



## Breast Cancer Patients – Follow-up by Family Doctor

Patient name:	ID number:
Patient contact number/s:	Date of birth:
Family doctor:	Med Reg No:
Doctor contact number/s:	Date:

**History**

New symptoms, especially suggestive of recurrence

Breast lump                       Bone pain                       Shortness of breath  
 Jaundice, change in colour urine or faeces                       Abdominal pain  
 Lymphoedema                       Unexpected weight loss or loss of appetite  
 Pre-menopausal – heavy or irregular periods – **Refer to gynaecologist, especially if taking Tamoxifen**  
 Post-menopausal – vaginal bleeding – **Refer to gynaecologist, especially if taking Tamoxifen**  
 Side effects of treatment                      Menopausal status

Medications  
Other health conditions

**Examination**

General  
Breasts  
Chest wall  
Lungs  
Abdomen  
Spine  
Axillary & supraclavicular nodes

**Psychosocial issues**

Depression                       Anxiety                       Family concerns

**Yearly mammogram surveillance**

Normal (discuss with patient and schedule repeat mammogram yearly)  
 Abnormal (refer back to agatha Breast Unit)

**Promote cancer prevention behaviour**

Not smoking; limiting alcohol intake; maintaining a healthy body weight and eating a healthy diet; taking regular exercise; advise on gynaecology review (especially if taking Tamoxifen) and Bone Density

**Follow up**

No concern – Schedule mammogram at one year and review clinically with result  
 Concern – Explain to patient that she will be referred back and write referral note

**Any other remarks**

**Press the red button to email this form to agatha Breast Unit, only when there is concern.**