



Follow-up care after breast cancer treatment

You have completed treatment at the Juravinski Cancer Centre (JCC). It is time to begin routine breast cancer follow-up care with your family doctor health team. It is important for you to go for a physical exam and to discuss your health concerns. This **Information Prescription** reviews your treatment and recommended follow-up care schedule. We hope this guides you to live well after breast cancer.

Please keep a copy with you to use as a helpful reminder when travelling or seeing your family doctor health team.

Treatment Review	Date Completed	Provider Name	Treatment Details
Surgery: <input type="checkbox"/> Lumpectomy <input type="checkbox"/> Mastectomy <input type="checkbox"/> Sentinel Lymph Node Biopsy <input type="checkbox"/> Axillary Lymph Node Dissection			Stage
Chemotherapy			Drugs
Radiation			Number of treatments
Current Therapy: <input type="checkbox"/> Tamoxifen <input type="checkbox"/> Anastrozole <input type="checkbox"/> Letrozole <input type="checkbox"/> Exemestane			
Breast Reconstruction			
Clinical Trial Yes No			
Herceptin Yes No			
Other			



Treatment review

A detailed report about your health, the treatment you received at the JCC and recommended follow-up care for cancer has been sent to your family doctor's office.

If you have any future needs of cancer treatments or difficulties in moving forward in your recovery, your family doctor will work together with the health care team at the JCC.

Recommended follow-up care

Follow-up Needed	How Often	Next Due Date
Clinical breast exam by your family doctor	Yearly	
Mammogram	Yearly	
Breast self-awareness/ breast self exam (optional)*	Monthly	
Bone Mineral Density Test (only applies if you take Aromatase Inhibitor)	Yearly	
Cholesterol Blood Work (only applies if you take Aromatase Inhibitor)	Yearly	

* Women who prefer not to do breast self exams should still be aware of how their breasts normally appear and feel and report any changes to their doctor right away.

Health problems to tell your family doctor

If you have any **new and persisting symptoms that are getting worse and do not go away after 2 weeks**, please tell your doctor without waiting for your next regular appointment. These symptoms may or may not be related to cancer but it is important to have them checked.

Symptoms include:

- pain
- cough
- tired feeling
- loss of appetite
- tingling or numbness in the arm or hand
- nipple tenderness, discharge or physical changes
- vaginal bleeding or slight spotting
- problems with memory or concentration
- sudden swelling of the arm, same side as cancer site

Healthy living

Research shows that making healthy lifestyle changes helps to reduce the risk of cancer returning. **Maintain a healthy weight.**

Nutrition: eat a balanced diet with vegetables, fruits, whole grains and protein as outlined in Canada's Food Guide. Limit alcohol intake.

Exercise: aim to achieve 150 minutes of moderate exercise every week. This could be 30 minute sessions of brisk walking, swimming, dancing and aerobics 5 times a week. Plus, do two 15 minute sessions of weight resistance exercises. **If you have never exercised before, or unsure of what exercises you can safely do, ask your health care provider.**

Smoking: if you need help to stop smoking, please call the Smoker's Helpline 1-877-513-5333 or speak to your family doctor/nurse.

Routine Screening: colon FOBT testing, PAP smear, ask your family doctor's office when this is next due.

For more information:

www.cancercare.on.ca/pcs/screening/

Screen for Life

Cancer screening sees what you can't

✓ Breast
For women
50 and over

✓ Cervix
For women
50 and over

✓ Colon
For men
and women
50 and over

Your emotional and supportive care needs

Talk with your doctor if you are:

- experiencing concerns about sexuality: low sex drive, painful intercourse or vaginal dryness
- considering pregnancy
- having concerns or questions about your emotional and supportive care needs such as coping, anxiety, stress

After treatment support

The Patient and Family Resource Centre at the JCC: This is a library of great current resources. You are always welcome to visit.

- For information call 905-387-9495, ext. 65109
- E-mail: jccpfrcentre@hhsc.ca
- Website: www.jcc.hhsc.ca
- Like us on Facebook <https://www.facebook.com/JCCPFRC>

Resources

These are just a few of the many resources which may be of interest to you after your treatment, recovery and return to everyday life routines and activities:

Community Resource	Phone Number	Website
Canadian Cancer Society Cancer Information Service - An information specialist can answer your questions by e-mail or phone.	1-888-939-3333 TTY 1-866-786-3934 E-mail: info@cis.cancer.ca	www.cancer.ca
Cancer Care Ontario	416-971-9800	www.cancercare.on.ca/
CancerView	1-877-360-1665	www.cancerview.ca
Canwell Program Hamilton YMCA (cancer exercise)	905-667-1515	www.canwellprogram.ca
MacWarriors (cancer exercise)	905-525-9140 ext. 27541	www.pace.mcmaster.ca
Smoker's Helpline	1-877-513-5333	www.smokershelpline.ca
Wellwood Resource Centre	905-667-8870	www.wellwood.on.ca
Wellspring	1-888-707-1277	www.wellspring.ca