

CHANGES TO BE AWARE OF AFTER BREAST CANCER



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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

It's important to be aware of any changes to your breast or chest area.

If you've had a lumpectomy or breast-conserving surgery, the cancer could come back in the remaining breast tissue.

If you've had a mastectomy, the cancer could come back in the chest wall or in the skin.

Look for changes to the other breast too.

- 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



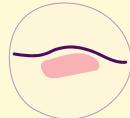
Not being able to go to the toilet (constipation)



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

Need to talk to someone about breast cancer?

Our expert nurses are here to support you.

Call our free helpline on **0808 800 6000**
or visit **breastcancernow.org**

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