

Date: _____

Dear _____:

You have now completed your recommended breast cancer treatment and 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 _____.
- Yearly pelvic exam while you are on Tamoxifen as described below.
- Age-appropriate screening for other cancers

As you are on Tamoxifen we would recommend:

- Continuation of the Tamoxifen pills for a total of _____ years.
 - Start date _____ End date _____
 - The cancer centre pharmacy will provide you with the pills. A new prescription will be required from your family physician/nurse practitioner.
 - New/refill prescriptions can be faxed by your family physician/nurse practitioner to the Allan Blair Cancer Centre pharmacy in Regina at 306-766-2183 or the Saskatoon Cancer Centre pharmacy at 306-655-1035.
 - Regina patients can call the pharmacy at 1-306-766-2816 to order and refill prescriptions. Saskatoon patients can call the pharmacy at 1-306-655-2680 to order and refill prescription. Please allow at least one day for the pharmacy to get your prescription ready for pick up.
 - If you live outside of the Regina or Saskatoon area, your medication can be delivered by mail or Purolator. Please allow seven days for prescription delivery.

- Please do not stop the medication without informing your family physician/nurse practitioner, as stopping the Tamoxifen can result in an increased risk of cancer recurrence.
- Since Tamoxifen can be associated with a slight risk of endometrial cancer (cancer of the uterus), we recommend you contact your family physician/nurse practitioner if you experience any unusual vaginal bleeding.
- A yearly pelvic examination is recommended.
- If you experience side effects such as weight gain, vaginal dryness, hot flashes or depression contact your family physician/nurse practitioner for follow up.
- Alternative treatments or treatments of side effects may be available and your family physician/nurse practitioner can refer you back to the cancer centre.

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

In addition to regular exercise, complimentary therapies such as yoga, acupuncture, mindfulness, and massage therapy may be helpful to improve your tolerance to the anti-estrogen cancer pills and may help to improve your mental and physical wellbeing.

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 in the Health Professionals – Clinical Resources section.

Your Breast Cancer Team