

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.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

Twitter.com/WhitHealth
Facebook.com/WhittingtonHealth

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

Date published: 01/07/2022
Review date: 01/07/2024
Ref: SC/Oncol/5YSPBCRM/02

© Whittington Health
Please recycle



5 Years Surveillance Protocol for Breast Cancer Remote Monitoring

Information for Patients

Helpline - 0207 288 3859

Breast Nurses - 07867 372 712



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, Sarah Litchfield or Tendai Mandizha - mobile phone **07867 372 712** (Monday-Friday)

Stratified Pathway Coordinator – phone line **0207 288 3859** (Mon-Fri 9am -1.30pm)