

# Breast Cancer Treatment Summary



Please use the information in this document in conjunction with clinic letters

Date: 06/07/22

Dear Dr Alva

Re: DOB: Hospital number: NHS Number: Breast Care Nurse:	FAO:
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Your patient has now completed their initial treatment for cancer and a summary of their diagnosis, treatment and ongoing management plan is outlined below. The patient has a copy of this summary.

Diagnosis: Left Breast Cancer	Date of Diagnosis: 04/02/22 Initial referral: 01/02/22 Treatment aim: Curative
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Summary of treatment and relevant dates:

Treatment	Completion date	Comments
	23/03/22	
	February 2027	

Possible treatment toxicities and/or late effects:

Treatment	Potential toxicity/late effect
Surgery	Breast cosmesis and asymmetry, body image issues, pain, lymphoedema, fatigue
Endocrine	Hot flushes, arthralgia, vaginal dryness, palpitations, mood changes, changes to skin and hair, osteoporosis, fatigue, blood clot, endometrial cancer (tamoxifen)

**Alert Symptoms that require referral back to specialist team:**

<b>Locally</b>	<b>General (persistent for &gt;4 weeks)</b>
<ul style="list-style-type: none"> <li>• New lump or swelling in breast, armpit or in neck area</li> <li>• Any skin changes including dimpling, puckering, redness or raised spots in the breast or mastectomy scar</li> <li>• Nipple discharge</li> <li>• New lymphoedema (swelling of the arm)</li> </ul>	<ul style="list-style-type: none"> <li>• Headaches or neurological symptoms</li> <li>• Dry cough or shortness of breath</li> <li>• Abdominal pain, nausea, unintentional weight loss</li> <li>• Back pain, hip pain or other bone symptoms especially if waking up at night</li> </ul>

**Lifestyle information and Support Needs:**

<ul style="list-style-type: none"> <li>• Fatigue. May last for many months after treatment. Can be improved with exercise. Rule out secondary causes e.g. thyroid, anaemia</li> <li>• Psychological support. Please contact Breast Care Nurses</li> <li>• Weight management, exercise, healthy diet</li> <li>• Smoking cessation</li> <li>• Non-hormone based contraception</li> <li>• Management of effects of treatment</li> </ul>
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**Secondary Care Ongoing Management Plans:**

<b>Activity</b>	<b>Comment</b>
Open access for advice and support through Breast Care Nurses	<b>Contact 01582 497103</b>
End of treatment appointment and Holistic Needs Assessment	Date:
Mammographic follow-up	
Treatment summary and care plan sent to patient	Discussion of signs and symptoms of recurrence and understanding of who to contact for advice

**Required GP actions in addition to GP Cancer Care Review:**

<b>Activity</b>	<b>Comment</b>
Continue endocrine treatment	For 5 years
Request repeat DEXA scan	July2024