



Patient Label

Patient Name: _____

Date of Birth: _____ CR#: _____

Diagnosis Date: _____

Follow-Up Recommendations Breast Cancer Patients (not receiving hormonal therapy)

Follow-up begins at the end of primary therapy (surgery / chemotherapy / radiation)

	Years 1 – 3	Years 4 – 5	Years 6+
Primary Care Visits (Family Physician / Nurse Practitioner): - History and focused examination: breast(s), chest wall, axillae, supraclavicular lymph nodes, lungs, bones, abdomen, CNS, arm for lymphedema	Every 3-6 months	Every 6 months	Annually
Mammogram **Not required for those who have had a double mastectomy** - Begin one year after the mammogram that led to diagnosis, but not earlier than 6 months after radiation treatment - More frequently if recommended by radiologist - Performed at a diagnostic mammography facility, not by BreastCheck - If life expectancy is 5 years or less, then mammography may be omitted - In the reconstructed breast, NO routine imaging if asymptomatic (see below)	Annually	Annually	Annually
X-Rays, CT- US- MRI- Bone- PET Scans, tumour markers, CBC, Biochemistry	NOT performed if asymptomatic		

Physician / Nurse Practitioner Visits

- Challenges in recovery? Refer to Breast & Gyne Cancer Centre of Hope at 204-787-2970.
- Abnormal symptoms or signs should be investigated with exam, lab and imaging.
- Encourage patient to see MD/NP regarding any worrisome symptoms **without waiting** for their next regular appointment.
- **Patients can consult with the Breast Cancer Patient & Family Educator for assistance with managing any related issues at 204-787-2970 or toll-free 1-888-561-1026**

Common Symptoms of Recurrence or Metastases

- | | | |
|------------------------|---------------------------|---------------------------------------|
| ○ Bone pain | ○ Abdominal symptoms | ○ Fatigue |
| ○ Cough, dyspnea | ○ Mastectomy scar changes | ○ Weight loss due to lack of appetite |
| ○ Breast changes/lumps | ○ Frequent headaches | ○ Personality or visual changes |

What to do if concerned about cancer recurrence

- New breast abnormality? Order diagnostic mammogram AND refer back to original surgeon urgently, even if mammogram is read as normal. In reconstructed breast? Refer urgently to plastic surgeon, consider US / MRI
- Evidence of distant metastases? Please initiate investigation and fax a referral to the CCMB Referral Office at **204-786-0621** and indicate if patient is highly symptomatic. Patient will be contacted within 2-3 working days