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

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

<table>
<thead>
<tr>
<th>Primary Care Visits (Family Physician / Nurse Practitioner):</th>
<th>Years 1 – 3</th>
<th>Years 4 – 5</th>
<th>Years 6+</th>
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<tbody>
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<td>- History and focused examination: breast(s), chest wall, axillae, supraclavicular lymph nodes, lungs, bones, abdomen, CNS, arm for lymphedema</td>
<td>Every 3-6 months</td>
<td>Every 6 months</td>
<td>Annually</td>
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Mammogram
- 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)

| 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 204-788-8080.
- 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 204-788-8014 or toll-free 1-888-660-4866.

Common Symptoms of Recurrence or Metastases
- Bone pain
- Cough, dyspnea
- Breast changes/lumps
- Abdominal symptoms
- Mastectomy scar changes
- Frequent headaches
- Fatigue
- Weight loss due to lack of appetite
- 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