

A follow-up plan?

It is important for you to receive regular check-ups after your breast cancer treatment ends. A follow-up plan allows you to bring any concerns you have to the attention of a medical professional and may help find cancer early should it return.

- Your family doctor is a key person in your follow-up plan. If you have new symptoms or concerns, first visit your family doctor, and he/she will give a referral if needed.
- Routine blood tests and x-rays, apart from an annual diagnostic mammogram, **are generally not required** if there is no clinical concern regarding a breast cancer recurrence.

If you are participating in a special research study:

Your follow-up plan may be different: If so, your oncologist will discuss this with you.

Additional Tests

BC Cancer does not recommend tumour marker tests for people who are healthy after treatment. If you develop any new symptoms or concerns, please tell your family doctor. Make sure to remind him/her of your past history of breast cancer.

Treatment Summary

Cancer Stage: _____

Hormone Status: _____

HER-2 Status: _____

Treatment Received: _____

Hormone Therapy Plan: _____

Your follow-up plan

Follow-up	How often?
Breast Self Examination (BSE)	Monthly
Family Doctor Visit	Every 6 months for 5 years then once per year
Diagnostic Mammogram(s)	Once per year starting 6 months after treatment ends
Bone Density Scan Only if taking an Aromatase Inhibitor (AI)	Before starting Aromatase Inhibitor and again in 24-36 months

BC Cancer Centres

Abbotsford

32900 Marshall Road
Abbotsford, BC V2S 1K2
604.851.4710 or toll-free 1.877.547.3777

Prince George—Centre for the North

1215 Lethbridge Street
Prince George, BC V2M 7E9
250.645.7300 or toll-free 1.855.775.7300

Surrey

13750 96 Avenue
Surrey, BC V3V 1Z2
604.930.2098 or toll-free 1.800.523.2885

Kelowna—Sindi Ahluwalia Hawkins Centre

399 Royal Avenue
Kelowna, BC V1Y 5L3
250.712.3900 or toll-free 1.888.563.7773

Vancouver

600 West 10th Avenue
Vancouver, BC V5Z 4E6
604.877.6000 or toll-free 1.800.663.3333

Victoria

2410 Lee Avenue
Victoria, BC V8R 6V5
250.519.5500 or toll-free 1.800.670.3322

BC Cancer Research

675 West 10th Avenue
Vancouver, BC V5Z 1L3
604.675.8000 or toll-free 1.888.675.8001

BC Cancer Foundation

150–686 W. Broadway
Vancouver, BC V5Z 1G1
604.877.6040 or toll-free 1.888.906.CURE/2873

www.bccancer.bc.ca

Follow-up Plan

after breast cancer treatments



You are part of a team!

Your team is made up of your oncologist, family doctor, pharmacist, and other health care providers.

You are also part of this team. You can take an active role in your care. Your program begins with:

- Monthly breast self-examination (BSE). BSE can help to detect changes in your breasts. It is the best way to know what is normal for you. If you find a change, visit your family doctor as soon as you can.

For more information on learning breast self-examination, ask your health care professional or family doctor.

If you have had breast conserving surgery (lumpectomy):

- After your treatment ends, visit your family doctor every six months for the first five years. Your doctor will examine your breasts and the lymph node areas.
- Once a year (starting six months after your treatment ends), you should have a diagnostic mammogram of both breasts. This must be ordered by your doctor as you do not return to the Screening Mammography Program.
- After the fifth year, continue to visit your family doctor once a year for follow up, a clinical exam and to set up an annual diagnostic mammogram.

If you have had a mastectomy:

- After your treatment ends, visit your family doctor every six months for the first five years. Your doctor will examine your breast, the mastectomy scar, chest wall and lymph node areas.
- Once a year you should have a diagnostic mammogram of the remaining breast. This must be ordered by your doctor as you do not return to the Screening Mammography Program.
- After the fifth year, continue to visit your family doctor once a year for follow up, a clinical exam and to set up an annual diagnostic mammogram.

If you have been put on hormone therapy:

For people with early stage breast cancer, hormone therapy is taken for at least five years. In some cases, hormone therapy may be prescribed for a longer time (up to 10 years). The treatment plan and duration should have been finalized prior to your discharge from BC Cancer. Hormone therapy drugs are covered by BC Cancer.

- BC Cancer's regional cancer centres provide the first supply of this medication, during your last visit.
- For refills, your family doctor will write out a prescription to get the medication from either a BC Cancer pharmacy or your local hospital pharmacy (not a retail pharmacy).

Aromatase Inhibitors (AI)

If you are taking hormone therapies such as aromatase inhibitors (Anastrozole, Letrozole, Exemestane), you will need to have a bone density scan on a regular basis.

- A bone density scan is usually taken at baseline and then repeated in 2-3 years. Further bone scans are done depending on the results of the initial tests.
- Your family doctor should send you for a baseline lipid/cholesterol screen and may want to monitor your levels every 6-12 months if clinically indicated.
- A daily total of 1200mg of calcium and 1000 IU of vitamin D are recommended. This should come primarily from food and if needed, additional vitamin supplements (particularly the vitamin D).
- It is strongly recommended to include 150 minutes of aerobic exercise per week, and include weight bearing exercises (i.e. walking)