

CHANGES TO BE AWARE OF AFTER BREAST CANCER



**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

Whether you've had breast-conserving surgery or a mastectomy, with or without reconstruction, it's important to be aware of any changes to either side, such as:

- **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



Severe or ongoing headaches



A dry cough or feeling of breathlessness



Any lumps or swellings under your arm, breastbone or collarbone



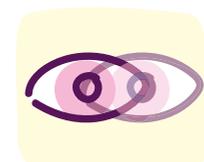
Discomfort or swelling under the ribs or across the upper abdomen



Loss of balance or any weakness or numbness of the limbs



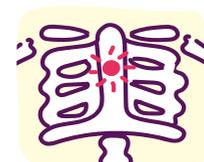
Feeling much more tired than usual



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

You can find out more by visiting [breastcancernow.org/sbcsymptoms](https://www.breastcancernow.org/sbcsymptoms)

WE'RE HERE FOR
ANYONE AFFECTED BY
BREAST CANCER.
WE PROVIDE FREE SUPPORT
AND INFORMATION WHEN
YOU NEED IT MOST

Need to talk to someone about breast cancer?

Our expert nurses are here to support you,
every way they can.



Call our free Helpline on
0808 800 6000 or visit
breastcancer.org

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