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本文件也可應要求，製作成其他語文或特大字體版本，也可製作成錄音帶。

Cantonese

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

A richiesta questo documento è anche disponibile in altre lingue, a caratteri grandi e in formato audio.

Italian

ئەم بەلگەییە ھەروەھا بە زمانەکانی کە، بە چاپی درشت و بە شریتی تەسجیل دەس دەکەوێت

Kurdish

درخواست پر یہ دستاویز دیگر زبانوں میں، بڑے حروف کی چھپائی اور سننے والے ذرائع پر بھی میسر ہے۔

Urdu

Patient Information

Oncology Directorate

Cambridge Breast Unit

Information Following Treatment

Document History

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If you have any questions or concerns please contact us on the 24 hour answer-phone contact number: 01223 586960

This booklet is designed to give you information that we hope will be useful to you following the main part of your treatment.

It contains advice about what to look out for together with information about where to go for help. It also includes information about hormone treatment and mammograms.

We hope this information will help to answer some of your questions about “what happens next?”

If you have concerns or questions that are not covered in this booklet, please talk to your doctor, breast care nurse or Oncology breast practitioner. The numbers for these are given at the back of the booklet.

Symptoms to look out for

Many patients ask us what sort of symptoms that they should be looking out for, or problems that we feel you should report to us.

1. Symptoms

Many women are cured of their cancer by the treatment they have received and live to an old age without any cancer related problems.

You will get normal coughs and colds, aches and pains. You may have symptoms that cause you anxiety and concern. You

Other useful contacts

Cancer Bacup

0808 800 1234

Mon – Fri 9am – 7pm

www.cancerbacup.org.uk

www.addenbrookes.org.uk

www.breastcancercare.org.uk

0808 800 6000

www.cancerhelp.org.uk

Macmillan Cancer Line

0808 808 2020

www.macmillan.org.uk

Mary Wallace Centre

01223 596397

www.marywallacecentre.org.uk

4. Bone health

- Tamoxifen tablets will protect your bones from developing osteoporosis (thinning of the bones).
- Enclosed in the pack is a leaflet about how to generally look after your bone health after the diagnosis of breast cancer.
- If you are on Arimidex or Letrozole tablets then your bones are at greater risk of developing osteoporosis.
- You will have had a bone density scan organised at this clinic visit and we will write to you with the results of that test.
- Depending on the results of that test we may need to do further follow up bone density scans or advise treatment to prevent further bone loss.

We hope this information has been useful to you.

How to contact us:

- **24 hour answer phone number**

Breast Care Practitioner) 01223 586960

You will be phone back the next working day, Monday – Friday

- **Breast Care Nurses** 01223 586756
01223 586573
01223 596291
- **Oncology Breast Practitioner** 01223 217541
- **Prosthetic Nurse** 01223 216572
- **Cambridge Breast Unit main reception** 01223 217627
- **Oncology Centre** 01223 216551

may worry that the cancer has come back.

The following symptom guide may help you to know which symptoms to seek further advice about. If you have any of the following symptoms, for more than two weeks, which are getting worse rather than better, then please contact us on the 24 hour answer phone line.

- New changes in your breast / breasts
- Swelling of the arm (lymphoedema).
- Unexpected vaginal bleeding.
- Lumps around the collar bone (clavicle)
- Persistent back pain or pains in your bones which wake you at night.

Telephone no: 01223 586960

2. Side effects of medication

You may experience symptoms and side effects from the tablets that we are giving you. You will have been given a leaflet about the specific side effects of the tablets.

However, you may have symptoms that you wish to discuss. These are often menopausal symptoms that the tablets cause by removing the effects of oestrogen from the body. You will also have been given a leaflet about menopausal symptoms

and how to cope with them. The main symptoms are hot flushes and night sweats. If you have not been given a leaflet about how to cope with these symptoms and wish to have further advice about them please contact us on the 24 hour telephone line.

Telephone no: 01223 586960

It is helpful to come prepared for your follow up clinic appointment by writing down any questions you may have before coming to the clinic. It is important to us that when you leave you feel satisfied your questions have been answered.

Telephone no: 01223 586960

Advice and help

1. Breast care nurses

If you need advice on breast prosthesis/bras, support groups or just want to talk things through you can telephone the breast care nurses. They work Monday – Friday, 9am-5pm and regularly check their answerphones.

01223 586756 Answerphone

01223 586573

01223 596291

2. Oncology breast nurse practitioner

If you have had treatment in the oncology department and need further support or advice, then please telephone our oncology

You will be invited to have further mammograms on a regular basis and you will receive mammogram appointments in the post.

1. Mastectomy

If you have had a mastectomy or a mastectomy and reconstruction then you will require a mammogram of the other breast every other year for the first five years.

2. Lumpectomy

If you have had the lump removed then we would advise you to have mammograms on both breasts every year for the first five years.

After the first five years:

- if you are **under the age of 50** we would recommend two yearly mammograms to the age of 50 then three yearly mammograms within the screening programme from 50 – 70.
- After the first five years if you are **over 50** we advise you to have mammograms every three years, either within the screening programme if you are under the age of 70, or attending the breast unit if you are over the age of 70. If you are over 70 please telephone the breast unit to make an appointment.

Telephone no: 01223 217626

Results of the mammograms will be sent to you and your GP in the post.

clinic.

2. Hormone treatment

Hormone treatment benefits patients whose tumours are oestrogen sensitive.

- **Tamoxifen 20 mg one daily**

At present this tablet is taken for five years and then stopped. If you are on Tamoxifen, you may stop your Tamoxifen at the end of your five years with no need to tail it off slowly.

- **Anastrozole (Arimidex) 1mg one daily**

At present this tablet is taken for five years and then stopped. If you are on Anastrozole you may stop it at the end of five years.

You will need to have regular bone density scans whilst on Arimidex and you will receive these appointments by post.

From time to time our advice about hormone treatment changes as we gain further knowledge about these treatments. If this is the case then we would contact you and your GP with the further advice.

3. Mammograms

breast nurse practitioner, who works Mon-Fri, 9am – 5pm.

Telephone no: 01223 217541 Answerphone

3. Counselling

We recognise that there will be times when you feel uncertain about the future. Reactions to breast cancer treatment are individual and varied and there is no right or wrong way to feel. It may take some time to feel that you are in control of your life. If you need additional support after treatment this too can be discussed with you at a clinic appointment, or with your GP. The time it takes to recover from treatment can vary and again, this is an individual experience. We can refer you to our counsellor who is trained to work with patients who have had a diagnosis of breast cancer.

4. Self help groups

Every day, there are articles in newspapers and women's magazines, as well as radio and television discussions about breast cancer. Often myths and worrying facts make breast cancer seem something to be feared. Despite this, encouraging advances in the development of breast cancer treatment over the last decade have led to improved response rates and survival for women.

If you are uncertain or worried about anything you have heard, or read, Cancer Bacup or Breast Cancer Care are useful organisations to contact.

Cancer Bacup: 0808 800 1234

Mon – Fri 9.00 AM – 7.00 PM

www.cancerbacup.org.uk

Breast Cancer Care: 0808 800 6000

www.brastcancercare.org.uk

5. Breast awareness

It is important to be Breast Aware for life and to be familiar with what is normal for you. Changes in the breast or scar areas that you have not noticed before should be reported. Examine your breasts regularly:

- If your periods have returned after treatment, then the week after your period is a good time each month to examine your breasts.
- If you are no longer having periods then try and examine your breasts the same time each month, for example the first day of the month is a useful time to remember.

It is important to feel confident and be able to examine your own breasts. If you are unsure of how to do this, please discuss this with the breast care nurse or nurse practitioner in the clinic who can help you examine your own breasts and advise you on what to look for. Information leaflets are available for breast self examination and breast awareness.

6. Diet and weight

We advise that you eat a balanced diet of fruit and vegetables, meat and dairy products. Recently a low fat diet has been shown possibly to be helpful. Breast cancer has not been proven to be linked with any particular food. It is also safe to drink alcohol in moderation.

Patients often find that they put a considerable amount of weight on following their treatment. This is an effect of the lack of oestrogen hormones and changed eating patterns. This weight gain may be minimised by taking exercise and watching the number of calories you eat. Weight gain has not been shown to be related to taking Tamoxifen.

What happens next?

1. Blood tests and scans

Blood tests are not routinely taken after treatment. This may cause you some concern, as you will have become used to having a blood test during your treatment. It is not necessary to take a blood test once treatment has finished, unless any unexpected symptoms you describe are causes for concern.

Scans are not done on a regular basis either, as they can cause unnecessary anxiety and do not provide any useful information. If any new symptoms develop, the appropriate scan will be will be organised after you have been reviewed in the