

Follow-up arrangements

For the first two years after your operation/treatment you will receive regular follow-up appointments at the Mermaid Centre. You will not get the results immediately, but we will write to you with your results. If all is well, you will be discharged by the Surgical Team. You will then be asked to attend our open access mammograms for three years at the Mermaid Centre.

What happens next?

If you are under the age of 50 you will be offered yearly mammograms until you reach the age of 50. Again, we will write to you with your results.

After five years of follow-ups at the Mermaid Centre, patients who are aged 50 and over will be offered regular three yearly mammograms as part of the NHS Breast Screening Programme. Please contact the Mermaid Centre if you do not receive an appointment every three years.

After the five year follow-up period, patients who are aged 70 and over will not automatically be offered mammograms as part of the NHS Breast Screening Programme. However, we would encourage you to request further mammograms every three years by contacting the Mermaid Centre.

Please be aware that if you are between 50 and 70 you will still be offered a mammogram via the National Screening Programme. You do not need to attend this if we are still seeing you regularly at the Mermaid Centre for mammograms. Please phone 01872 252880 to cancel the screening appointment.

Will I ever be clear of breast cancer?

In studies and research it has been found that the risk of breast cancer recurrence is significantly reduced after five years. It is never possible to say that you are 'cured' of breast cancer. However, the more time that passes after your operation/treatment without problems, the less likely you are to have problems in the future.

What should I look out for?

If you find any of the following please contact your breast care nurse or GP:

- lumps in the skin near the scar or surrounding breast tissue on the operated site
- any lumps in either breast or lumps elsewhere (in particular in your armpits or above and below the collar bone on the side that you had the operation)
- any symptom or pain that does not go away.

If you have any other symptoms that worry you, please do consult your GP.

How can I contact the Breast Care Centre?

You can telephone our main number, 01872 252880 to speak to one of our breast care nurses.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690