

# Open Access Follow-Up Further Help and Support

## Feelings and emotions

Everyone will have different feelings when they no longer need to see their medical team regularly.

Some people feel relieved that they can start to get their lives back to 'normal', others may be concerned about what can happen in the future and anxious about losing contact with the hospital where they received their treatment.

Most people worry about the cancer coming back. This is all very normal, and usually these anxieties lessen with time.

Realising that there is a problem and getting help is the most important thing you can do. While it is normal to feel 'low' from time to time, sometimes you may find that the way that you are feeling is interfering with your enjoyment of life.

If you are finding it difficult to cope, your breast care nurse will be able to arrange an appointment for one-to-one support or counselling.

It may also help to contact a local or national support organisation like Breast Cancer Care or Macmillan Cancer support, whose contact details can be found overleaf.

## Medicines information service

This service provides support for patients who have any questions about medications, including complementary medicines, vitamins and supplements, and medication you have been prescribed by a doctor.

The phone number for this service is overleaf.

## Breast reconstruction and prostheses

If you have had a mastectomy and decided against reconstruction but change your mind at a later date, please contact us to discuss delayed reconstruction.

If you have radiotherapy, we will advise you to wait at least a year after completion of radiotherapy. In some cases, surgery can be offered to correct unequal breast sizes and the breast care nurses can refer you back to clinic if you wish to discuss this further.

In addition, it is natural for breasts (treated and untreated) to change over time. If you need advice about your prosthesis or getting a bra to fit, please contact the breast care nurses.

## Finally

If you are worried about something to do with your breast cancer, or the treatment that you have had for it, please contact your breast care nurses.

They would rather see you with something that turns out to be nothing, than for you to be at home worrying.

They are there to help you, so please call if you have questions or concerns. You will find some useful contact numbers, including that of your breast care nurse at the end of this leaflet.

## Useful contacts

**Breast Care Nurses**      0151 529 4082

**Chaplains**  
**Roman Catholic**      0151 529 3191  
**Church of England**      0151 529 3195

## Look Good...Feel Better Workshops

0151 706 3720  
0151 514 2800

## Lymphoedema Service

0151 529 2299

## Medicines Information Service

020 8770 3821

## Outpatients

0151 529 4089

## Physiotherapy Service

0151 529 8761

## Prosthesis Team

0151 529 0159

## Aintree University Hospital Switchboard

0151 525 5980

## To change a mammogram appointment

0151 529 0209

If you are experiencing housing, employment, immigration, financial or welfare benefits issues, you can get help by contacting the **Welfare and Benefits Advisor Gill Marflitt** on:

0151 529 4036/4742

## Breast Cancer Care

## Free Helpline

0808 800 6000

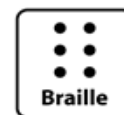
[www.breastcancercare.or.uk](http://www.breastcancercare.or.uk)

## Macmillan Cancer Support

## Free Helpline

0808 808 0000

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



### 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 contact:

**Tel No: 0151 529 2906**

**Email: [interpretationandtranslation@aintree.nhs.uk](mailto:interpretationandtranslation@aintree.nhs.uk)**