

Useful contacts

Lincoln Breast Nurses 01522 537662
Lincoln Clinic Reception 01522 573790

Boston Breast Nurses 01205 445998
Boston Clinic Reception 01205 446220

Grantham Breast Nurse 01476 593945
Grantham Clinic Reception 01476 464261
BreastTeam.Grantham@ulh.nhs.uk

Mammogram appointments 01522 573999

Breast cancer now
08080 100200
[Www.breastcancernow.org](http://www.breastcancernow.org)



Macmillan Cancer Support
0808 808 0000
www.macmillan.org.uk



Breast Cancer Care
0808 800 6000
www.breastcancercare.org.uk



References

If you require a full list of references for this leaflet please email
patient.information@ulh.nhs.uk



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk

Breast Clinic Discharge Information

Breast Care Services

www.ulh.nhs.uk

Follow-up after treatment for breast cancer

This leaflet discusses what happens now that you have been discharged from the hospital clinic.

Following treatment for breast cancer we usually advise a period of follow-up in the hospital clinic, the duration of which varies depending on the individual patient. The main reasons for this are to ensure that the cancer has not returned and that you have not had any complications from the treatment itself. The benefit of long term follow-up remains unclear. We believe that now a reasonable period of time has passed since your treatment has finished, the chance of a problem developing is lower and that you do not need to come for regular visits.

If you are still taking anti-hormone therapy such as Tamoxifen, Anastrozole (Arimidex), Letrozole (Femara) or Exemestane (Aromasin), you should continue this until you have taken it for a total of 5 years (or 10 years for some people). Please see page 6 for your individual information.

Mammograms

You still need regular mammograms and we will arrange for you to have a mammogram every year until 5 years from your treatment (longer in a few specific situations), or until you are old enough to be discharged to the National Breast Screening Programme, whichever is longer. You will receive a copy of the results which are sent to your GP. Please see page 7 for your individual schedule of when your mammograms are due. Once we have stopped arranging your mammograms, you should continue to have regular mammograms every three years. You will be called for these through the National Breast Screening Programme until you are 73. After that you will still be able to have screening mammograms, but you will have to request them yourself. Please contact 01522 573999 to arrange this, ideally a month or two before the 3 years is up.

Your mammograms

Your next mammogram is due in (month) 20...

After that your mammograms are due in (month) in the following years:

	2020	2030
	2021	2031
	2022	2032
	2023	2033
	2024	2034
	2025	2035
2016	2026	2036
2017	2027	2037
2018	2028	2038
2019	2029	2039

Chemotherapy before surgery FEC AC+T
 after surgery FEC FEC + T

Dates of chemotherapy to

Radiotherapy breast chest wall
 axilla SCF

Dates of radiotherapy to

Dates of Herceptin to

Your hormone treatment

You are taking:

Tamoxifen Anastrozole (Arimidex)

Letrozole (Femara) Exemestane (Aromasin)

You should stop taking this in (month) 20.....

Future contact

Please do not feel that just because you have been discharged you have lost contact with our service. If there are specific issues or problems you wish to discuss then you have ongoing support from us using the contact details on page 8. We would like to know if there is a problem! Any urgent issue should be managed by your GP, as contact with our service is usually during the weekdays only.

In particular, please feel free to contact the Breast Care Nurse for advice on bras, if your prosthesis no longer fits or needs renewing, or if you have any other issues which you would like to talk about.

What should I look out for?

Many patients will not have any further problems and many of the problems that do occur are not related to breast cancer.

However, if you are unsure, please feel free to contact the Breast Care Nurse for further advice. In particular, you should report:

- Any new lumps (in the breast area or under the arm on either side)
- Bleeding from the nipple
- A change in shape or outline of the breast
- Swelling of the arm or hand (lymphoedema)
- Breathlessness not associated with a cold or chest infection
- A new pain anywhere in the body which lasts more than 2 weeks
- Any other new symptom which lasts more than 2 weeks

What can I do to help myself?

- Eat a healthy well balanced diet
- Stop smoking
- Take regular exercise
- Avoid large amounts of alcohol (no more than 3 to 4 units a day for men, 2 to 3 units a day for women)
- Maintain a healthy weight

What if I do not want to be discharged?

Our practice of discharging patients is safe and will not jeopardise your future health. Many patients are glad not to have the stressful visits! If you feel you need to discuss this further then please contact one of the team.

Your cancer details

Grade	1	2	3
-------	---	---	---

Size (mm)

Type	ductal	lobular
------	--------	---------

other (state).....

DCIS low intermediate high

Lymph nodes (number involved)

Stage	1	2	3	4
-------	---	---	---	---

Type of surgery wide local excision

mastectomy

Type of lymph node surgery

Sentinel node biopsy Axillary sampling

Level1/2 dissection	Axillary clearance
---------------------	--------------------

Date of surgery