## AFTER BREAST ANCER TREATMENT

what signs and symptoms to look out for. Most breast cancers don't come back after treatment, but sometimes it can return, so it's important to know

symptoms that are: Talk to your GP or breast care nurse about any

- New or unusual for you
- Don't have an obvious cause
- Don't go away

## CHANGES TO THE BREAST OR CHEST AREA

to be aware of any changes to either side, such as mastectomy, with or without reconstruction, it's important Whether you've had breast-conserving surgery or a

- Swelling on your chest, in your armpit or around your collarbone
- A change in shape or size
- A change in skin texture, such as puckering or dimpling
- The nipple has become inverted (pulled in) or looks different, for example changed position or shape
- Liquid (discharge) that comes from the nipple without squeezing it
- Swelling in the arm or hand
- Redness or a rash on the skin, in or around the nipple or in the area of the scar line of your treated breast
- · A lump or thickening that feels different (with your treated breast this could be on or away from the scar line)

## SYMPTOMS ELSEWHERE IN THE BODY

cancer. Possible signs of secondary breast cancer include: Sometimes breast cancer cells can spread from the breast to other parts of the body. This is known as secondary breast

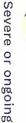


most of the time Feeling sick





Feeling bloated







go to the toilet Not being able to (constipation)

tired than usual Feeling much more



changes to appetite when eating or Feeling full quickly



upper abdomen swelling under the ribs or across the Discomfort or



or collarbone your arm, breastbone swellings under



Any lumps or



or numbness or any weakness of the limbs Loss of balance



feeling out of breath A dry cough or



or speech Altered vision



appetite Unexpected weight loss and a loss of



the back, hips or ribs, that doesn't get better with pain relief and may be worse at night Pain in your bones, for example in

breastcancernow.org/sbcsymptoms You can find out more by visiting

Need to talk to someone about breast cancer? Our expert nurses are here to support you.

BREAST CANCER NOW The research &

## CHANGES TO BE AWARE OF AFTER BREAST CANCER



We're here

BREAST CANCER NOW The research & NOW support charity

We're here