

Open Access Follow-Up after treatment of primary breast cancer

Aintree University Hospital 
NHS Foundation Trust

Aintree Breast Unit
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This information is for patients in our breast open access follow-up programme

The open access follow-up programme has been specially designed by the breast unit to support you when you have completed your breast cancer treatment.

It is a type of follow up where you, the patient, are in control. It means that your normal routine will not be disrupted by regular hospital appointments; instead you can quickly gain access to the breast care team and hospital when you need to.

It is based on evidence showing that there is no advantage to regular, fixed time follow-up in hospital for well women after breast cancer.

This information is for you, your doctor and your breast care nurse to use during your consultation.

It will be a summary of your consultation and is for you to keep. Information about the open access follow-up programme will also be sent to your GP.

Your consultation will cover:

- your diagnosis
- your treatment and some of the possible side effects of treatment
- anti-hormone therapy and bone density scans (DEXA scans) (if applicable to you)
- your future mammograms, if needed

- if breast cancer returns – signs and symptoms to report to us or to your GP
- being breast and body aware
- further help and support and how to contact the breast care nurse

Breast Care Nurse contact number:

Breast Care Nurses:

0151 529 4082

Once you have entered the open access follow-up programme you should call the nurse practitioner about any new symptoms that you are concerned about or other issues that you may have.

Access to the breast care nurses will continue to be available to you. If your call is not answered immediately, please leave a short message including your name and hospital number.

The answer phone will be checked regularly from Monday to Friday between 9am and 5pm.

Our commitment to you

If the nurse practitioner or breast care Nurses feel that you should be seen back in one of our clinics because of any symptoms that you are experiencing, we will make sure that you are offered an appointment within seven days of telephoning us.

Your treatment

Surgery

(If you have had a mastectomy and have not had a reconstruction, this might be something you would like to consider in the future.

If this is something you'd like to discuss, at any time, please contact your breast care nurse)

The type of surgery you had:

Your consultant surgeon:

Chemotherapy

The type of chemotherapy you had:

Herceptin

Endocrine/anti-hormone therapy

The type of anti-hormone therapy you are on:

Your consultant medical oncologist:

Radiotherapy

Radiotherapy was given to your:

Your consultant clinical oncologist:

Clinical trials that you participated in:

Your diagnosis

The type of breast cancer you were diagnosed with is called:

Date of diagnosis

Your breast cancer was in your

Left breast

Right breast

Number of lymph nodes removed:

Number of lymph nodes removed with cancer:

Your receptor status was:

Oestrogen Receptor (ER)

Positive Negative

Progesterone Receptor (PR)

Positive Negative

HER2

Positive Negative

Other notes

Your Breast care Nurse:

In the future, you will have:

Yearly mammograms until:

Bone density scans

We will give you more information about these in your pack.

Acknowledgements

This leaflet was based upon The Royal Marsden patient information booklet “open access follow-up after treatment for primary breast cancer”. The Royal Marsden has kindly given us permission for us to use their material.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please:

0151 529 8564
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