

**Be Breast Aware and Report:**

- Change in shape or size
- Lump or thickening that feels different
- Change in skin texture, puckering or dimpling
- Swelling in the arm, armpit or collarbone /neck
- Nipple discharge
- Redness or rash on the breast, nipple or surrounding skin
- Nipple becomes inverted (pulled in)

**Symptoms to Report**

- Pain in the bones (back, hips ,ribs) that does not improve with pain relief and usually worse at rest or at night
- Unexplained weight loss, nausea or loss of appetite
- Shortness of breath
- Visual disturbances or continuous headaches
- Constant feeling of nausea
- Lump on the scar line, whether it is a mastectomy or wide local excision

**If you find a new lump in your breast or on your mastectomy scar, or any abnormality in your breast up to seven years from diagnosis.**

**Please contact the Breast Care Nurses on 01792 285265**



**Contact Numbers**

Singleton Hospital: 01792 205666

Breast Care Centre Singleton: 01792 285333

Breast Care Nurses: 01792 285265

Secretaries: 01792 285820

My Diagnosis: .....

Date of Diagnosis: .....

Surgery: .....

Surgeon: .....

Oncologist: .....

**Treatment**

**Oncotype:** Yes/No Outcome.....  
**Radiotherapy:** Yes/No Duration.....  
**Chemotherapy:** Yes/No Duration.....  
**Herceptin:** Yes/No Duration.....  
**Endocrine Therapy:** Yes/No Duration.....  
**Bisphosphonates:** Yes/No Duration.....  
**DEXA Scan:** Yes/No Outcome.....

**Surgical Follow Up Plan**

Year 1	Mammogram followed by letter
Year 2	Mammogram followed by letter
Year 3	Mammogram followed by letter
Year 4	Mammogram followed by letter
Year 5	Mammogram followed by letter

For younger women your follow up will continue beyond 5 years until you are able to join the screening programme at the age of 50.

**Important Information**

Once you have completed you may want to consider:  
**The Moving Forward Programme**, a 2 week course run in conjunction with Breast Cancer Care and is for Breast Cancer Patients. The sessions provide information to enable you to adapt to life after treatment.

**Enhanced Recovery Scheme and National Exercise Referral Scheme** (more information available from Breast Cancer Care or your Breast Care Nurse).

Research has shown the benefits of maintaining an active lifestyle and the above may help to achieve this.

**Diet**

Following a Breast Cancer diagnosis we would encourage a well balanced healthy diet, avoiding excessive weight gain and maintain a level of physical activity.

**Holistic Needs Assessment/Personal Care Plan/Distress Thermometer**

This is an opportunity to discuss any concerns with your Breast Care Nurse/ Key Worker.

These may include issues such as: financial concerns, physical issues and emotional concerns.

These may be offered at any stage during your care or you can ask for one at any time.

**Useful Contacts:**

Breast Cancer Care	0808 800 6000
Macmillan	0808 808 0000
Tenovus	0808 808 1010
CISS	01792 655025
Maggies	01792 200000
Breast Test Wales	01792 459988
Ambulance Transport	0300 123 2303
Lymphoedema	01792 285252