attend for review more frequently or for a longer period of time. This is in order to answer the questions that the trial was set up to answer. This does not mean that we are more concerned about your wellbeing than anyone who is not in a clinical trial.

Are there any late side effects of treatment that I need to know about?

Yes. There are always late side effects that you may develop many months and years after treatment has finished.

When you attend for your patient-centred appointment, these will be discussed in more detail and you will be provided with more information.

How can I become breast aware?

Breast awareness is an important part of caring for yourself. Being breast aware is about becoming familiar with your breasts and the way they change throughout your life. By being familiar with how your breasts look and feel, it will help you realise if anything is different, new or unusual. Again, we will go through this with you in greater detail at your patient-centred appointment.

To help you with this, Breast Cancer Care has a comprehensive guide to breast awareness called 'Know your breasts – A guide to breast awareness and screening'. You can get a copy of this from your breast care nurses or you can order it directly from Breast Cancer Care. They also provide this information in a DVD and in other languages.

Breast Cancer Care says the changes to be aware of are:

- A change in size or shape – it may be that one of your breasts has become noticeably larger or lower
- Swelling of the breast(s)
- A swelling or lump under your armpit or above your collar bone (where the lymph nodes are)

- A lump or a thickening in your breast or armpit that feels different from the rest of your breast
- Irritation, rash, puckering or dimpling of the skin
- Discharge other than breast milk coming from one or both breasts
- Nipple abnormalities such as pain, rash, redness, scaling or inversion
- Constant pain in one part of the breast or armpit

Listed below are some of other signs and symptoms to look out for:

- Any changes in your scar line such as a rash or new spots
- Unexplained vaginal bleeding
- Menopausal symptoms
- Persistent back or bone pain
- Unexplained weight loss, sickness or poor appetite
- Unexplained tingling in the either or both legs, feet and hands
- Unexplained shortness of breath or a persistent cough
- Frequent or persistent headaches
- Any unexplained new pain in your body

What do I do if I find one of these symptoms?

If you develop a symptom or change, report it to the breast care nurses and we can arrange for an appointment to be arranged promptly for you.

Acknowledgements: University Hospitals of North Midlands, The Dudley Group Breast Care Nursing Team, Breast Cancer Care and Professor Carmichael.

How do I contact the breast care nurses?

Either you or your GP can contact the breast care nurses on: 01384 244065 (8.30am to 4.30pm, Monday to Friday).

Please note that if the nurses are with other patients, they may not answer the phone. In this case, it is best to leave a message on the answer machine. They can also be paged if you contact the main hospital switchboard on 01384 456111 (ask the operator to page one of the breast care nurses).

The breast care nurses do not work at the weekend but the answer machine is on 24 hours a day, seven days a week and if you leave a message, they will contact you as soon as possible.

When you speak to a breast care nurse, they may want to see you or they may refer you to another healthcare professional such as your GP, an oncologist (cancer specialist), a surgeon or a lymphoedema specialist.

If you or your GP are concerned about a symptom, your GP can refer you to the breast clinic and we will see you very quickly, usually within two weeks.

What do I need to tell other healthcare professionals?

If you need to see another healthcare professional, for example, a physiotherapist, osteopath or dentist, it is advisable to inform them that you have been treated for breast cancer and tell them about any medication you are on.

What services are available to me?

Breast prosthesis

If you have any queries about your breast prosthesis, or need a replacement, please contact the breast care nurses on: 01384 244065

A replacement prosthesis is available every two to three years depending on the manufacturer's guarantee, or if you have had a significant weight gain or loss within that time.

What other services are available in my area?

Health and wellbeing events

Meetings are held every month at Russells Hall Hospital. Please contact the breast care nurses on 01384 244065.

The White House Cancer Support

The White House, 10 Ednam Road, Dudley, DY1 1JX
01384 231232

info@support4cancer.org.uk

www.support4cancer.org.uk

The White House Cancer Support is a registered charity which provides practical help and emotional support to people with cancer, their families, friends and carers.

They offer transport, one-to-one counselling, a cancer care helpline, a cancer information centre, complementary therapies, home and hospital visits, social activities and they have a range of support groups for specific cancers.

The breast cancer care group meet at the Whitehouse on the second Tuesday of the month at 2pm.

Rainbow breast reconstruction group

Meets on the third Thursday of every month at 10.30am. Meetings are held at The White House, 10 Ednam Road, Dudley, DY1 1JX.

St Agatha's breast support group

Meets on the first Thursday in the month, 10am to 12noon. Meetings are held at Dudley Metropolitan Borough Council, Priory Road, Dudley, DY1 1HF.

Dudley breast cancer support group

Meets on the second Monday in the month, 6.45pm to 8.30pm. Meetings are held at Customer Services Centre, Merry Hill Shopping Centre, Brierley Hill, West Midlands, DY5 1QX.

Breast Cancer Haven:

This is a charity offering a free programme of care for breast cancer patients. The nearest centre is in Hereford.

01432 361061

Please ring the breast care nurses if you need any more information about these services.

Where else can I get information?

Breast Cancer Now

0333 20 70 300

[Breast cancer now](#)

Breast Cancer Care

0808 800 6000

[Breast cancer care](#)

Macmillan Cancer Support

0808 808 0000

[Macmillan Cancer Support](#)

British Lymphology Society

01452 790178

[The British Lymphology Society](#)

Lymphoedema Support Network

020 7351 4480

[Lymphoedema Support Network](#)

Cancer Research UK

0808 800 4040

[Cancer Research UK](#)

Look Good Feel Better

01372 747 500

[Look good feel better](#)

NHS Choices

www.nhs.uk

Reference

NICE (2009) *Early and locally advanced breast cancer. Diagnosis and treatment*. NICE Clinical Guideline 80. [online] NICE. Available at: <<https://www.nice.org.uk/guidance/cg80>> [accessed 5 September 2017]

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Breast care nurses on 01384 244065 (8.30am to 4.30pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/oncology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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