

Date: \_\_\_\_\_

Dear \_\_\_\_\_:

You have now completed your recommended breast cancer follow up at the cancer centre. Your care will now be transferred to your family physician/nurse practitioner.

Information about your further care will be sent to your family physician/nurse practitioner. **Please contact them to set up your appointments.**

We recommend the following care for you:

- History and physical examination:
  - once every six months (twice a year) for the first five years after treatment; then
  - once a year for the rest of your life.
- A mammogram once a year of the intact breast. Your next mammogram is due on \_\_\_\_\_.
- Age-appropriate screening for other cancers.

If you develop any of the following symptoms, contact your family physician/nurse practitioner immediately.

- New lumps or enlargement of any existing lumps in the breast or at the site of previous surgery
- Unexplained bone pain
- Unexplained weight loss
- Abdominal pain
- Difficulty breathing
- Severe headaches

We encourage you to have a healthy lifestyle, which includes a healthy diet, exercise and avoiding smoking or excessive alcohol consumption. If you would like assistance with quitting smoking or require other supportive care services or access to any other resources, please contact our Psychosocial Oncology Department:

Allan Blair Cancer Centre – 1-306-766-2213

Saskatoon Cancer Centre – 1-306-655-2662

Although you have been discharged from follow up-care at the Saskatchewan Cancer Agency, your family physician/nurse practitioner can refer you back to the cancer centre should you require care in the future.

Guidelines for breast cancer follow-up care is available on the Saskatchewan Cancer Agency website at [saskcancer.ca](http://saskcancer.ca) in the Health Professionals – Clinical Resources section.

Your Breast Cancer Team