





## Diagnosis of breast cancer

When your breast cancer was diagnosed, you will have had a breast examination, imaging of your breasts, and a tissue sample or 'biopsy' taken.

The results from these investigations will be reviewed in a multidisciplinary team (MDT) meeting where specialists will discuss what treatments are available to treat your specific breast cancer.



## Supporting you through treatment (& decision making)

Your breast care team are there to help and support you through your diagnosis and treatment. The questions to the right may help you to work through any concerns you may have before or during treatment.



## Surgery

This will involve an operation to the breast and possibly to the axilla (armpit). The NABCOP has found that fewer older women have surgery for breast cancer compared with younger women, and so it is important to ask your breast surgeon whether you are a candidate for surgical treatment. If surgery is not an option, you may be offered hormonal (endocrine) therapy as an alternative.



## (Neo) Adjuvant therapy

Adjuvant therapies are additional treatments you may be offered for breast cancer. Some might be offered *before* your surgery and are called 'neoadjuvant therapy'. You should discuss with your breast cancer team if this is an option for you.



## Follow-up

Your breast unit will organise appropriate follow-up for you. This may be clinic appointments, telephone consultations or an open access service. The type of follow-up appointments and how often they are organised will depend on your hospital and what treatment(s) you received.

Women aged 71 and over can still ask for breast screening after the 5 years of annual follow-up mammograms – if this applies to you, ask your breast unit or GP for more information\*.

\*Note – due to the COVID-19 pandemic, self-referral for breast screening for women aged 71+ is not available at the time of publication (September 2020). Please consult your GP if you have concerns about unusual breast changes.

### Questions to ask your breast care team:

- What size is my breast cancer, according to my test results?
- Has my cancer spread e.g. to the armpit nodes?
- How is my general health & fitness for treatment assessed?
- Is surgery an option for my breast cancer?

The items below should be recorded about your breast cancer. **The NABCOP found these are less likely to be recorded in older women.**

Ask your breast cancer team if these have been recorded for you:

- ✓ **Estrogen/progesterone receptor status**
- ✓ **HER2 status** (if you have invasive breast cancer)
- ✓ **Nodal stage** (spread to armpit lymph nodes)
- ✓ **Tumour grade**
- ✓ **Tumour size**



### Questions to ask your breast care team:

- How will treatment affect my day to day activities?
- Are there any clinical trials which I could consider?
- What support is available for me if I am a carer for others?
- Who can I talk to for help with my mental health?
- Is there any financial support available for me?

### Questions to ask your breast surgeon:

- How can I prepare myself physically & mentally for surgery?
- What are the pros & cons of having a lumpectomy over a mastectomy?
- Is breast reconstruction an option for me?
- How does recovery from this surgery compare to joint replacement surgery?
- What can I do to help myself recover from surgery?
- What are the risks of needing another operation?

### Questions to ask your breast oncologist:

- What therapy is best for my breast cancer?
- Am I a candidate for chemotherapy, radiotherapy or any other treatments?
- Will the treatment be in the form of tablets, injections or...?
- When will my therapy start and how long will it last?
- What are the side effects of the therapy?
- How will I know if the treatment is working?

### Questions to ask your breast care team:

- How often will you see me to check I'm ok?
- Where can I find support on adapting to life after breast cancer?
- What are the signs I should look out for of my breast cancer returning?



## Find out more

- ❖ If you would like to know more about the NABCOP or for links to general information about breast cancer, please visit our FAQs page: <https://www.nabcop.org.uk/about/fag/public/>
- ❖ For copies of our Public and Patient reports please visit <https://www.nabcop.org.uk/reports/>