



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: 01784 884488

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: 01932 872000

Website: www.ashfordstpeters.nhs.uk

Advice on Discharge from Follow-up at Breast Clinic

Breast Clinic



Support Groups

ABC (Ashford Breast Cancer) Support Group:

Pat Morrison 01784 252344
Carole Edmonds 01784 455670

Breast Cancer Care

Free Helpline: 0808 800 6000
www.breastcancercare.org.uk

Macmillan Cancer Support

Free helpline: 0808 808 0000
www.macmillan.org.uk

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Useful information

Telephone numbers of Breast Care Nurses:

Ashford Hospital **01784 884411**
St. Peter's Hospital **01932 722771**

To change mammogram appointment

Ashford Hospital 01784 884477/ 01784 884473

Prosthesis Fitting

St. Peter's Hospital 01932 722771

Lymphoedema Service

Faith Cockroft 01932 722771 or 01932-722684

The Jarvis Breast Screening Unit
Stoughton Road, Guildford, Surrey
Tel: 01483 783211

Advice on discharge from follow-up at Breast Clinic

Introduction

Since your diagnosis and treatment of breast cancer you have had no further disease detected. In this situation, you do not need routine check-ups in the breast clinic, but you will continue to have support from your GP and the Breast Team as necessary.

Continuing Care

Your continuing care is based on the latest medical evidence provided by NICE (the National Institute for Health and Clinical Excellence):-

- a) You have completed your hospital check-ups for the recommended time.
- b) You need to remain 'Breast Aware' for your lifetime
- c) You should continue taking any anti- hormone tablets e.g. Tamoxifen, Anastrozole, Letrozole etc. that we have prescribed, and you should have been advised for how long you need to take them. Your GP will supply these tablets.

- d) You may be offered further annual mammograms. In many cases this is for 5 more years but may be different depending on your age and the type of cancer. We will arrange this for you.
- e) Results from mammograms performed after discharge will be sent to your GP. If there are any concerns, your GP will be asked to refer you back to the breast clinic.
- f) Once you completed your yearly mammogram with us, you are advised to attend the National Breast Screening Programme and receive mammograms every three years through your local screening service. If you are aged 70 or over, you may not routinely be called, however, you can continue to have mammograms every 3 years by requesting an appointment. Please contact your local NHS breast Screening Unit or your GP to arrange this.
- g) We will see you promptly in the Breast Clinic if you have any new or future problems which you think may be connected to breast cancer. (See 'What changes should I be reporting' under next heading). You should contact your GP, who may then refer you to the breast clinic.

- A rash, discharge or pulled-in appearance of the nipple
- Puckering or dimpling of skin
- Swelling of the arm on side of breast surgery
- Unexplained nausea, loss of appetite or weight loss
- Problems which do not respond to simple remedies, e.g.
 - Unexplained breathlessness or persistent dry cough
 - Persistent headache or change in your vision
 - Persistent pain in bones
 - Unexplained tiredness

It is usual for people to be concerned about breast cancer returning. The first person to notice changes in the breast is usually you.

If you have a new breast problem please contact your GP. An appropriate appointment will then be arranged for you.

Do remember your support network is still in place for you. (Please see details at the end of this leaflet)

What changes should I be reporting?

- Any change to either breast, for example
 - New lump(s) in breast, neck or armpit
 - Spots, rash or lump(s) around the scar