

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

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5 Years Surveillance Protocol for Breast Cancer Remote Monitoring

Information for Patients

Helpline number: 0207 288 3865

Breast Nurse/s: 0207 288 5147 / 5374



Patient symptom checklist:

The following is a reminder of the signs and symptoms to keep in mind when treating patients who have previously had breast cancer. These symptoms could indicate a return or spread of the disease and need further investigation.

- A lump or swelling in the breast, in the skin after a mastectomy, above the collar bone, in the neck, or under the arm
- Any skin changes, red areas or raised spots on the breast or mastectomy scar
- Nipple discharge
- Development of lymphoedema
- Any new, persistent pain in any part of the body, especially in the back or hips, that does not improve with painkillers
- Unexplained weight loss and a loss of appetite
- A constant feeling of nausea
- Discomfort or swelling under the ribs or across the upper abdomen
- A dry cough or a feeling of breathlessness
- Severe headaches – usually worse in the morning.

London Cancer 5 Years Surveillance Program Protocol.

Note: Endocrine may continue for 10 years

12	MMG	Endocrine	Dexa
24	MMG	Endocrine	
36	MMG	Endocrine <i>(consider switching)</i>	Dexa
48	MMG	Endocrine	
60	MMG	Endocrine	Dexa

HNA – Holistic Needs Assessment with Breast Specialist Nurse (CNS)

If you are concerned or have any questions please contact:

Breast Specialist Nurse (CNS) –Renata Rowicka or Elizabeth Tamfour – phone line 0207 288 **5147 / 5374** or mobile phone 079 2023 6824 / 078 6737 2712 (Mon-Fri)

Stratified Pathway Coordinator – phone line 0207 288 **3865** (Wed-Fri)