

# SIGNS AND SYMPTOMS TO REPORT TO YOUR TEAM

This page shows the areas breast cancer can most commonly spread to and the symptoms this may cause.

If secondary breast cancer appears in new areas of the body or spreads further at its current site(s), it's often said to have progressed. If your cancer progresses you may notice symptoms.

Lots of these symptoms can be caused by other things, such as treatments or different illnesses, so may not be due to a change in your cancer.

If you have new or worsening symptoms that don't go away and don't have an obvious cause, tell your specialist nurse or doctor about them.

Contact

Telephone

Email

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## GENERAL SYMPTOMS

- Feeling tired all the time
- Increased fatigue
- New symptoms making you feel unwell or that affect your daily/quality of life

## BONE

- 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
- Symptoms of spinal cord compression such as severe or unexplained back pain, difficulty walking, numbness and loss of bladder or bowel control
- Symptoms of hypercalcaemia such as nausea and vomiting, fatigue, passing large amounts of urine, confusion and being very thirsty

## LIVER

- Feeling sick all the time
- Discomfort or swelling under the ribs on the right side or across the upper abdomen
- Weight loss and a loss of appetite
- Jaundice
- Hiccups

## LUNG

- (Increased) feeling of breathlessness, either when exerting yourself or when resting
- A cough
- Pain in the chest or back when breathing

It's not possible to list all the symptoms of progression. Talk to your doctor or specialist nurse about ANY symptoms that are:

- new
- don't go away
- don't have an obvious cause

## LYMPH NODES

- A lump or swelling under your arm, breastbone or collarbone area
- Swelling in your arm or hand
- Pain
- Dry cough

## SKIN

- Lasting changes to the skin on the breast or chest wall, particularly around your scar, or on the abdomen (belly) including:
- Change in the colour of the skin or a rash
  - Painless nodule(s) of different sizes

## BRAIN

- Headaches
- Dizziness
- Nausea or vomiting, especially when waking up in the morning
- Loss of balance
- Altered vision or speech
- Weakness or numbness
- Changes in mood or personality
- Fits

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