

AFTER BREAST CANCER TREATMENT

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

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

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














CHANGES TO THE BREAST OR CHEST AREA

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

- **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

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

	Feeling sick most of the time		Feeling bloated		Severe or ongoing headaches
	Feeling much more tired than usual		Not being able to go to the toilet (constipation)		Feeling full quickly when eating or changes to appetite
	Discomfort or swelling under the ribs or across the upper abdomen		Any lumps or swellings under your arm, breastbone or collarbone		Loss of balance or any weakness or numbness of the limbs
	A dry cough or feeling out of breath		Altered vision or speech		Unexpected weight loss and a loss of appetite
	Pain in your bones, for example in the back, hips or ribs, that doesn't get better with pain relief and may be worse at night				

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