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

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

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

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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](http://www.ashfordstpeters.nhs.uk)

# Advice on Discharge from Follow-up at Breast Clinic

## Breast Clinic



## Support Groups

### ABC (Ashford Breast Cancer) Support Group:

Sue Watts 07805033848

June Edwards 07903595622

Website: [www.abcsupportgroup.org](http://www.abcsupportgroup.org)

Facebook: Ashford breast cancer support group

Email: [info@abcsupportgroup.org](mailto:info@abcsupportgroup.org)

### Breast Cancer Care

Free Helpline: 0808 800 6000

[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

### Macmillan Cancer Support

Free helpline: 0808 808 0000

[www.macmillan.org.uk](http://www.macmillan.org.uk)

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## 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](mailto: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

Faithe Cockroft      01932 722771 or 01932-722684

### The Jarvis Breast Screening Unit

Stoughton Road, Guildford, Surrey

Tel: 03332002062

## 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) 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.

- e) 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.

### **What changes should I be reporting?**

- A lump or swelling in your breast, in the skin after a mastectomy, above your collarbone or in the neck area, or under your arm
- Any skin changes including dimpling, puckering, redness or raised spots on your breast or mastectomy scar
- Nipple discharge
- If you develop lymphoedema (affected side arm swelling)
- Any new, on-going pain in any part of your body, especially in your back or hips, that does not improve with painkillers and which is often worse at night
- Pins and needles and/or a loss of sensation or weakness in your arms or legs
- Unexplained weight loss and loss of appetite
- A contact feeling of nausea
- Discomfort or swelling under your ribs or across your upper abdomen
- A persistent dry cough or a feeling of breathlessness
- Severe headaches - usually worse in the morning

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)