



Aintree University Hospital

NHS Foundation Trust

Aintree Breast Unit
Lower Lane
Liverpool L9 7AL
Tel:0151-525-5980

Open Access Follow-Up

Side effects of treatment

All treatments have the possibility of some side effects and some of these can last longer than others. Not everyone will experience side effects, and some may have more difficulty with them than others.

Below are some of the more common side effects which you may experience.

- **Menopausal related side-effects**
- **Fatigue**
- **Lymphoedema (swelling of arm, hand or breast)**

You may also have questions about your diet and exercise which we would be happy to address.

If you would like any information about any of these or any other side effects that you are experiencing, please ask us.

The Aintree Breast Unit has a rehabilitation service which gives you access to dieticians, physiotherapists and other therapists who may be able to help. Their contact telephone numbers are at the end of this leaflet. You can also contact a breast care nurse to discuss referral. Some of the specialist services we offer focus on:

- **Stress management**
- **Counselling and support**
- **Lymphoedema**
- **Menopausal side effects**
- **Fertility issues**
- **Sexuality issues**
- **Look good...feel better workshops (available for up to a year after finishing treatment)**

- **Body image issues**
- **Acupuncture for hot flushes**

We can also put you in touch with our hospital multi-faith chaplains who would be happy to talk to you about any spiritual issues you may have.

If there are any other issues which concern you that are not covered here, please discuss them with your breast care nurse, who will be able to advise you on where to get more information as you need it.

Breast Care Nurses

Donna Murray	0151 529 4082
Debbie Clark	0151 529 4082
Michelle Cross	0151 529 4082

Breast Cancer Care

Free Helpline: **0808 800 6000**
Website: www.breastcancercare.org.uk
Email: info@breastcancercare.org.uk

Macmillan Cancer Support

Free Helpline: **0808 808 0000**
Website: www.macmillan.org.uk

Chaplains

Roman Catholic	0151 529 3191
Church of England	0151 529 3195

Lymphoedema Service **0151 529 2299**

Look Good...Feel Better Workshops
(available for up to one year after finishing treatment)

0151 706 3720

0151 314 2800

Physiotherapy Service **0151 529 8761**

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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.

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If you require a special edition of this leaflet

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0151 529 4969

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