



Your breast cancer treatment plan

Open access follow-up

North Devon Breast Unit

Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

Follow-up appointments and mammogram arrangements

Your follow-up and the time between appointments will depend on your individual needs and on the arrangements at the hospital you are being treated in.

End of treatment appointment

After you have finished your initial treatment, an appointment will be made for you to see your breast care nurse to check that you are well and recovering as expected. You will be invited to an end of treatment appointment with the breast care nurses approximately 6 months after you have completed your treatment. Most of the information given to you at this appointment will not be new to you but a reminder of things that have already been discussed. It will usually last about 30 minutes and it is often useful to bring a family member or friend with you.

After this appointment you will not need any routine appointments to see your surgeon. However, you remain under the care of the breast team for the duration of your follow-up mammograms and can contact us directly if you have any concerns to organise an appointment if appropriate.

Important information at this appointment includes:

Your diagnosis

Your treatment plan

Breast awareness

Planned follow-up

What to report to the breast care nurses

How to access a clinic appointment via open access follow-up

Common problems after diagnosis and treatment

Getting further help and support

Feeling constantly tired

A dry cough or a feeling of breathlessness

Severe headaches, usually worse in the mornings

Any new lumps or swellings, particularly in the area of your previous surgery, or in the neck area

Long-term side-effects of breast cancer treatment

Some breast cancer treatments can cause temporary side-effects that stop soon after treatment finishes. However, your treatment may also cause longer-term side-effects.

Some common side-effects include:

Menopausal symptoms

Hair regrowth after chemotherapy

Pain

Fatigue and sleep problems

Lymphoedema

Osteoporosis

Effects on fertility

To find out more about the possible side-effects of your treatment and how best to manage them, please see the individual treatment information booklets or contact the breast care nurses who can signpost you to the appropriate help and advice.

Who to contact

We understand that breast cancer can affect you in many ways and will affect people differently. We hope that you find the above list of symptoms a useful guide for when to seek further advice. However if you need psychological support or someone to talk to, we are also here to support you through this.

For symptoms, support or medication problems:

Breast care nurses (Karen Hillman, Claire Herlihy and Amy Barrow) Tel: 01271 349115

For appointments and mammogram results:

Tel: 01271 322422

Useful links

Macmillan Cancer Support

Website: www.macmillan.org.uk

Tel: 0808 808 0000

Breast Cancer Care

Website: www.breastcancercare.org.uk/

Tel: 0808 800 6000

Cancer Advice

Website: www.canceradvice.co.uk

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.