

Directorate of Surgical Services

Your guide to completion of treatment for Ductal Carcinoma in Situ (DCIS)

This leaflet is for women who have finished breast cancer treatments for DCIS and explains the plan for follow up. Following surgery you may or may not have radiotherapy.

We know that having a regular outpatient follow up does not help to prevent cancer returning and as DCIS is most commonly detected with a mammogram when there are no physical signs in the breast this is the best way to continue follow-up rather than you attend clinic visits.

Q1. What about hospital appointments?

A1. When your surgery and any radiotherapy are finished you will have an appointment with the Radiotherapy Team after around two months. You will have a further appointment with the surgical team at about six months. This allows the medical teams involved in your care to check how you are and make sure you have recovered from treatment. After this your appointments will be for mammograms only unless any problem is detected.

Q2. How often will I have a mammogram?

A2 You will be invited for a mammogram every year for a total of five years unless you are under 42 years old in which case you will have annual mammograms until you reach the age of routine breast screening (usually from age 47). Following this we will invite you for a mammogram in the National Breast Screening Programme every three years.

Q3. What symptoms should I report?

A3. You should remain breast aware and remember the five point code:-

- Changes in breast shape and size
- Any puckering or dimpling of the skin
- Discomfort or pain that is different from normal
- Any new lumps, thickening or bumpy areas in the breast or armpit
- Nipple changes or nipple discharge (not milky)

Q4. What about advice and help after treatment?

A4. If you have any worries or concerns in between your appointments please do not hesitate to contact your GP or Nurse Specialist who will advise you.

If you contact the Nurse Specialists and a nurse is not available to take your call there is an answerphone service. Please leave a message and someone will always try to return your call within one working day. While you are having mammographic

follow-up your Specialist Nurse will be able to arrange an appointment in an appropriate clinic if necessary.

Contact Details

Nurse Specialists:

Telephone: 0191 2820207 or 0191 2820208
Office hours: 8.30am-4.30pm (Monday to Friday)

Email: BreastCareNurses@nuth.nhs.uk

Alternative contacts:

The Patient Advice and Liaison Service (PALS) can offer on-the-spot advice and information about the NHS. You can contact them on freephone 0800 032 02 02 or e-mail northoftynepals@nhct.nhs.uk

Useful websites

Further information is available on the hospital website:
www.newcastle-hospitals.org.uk

If you would like further information about health conditions and treatment options, you may wish to have a look at the NHS Choices website at www.nhs.uk. On this website there is an information prescription generator www.nhs.uk/ips which brings together a wealth of approved patient information from the NHS and charity partners which you may find helpful

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