

Breast Cancer Patients

Information Booklet

Information for patients,
their families and carers

Safe & compassionate care,

every time

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Introduction

Our specialist team supports individuals being investigated or diagnosed with breast cancer and their families. We offer information, practical and emotional support throughout your medical investigations and subsequent treatment, if this is required.

The breast care nursing service acts as a main link between you and others involved in your care such as your GP. Each of us has a specialist interest including breast reconstruction, services for young women, metastatic disease (if cancer spreads to other parts of the body) and body image. We can also offer advice and support on many other non-cancer breast conditions such as asymmetry.

Further advice on these conditions can be obtained from the [Breast Cancer Care website](#).

Your diagnosis and treatment plan

Your Consultant Surgeon is:

At Stoke Mandeville Hospital

Mr McLaren
01296 315072 Secretary

At Wycombe Hospital

Mr Cunnick
01494 425003/5342
Secretary

Stoke Mandeville

Telephone number of appointments: 01296 315644
Name of Hospital: Stoke Mandeville Hospital.
Address: Mandeville Road
Aylesbury Bucks
HP21 8AL

The main switchboard telephone number: 01296 315000

Wycombe

Telephone number of appointments: 01494 425723
Name of Hospital: Wycombe Hospital
Address: Queen Alexandra Road
High Wycombe Bucks
HP11 2TT

The main switchboard telephone number: 01494 526161

Your Consultant Oncologist is:

At Stoke Mandeville Hospital

Dr Pwint

At Wycombe Hospital

Dr Oliveros
Dr Pwint
Dr Makepeace

Other Healthcare Professionals:

Your own numbers:

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Tel:.....

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Tel:.....

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Tel:.....

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Tel:.....

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Tel:.....

The Breast Care Nursing Team

Hillary Hillson	Lead Breast Clinical Nurse Specialist/Keyworker
Christina Macey	Breast Care Nurse Specialist/Keyworker
Kate White	Breast Care Nurse Specialist/Keyworker
Zoe Squires	Breast Care Nurse Specialist/Keyworker
Lyn Simmonds	Breast Care Nurse Specialist/Keyworker
Sarah Denton	Breast Care Support Nurse.

Stoke Mandeville Hospital, Cancer Care and Haematology Unit

Contacting us - You can ring us direct on: **01296 315127**
(answerphone available).

Wycombe Hospital

Contacting us - You can ring us direct on: **01494 426228**
(answerphone available).

We are not always in the office, but if you leave a message on the answerphone we will try to get back to you as soon as possible. If your concern is urgent please ring either your GP or NHS Direct on 0845 4647.

Members of your care team in hospital include:

Breast Care Nurse Specialists - These are experienced senior nurses who specialise in breast care including breast cancer. They will normally be involved in your care from diagnosis and will advise and support you throughout your illness. They are based at Stoke Mandeville and Wycombe hospitals.

Key worker – Is usually the breast care nurse specialist, who takes a key role in co-ordinating your care and promotes continuity, ensuring the patient knows who to access for information and advice.

Breast Consultant Surgeon - General surgeon who specialises in breast care. They will undertake investigations and co-ordinate your treatment plan.

Chemotherapy Nurses - Based in the Cancer Units, they are trained to give chemotherapy treatment.

Diagnostic Radiographer - Specialise in reporting on the part of the body causing concern.

Dietitian – If you have any concerns regarding your diet please ask your breast care nurse to assess you using the Malnutrition Universal Screening Tool (MUST). They have been trained on how to complete the MUST tool and may refer you to the Macmillan specialist dietitian who is expert in assessing the nutritional needs of people who have cancer. The dietitian has comprehensive knowledge about food and eating and can advise you on which foods are best for you, and also whether any food supplements would be helpful.

If you are not referred to the Dietitian there are booklets from Macmillan Cancer Support and resource leaflets written by our Macmillan specialist dietitian, that a nurse can give you to help with your diet.

Doctors in Training - Medical students learn by being involved in the treatment and care of patients. Every fully trained doctor was once a medical student and learned from patients in the past. However, if you do not wish to be examined in front of, or by, a medical student, or if you wish to talk privately with your doctor, say so. You have the right to privacy. No one will be offended and it will not affect your care.

Healthcare Assistant - On the ward and in the chemotherapy units they will look after you on a day-to-day basis. In outpatients they are involved in the running of the clinics.

Multidisciplinary Team (MDT) - This team of professionals will be providing care and supporting you through the treatment you receive for your cancer.

Medical Secretaries - They work as personal assistants to the consultants. They liaise with other people in the hospital, to ensure the patient's pathway moves along as quickly and efficiently as possible.

Occupational Therapist - Offers practical support to help you to adapt to any changes in your lifestyle due to your illness.

Consultant Oncologist - These doctors specialise in treating cancer and provide treatment in radiotherapy and chemotherapy.

Physiotherapist - Assesses and treats you to help or maintain an independent lifestyle if you have any disability through your illness.

Associate Specialists and Staff Grade/Speciality Doctors - Trained doctors undergoing further training and gaining experience. They spend a few months working with each consultant. They may be referred to as junior doctors.

Research Nurse - This team may contact you to take part in an ongoing research trial if appropriate and is entirely voluntary.

Surgeon - A qualified medical practitioner who specialises in surgery.

Therapy Radiographers - Based at Churchill Hospital, Oxford and Mount Vernon Hospital, they organise and give radiotherapy treatment. They work closely with the consultant to plan the right treatment for you.

Ward Sister/Manager - This is the most senior nurse in the ward area.

Clinical Nurse Specialist (CNS)/Key Worker

What does the Clinical Nurse Specialist do?

They are able to offer increased levels of support, advice and guidance to patients with cancer.

All patients with cancer should have access to a CNS. They are usually present with the consultant when a diagnosis of cancer is given but if you are unsure whether you have seen one or not please feel free to ask your consultant.

The CNS works closely with hospital nurses, doctors and other health care professionals to maximise the independence, dignity and quality of life of people suffering from cancer. They also liaise closely with community carers and GPs to ensure you receive the highest quality of care at home.

You may see the CNS when you are on the ward, whilst having surgery, chemotherapy treatment or at the outpatient appointments.

You will also be given contact details of your CNS and they can be contacted by telephone, between the hours of 9.00am – 4.30pm Monday to Friday.

Out of hours

If you are at home, please contact your GP or NHS Direct. If you are in hospital, please speak to one of the nurses.

What can the CNS offer me?

- A contact point for people with cancer at any stage
- Advice and support for you, your relatives, carers and friends
- Help with physical symptoms such as pain, fatigue, nausea and hair loss.
- Advice about treatments such as radiotherapy and chemotherapy.
- Information about your illness.
- Advice on your continued care at home.
- Someone to talk to about worries or problems.
- Advice on relationship, fertility or sexual problems.
- Advice and help on how to manage financial problems.
- Offers a prosthetic fitting service.

What is a Key Worker?

Whilst you are being cared for at the Buckinghamshire Hospitals NHS Trust one of the CNS's will act as your key worker.

The key worker will be your main point of contact with the hospital. They are responsible for co-ordinating your care.

If your care is transferred to another department your key worker may change. We will let you know when this happens.

If you have any questions about key workers please speak to your CNS.

Please be aware that you will still be cared for by other members of the Breast Care Nursing team and you will be able to discuss your care or concerns with them.

Your Key Worker is:

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Their contact number is:

Wycombe 01494 426228

Stoke Mandeville 01296 315127

Types of treatment that may be offered

Treatment usually begins soon after cancer is diagnosed. The Buckinghamshire Hospitals NHS Trust cannot offer every type of treatment and you may be referred to a specialist cancer centre such as The Churchill Hospital, Oxford or Mount Vernon Hospital. The three most commonly used treatments are surgery, chemotherapy and radiotherapy. These can be given independently or in combination.

Surgery

This may be an operation to explore, or remove all or part of the cancer. This will usually require you to be admitted to hospital. Before you have your operation it will be discussed with you in detail. You should know what the surgery will involve and have a chance to ask questions.

You will need to sign a consent form before your operation.

We suggest that you wear a supportive bra to go home in so that the breast will be supported and you may feel more comfortable. Fuller breasted ladies may wish to wear a soft bra at night for the first few weeks. If you only have underwired bras, it is possible to remove the wire on the affected side, as this may be more comfortable.

Patient information for sentinel node procedure

Background

The removal and examination of lymph nodes (glands) is an important part of the treatment for breast cancer. In recent years the development of sentinel lymph node biopsy (removal of only the first draining lymph nodes) has spared many patients unnecessary surgery by identifying those patients who do not have cancer in the lymph nodes.

Sentinel nodes are the first lymph nodes to drain an area and, for the breast, these are found in the armpit. The number of sentinel nodes varies roughly from one to four.

Sentinel node biopsy is now accepted as the Gold Standard operation when there is no suspicion of breast cancer cells in the lymph nodes in the arm pit (axilla).

By removing only the sentinel nodes, your risk of developing lymphoedema, shoulder stiffness, pain and nerve damage are avoided or markedly reduced. As a wound drain is not needed for this procedure, most patients can be treated as day cases.

Procedure

In order to identify the sentinel node a small injection of radioactive fluid is injected in to your breast and a scan done about ten minutes later to show the surgeon where to look for the sentinel nodes. At the time of your operation a blue dye will be injected into the breast to further help identify the node(s). The blue dye will give you a blue patch on your breast which will gradually disappear but may take weeks or even months to do so.

This dye has been used for thousands of patients in Europe and the USA with a very low incidence of severe side effects, however, there is a very small risk of allergic reaction (less than 1%). Finally, if you wear contact lenses the dye can give them a blue tinge, so it is recommended that you remove these before your operation.

The sentinel nodes are analyzed immediately whilst your operation is still proceeding. The laboratory then informs the operating theatre if there is any cancer detected. If so, further lymph nodes will be removed during the same operation. If not, no more surgery to your armpit is required. This will be discussed with you in full by the surgical team when consenting for your operation.

Rarely, at the time of your operation, the laboratory may not be certain whether your nodes contain cancer. In this situation, the surgeon will usually not remove any more nodes and will wait for the full pathology report before deciding if anything further needs to be done.

The benefits of Sentinel node surgery

1. Quicker recovery
2. Shorter hospital stay, usually day case if only sentinel node removed
3. No drain in armpit
4. Less than 1% risk of lymphoedema
5. Less shoulder pain
6. Less discomfort in the arm and armpit

The disadvantages

1. The dye will temporarily discolour your skin, urine and stools
2. The injection site for the scan may be a little sore

Reconstruction

This may be offered as part of your initial surgery or as a delayed procedure. The breast care nurse can give you more information about this.

Chemotherapy

Chemotherapy is treatment with strong (cytotoxic) drugs, which destroy cancer cells. These drugs are usually given by injection or drip and sometimes by mouth. This may involve a hospital stay but most chemotherapy is given to you as an outpatient, in the cancer unit. How often you have treatment will depend on the drugs you have been prescribed. The majority of chemotherapy will be provided at the Sunrise Cancer Unit at Wycombe Hospital or the Cancer Care and Haematology Unit at Stoke Mandeville Hospital. However some patients may have to visit The Churchill Hospital, Oxford or Mount Vernon Hospital for chemotherapy.

If chemotherapy is the recommended treatment for you, you will be given information before treatment begins by your oncologist and at a pre-assessment appointment. This will tell you more about all aspects of chemotherapy and your particular treatment. You will be told how often your treatment will be and of any possible side effects.

Radiotherapy

Sometimes called X-ray therapy, uses high energy X-rays to destroy diseased cells in the body. All the cells in the part of the body being treated will be damaged. The diseased cells will be destroyed but the healthy ones will recover.

The place of referral for radiotherapy will depend on where you live. Patients are generally referred to The Churchill Hospital, Oxford or Mount Vernon Hospital. The treatments are painless (just like having an ordinary x-ray) and can last anything from a few seconds to several minutes.

Sometimes radiotherapy is given all at one visit but more often it is given in smaller treatments (or fractions). This can be given up to five days per week – usually this is for between one and six weeks duration.

If radiotherapy is the right treatment for you, more information will be given to you. This will tell you more about all aspects of radiotherapy and the side effects you may have.

Possible side effects after surgery

Altered sensation - it is normal for the arm, breast or chest wall and ribs to feel different for weeks, and sometimes months after the operation.

You may experience:

- Numbness
- Tingling
- Heaviness
- Shooting pains in the breast or under the scar and aching
- Acute sensitivity, especially of the upper arm.

These sensations can be more troublesome 3-4 weeks after the operation rather than immediately after surgery.

Cording - this is a tight and painful pulling that can develop from the armpit either down to the elbow or to the wrist. If you feel you are developing this, you must contact your physiotherapist for advice but it is essential that you continue with your exercises. It may be that you need additional physiotherapy treatment to resolve this.

Seromas – a swelling that can occur when the fluid that once drained through the lymph nodes collects under the scar, or the arm. The fluid may need to be drained off to ease discomfort. Please contact the breast care nurses.

Please remember that post-operative experiences may vary. If you have any concerns please contact your breast care nurses. No worry is ever too small.

Lymphoedema – a swelling that can occur in the arm or breast which has undergone surgery. If you think you have developed lymphoedema please contact your breast care nurse. If you develop lymphoedema, you will be advised about different treatments and how to care for your arm and skin. There are lymphoedema clinics based at:

Florence Nightingale House - Mandeville Road, Aylesbury, Bucks HP13 6PN
Tel No. 01296 394710

South Bucks Day Hospice - Edie Pusey House, 9a Amersham Road, High Wycombe, Bucks HP13 6PN

Tel No. 01494 537775 E-Mail: sbhospic@globalnet.co.uk

Posture - you are bound to feel protective towards your scar, but try and maintain a good upright posture and do not be tempted to carry your arm across your body.

Sleeping – You are advised not to lay on your operated side, however if you do, you may find it comfortable to have a pillow in front of your chest. It allows your top arm to have something to rest upon and prevents your operation site from feeling squashed.

Work – ask for advice on returning to work – this will depend on the type of work you do and the extent of surgery. It is better to feel completely well before you return as many people feel tired and find concentration difficult to start with.

Driving – may be resumed when you are able to manage the gears and handbrake without strain. If you are unsure it may be wise to check with your insurance company.

At Home - information on day to day activities ie bathing/showering and daily chores such as heavy shopping/hovering etc will be given to patients when they are seen by the Clinical Nurse Specialist/Keyworker pre/post operation and will vary depending on the surgeon.

Please remember that post operative experiences may vary. If you have any concerns please contact your breast care nurses. No worry is ever too small.

Side effects during chemotherapy

Sometimes chemotherapy can cause side effects eg nausea, sickness and increase risk of infections. If this happens there are medicines available which can reduce some of the effects.

Hair Loss – your chemotherapy nurse will advise you if you are likely to lose some or all of your hair and she/he will be able to discuss with you about scalp cooling and ordering a wig.

Scalp Cooling - by cooling the scalp it is sometimes possible to reduce the amount of chemotherapy drugs that reach the hair follicles. This reduces and in some cases prevents the hair falling out.

Wig fitting and supply – Buckinghamshire NHS Trust has a contract with 'Raoul' Wig Makers who provide the wig supply and fitting service on Monday mornings at Stoke Mandeville Hospital and Monday afternoons at Wycombe Hospital. If you are advised that your treatment may cause hair loss/thinning, you will be given a signed wig supply form by a chemotherapy nurse. This form authorises the supply of one free wig. You can make an appointment and be given help and advice on selecting the right wig for you.

Side effects during radiotherapy

Any side effects you may have from radiotherapy would depend on the area of the body that is being treated and the side effects are different for each person. Some people may feel tired and low, or may have a skin reaction similar to sunburn.

The ability to hold your arm above your head is particularly important as you will need to be able to hold this position whilst having radiotherapy.

You can continue to do the arm exercises whilst you are having radiotherapy treatment to maintain your range of movement. After your radiotherapy, continue with shoulder circling and arm stretching daily for two years. This is important because you can develop problems with stiffness for up to one year after radiotherapy.

After treatment

Typically follow-up appointments alternate between your surgeon and oncologist until discharge back to your GP.

Although you have been discharged from the breast clinic, you can still continue to get advice and support from your breast care nurse if you develop any concerns in the future.

You will also continue to obtain your breast prosthesis from them if required.

Breast Awareness

You should still continue to be aware of any changes, which may develop. Report any changes as soon as possible at your GP appointments or to your breast care nurse if you are still having follow up.

Changes the breast care nurses would like to know about:

- Any differences to your breast or chest colour or texture.

Changes your GP should know about if not having follow up:

- Any aches and pains that may continue for more than three weeks without explanation.
- Any unexpected vaginal bleeding.
- Any continual cough or breathing problems.

Mammograms

Mammograms will be undertaken annually until five years after your diagnosis. Following this time they will be done every two years until ten years after your diagnosis. (If you had a mastectomy then they will always be every two years). At this point you will enter the National Breast Screening Programme.

If you are still under 50 years of age you should continue to have a mammogram every year. After 50 you will enter the National Breast Screening Programme.

The National Breast Screening Programme undertakes mammograms three yearly on women between the ages of 50 and 70 years
www.cancerscreening.nhs.uk

Please ask your GP to organise the mammogram for you until you are in the National Breast Screening Programme. Your GP will organise your mammogram at the hospital x-ray department, where you had your treatment originally. Results will be sent to your GP.

If you are called for a mammogram through the National Breast Screening Programme please contact the screening office, the telephone number will be on the letter sent to you, and inform them you are undergoing follow-up due to breast cancer.

NHS Cancer Screening Programmes telephone number is (0114 271 1060).

Hormonal Tablets

If you are on Tamoxifen or Arimidex you should stop taking them as directed. If you are on any other hormonal tablet you would continue with these until advised to stop.

Moving On with Confidence Course

This six week programme is for people who have completed cancer treatment. It is aimed at helping you cope and adjust better to life after your cancer treatment with more confidence.

It may be that you are still having a course of herceptin or hormonal tablets in which case you may still be eligible to attend this course.

The focus is on three main themes:

- Emotional effects (ie feelings, coping, relationships)
- Practical effects (ie work, leisure, financial issues)
- Physical effects (ie diet, fatigue, coping with side effects of treatment)

For more details and/or to book a place on the next course please contact: Cancer Education, Information and Support Service on 01296 316954.

Financial and Social Support

Financial Help & Advice - Due to your illness your income may have gone down and you may need financial help.

Macmillan Citizens Advice Bureau Advisor - Is available for free advice sessions for patients with cancer and their families, on Thursdays at Stoke Mandeville Hospital and Fridays at Wycombe Hospital.

Advice and support is offered on benefits, employment, relationships and consumer issues, debt, housing and immigration.

Appointments can be made through:

The Cancer Education, Information and Support Service in the Cancer Care and Haematology Unit, at Stoke Mandeville Hospital on 01296 316089 and, The Sunrise Unit at Wycombe Hospital on 01494 426244.

Or you can just drop in and make an appointment.

The Benefits Agency (Department of Work and Pensions) -

Provides advice about benefits, grants and loans.

The National Benefits Enquiry Line on:

Freephone: 0800 882200

Application forms are available from the leaflet line (answerphone), and any benefit you receive will be dated from the day you ring up:

Tel No: 0800 882200

Help in filling in claim forms can be obtained over the phone from specially trained staff on:

Freephone: 0800 441144

There are more telephone numbers including freephone language lines listed in your local telephone directory under Benefits Agency.

Social Services - Information and advice will be available from your local social services department. If you meet certain criteria, a range of additional services may be available.

These include:

- Personal care
- Meals
- Laundry
- Equipment to use at home

Your local County Council will arrange social services and they aim to meet the needs of people from all communities.

A financial charge may be made for some services.

Free prescriptions for cancer patients - From 1 April 2009 cancer patients in England are eligible for free prescriptions. All cancer patients undergoing treatment for cancer, the effects of cancer or the effects of cancer treatments can now apply via their GP.

Transport services and getting to the hospital - Most people will be able to drive themselves to the hospital. This is perfectly all right unless your GP or a member of your team has advised you otherwise.

Hospital car - Hospital cars can be provided for special medical reasons. If you think this may apply in your case, please contact your GP.

Ambulances - Ambulances are only provided in cases of special medical need and therefore need to be authorised by the consultant or your GP. If you are travelling by ambulance you can contact the ambulance liaison officer (01869 365220), between the hours of 9.00am and 5.00pm to confirm or cancel your booking.

Car parking - Car parking at the Hospitals is on a pay and display or pay on exit basis. Space is limited so it is advised that you allow extra time to enable you to find a space. If you have difficulty in walking drop off points can be found. There are disabled parking bays and reduced rates for chemotherapy patients, please ask a member of staff in the cancer units for more information.

Public transport - Local buses and trains run from all areas of Buckinghamshire to the town centres with links direct to the hospital.

Leaving hospital - If it is necessary on medical ground for you to travel by ambulance, hospital car or hospital taxi when you leave the hospital, all arrangements will be made for you by the hospital staff. If you are concerned about this, ask your nurse or doctor responsible for your treatment.

Travel expenses to and from the hospital - You may be able to claim your travel expenses to and from hospital. Please ensure you keep all receipts safe as you will need these in order to claim any expenses. This applies whether you are an in-patient or attending as an outpatient.

You may qualify for financial help if you are:

- Receiving disability living allowance
- Receiving income support
- Receiving family credit
- Already covered by low income schemes

Please ask a member of staff for details on how to claim your expenses.

Emotional support for you and your family

Cancer has a major emotional impact on people's lives. It does not only affect the patient, but family and friends as well. Many patients and those close to them sometimes believe that they should be able to deal with the situation on their own. Often this may not be the case. However, talking things through can often help you make some sense of what is happening to you.

Finding the way that works for each individual is not always simple. This is because each patient has different needs and different aspects or consequences of their illness to talk about. A network of many people may be required. Initially, this begins with family and friends, but from time to time you may find it difficult to talk to those closest to you. At this stage, you may feel the need to talk to "other people" with whom you feel comfortable.

It is important to recognise that you may require different help at different times in your illness.

People who can help

Cancer Education, Information and Support Service - at Buckinghamshire Hospitals NHS Trust - provides cancer information and support to people with cancer, their family, friends and carers. Health professionals are available to offer information and support at any stage of diagnosis through treatment and beyond.

For more information please contact The Cancer Education, Information and Support Service, Cancer Care and Haematology Unit, Stoke Mandeville Hospital, Mandeville Road, Aylesbury, Bucks HP21 8AL

Dedicated phone line and voicemail 01296 316954

Email: cancerinformation@buckshosp.nhs.uk.

Open Monday to Friday between 9.30am and 4.00pm.

Nurses/Clinical Nurse Specialists/Macmillan Nurse - you are likely to have a lot of contact with nurses throughout your illness and they are often able to provide emotional support.

General Practitioners - they will be very much involved in your cancer journey and will be a source of advice and information for you. They may be able to put you in touch with local groups that can provide the assistance that you need.

Complementary Therapies - include acupuncture, aromatherapy, massage, Indian head massage, reflexology, relaxation and reiki. As the name suggests can be used alongside your conventional treatment programme. Such therapies may help to reduce stress and the side effects of treatment. It is wise to inform your doctor before starting these therapies.

The Cancer Care and Haematology Unit at Stoke Mandeville Hospital and the Sunrise Unit at Wycombe Hospital now provide a wide range of complementary therapies given by trained volunteer complementary therapists. At present four sessions are permitted per patient free of charge. These sessions can be used at any stage of care and can be accessed through the Cancer Education, Information and Support Service.

To book a complementary therapy at Stoke Mandeville Hospital contact 01296 316089 or for a therapy at Wycombe Hospital call 01494 426244.

Talking to other patients - very often patients find it both reassuring and helpful to talk to other people who are in a similar situation. Sometimes sharing an experience with another patient can lessen the stress and burden of cancer and take away the feeling of isolation. It is important that if you do talk to other patients that you do not compare their treatment with yours, as everyone is different and your treatment is designed especially for you.

Counselling Services - counselling can provide a private opportunity to talk to someone about anything that concerns or troubles you. Counselling is not the same as advice. It aims to help you to find your own way of responding to your particular circumstances. Your doctor, nurse or local support group can put you in touch with a professionally trained counsellor. Counselling may not always be available on the NHS.

Clinical Psychology Service - it is not unusual for some patients to need additional support when they have cancer. If necessary, you can be referred to this service by your clinical nurse specialist/key worker or oncologist.

Spiritual/Pastoral Support - you may or may not have an active faith or particular religious beliefs; you may or may not attend a place of worship. Whatever your situation there are hospital and hospice chaplains available to discuss confidentially matters that concern you or your family and to provide for your particular religious and spiritual needs whilst you are an inpatient. If you would like to speak to someone from your own religious or cultural background, this can be arranged through the chaplains.

Support groups

Chiltern Breast Cancer Support Group 'UPFRONT'

Local volunteer support group
The Chiltern Hospital
London Road
Great Missenden
Bucks

Support Group meetings are held second Thursday every month
7.30pm- 9.30pm
Email: info@upfront.org.uk
Website: www.upfront.org.uk

'BREASTFRIENDS' Support Group

Mutual support group in the Aylesbury area.

Support group meetings are held on the first Tuesday of each month
Tel: Jan 07743 350833

What to tell the children

Many people who discover that they have cancer will have children who will need to understand what is happening through this difficult time. The first critical step is talking with your children about your cancer and this will depend on their age and developmental stage. Macmillan Cancer Support provides a comprehensive booklet that covers information on why, who, when, how and what to tell a child, coping with change and uncertainty, and sharing experiences. Free copies of this booklet can be obtained via the Macmillan website www.breastcare.org.uk or from the Cancer Education, Information and Support Service.

Breast Cancer Care also publish various booklets which may help you when talking to children. Copies available via Breast Cancer Care website or again from the Cancer Education, Information and Support Service.

Recommended Publications

- Talking to the children when an adult has cancer – Macmillan Cancer Support.
- The Secret C – Macmillan Cancer Support/Winston's Wish.
- Mummy's Lump – Breast Cancer Care.
- What to tell the children – Breast Cancer Care.

Caring for the carers

Carers play a huge part in the life of somebody with cancer. Carers can often feel isolated and can feel guilty for voicing needs of their own as they are not the person who is unwell. Therefore they will also need information on cancer related issues and support which is available to them. The Macmillan Cancer Support 'Cancer Guide' includes an informative chapter entitled 'Family and Friends'. The section looks at tips for good listening techniques and understanding, and how the carer can assist practically. It also highlights the importance of being informed and looking after oneself.

A copy of the Cancer Guide can be obtained through Macmillan Cancer Support. www.macmillan.org.uk telephone 0808 808 0000.

The Cancer Education, Information and Support Service, Cancer Care and Haematology Unit, Stoke Mandeville Hospital, Mandeville Road, Aylesbury, Bucks HP21 8AL on 01296 316954.

Alternatively you can contact:

The Carers National Association or Carers Bucks.

Information on all websites and contact details are listed in the Further information and support section starting on page 27.

Further information and support

The Cancer Education, Information and Support Service

Cancer Care and Haematology Unit
Stoke Mandeville Hospital
Mandeville Road
Aylesbury
Bucks HP21 8AL
Dedicated phone line and voicemail: 01296 316954
Email: cancerinformation@buckshosp.nhs.uk
Open: Monday – Friday 9.30am – 4.00pm

The Lynda Jackson Macmillan Centre

Mount Vernon Hospital
Rickmansworth Road,
Northwood,
Middx HA6 2RN
Tel: Information and Helpline 01923 844014

The Maggie's Centre

Churchill Hospital
Old Road
Headington
Oxford OX3 7LJ
Tel: 01865 225690
Fax: 01865 225689
www.maggiescentres.org

Breast Cancer Care

The Volunteer Service
15-19 Britten Street
London SW3 3TX

Tel: Freephone 0808 800 6000
Website: www.breastcancercare.org.uk

Macmillan Cancer Support

89 Albert Embankment
London
SE1 7UQ
Tel: 0808 808 0000
Website: www.macmillan.org.uk
Free helpline and booklets

Bucks Carers

Ardenham Court
Oxford Road
Aylesbury
Bucks HP19 8HT
Tel: 01296 392711
Website: www.carersbucks.org

Carers National Association

20-25 Glasshouse Yard
London EC1A 4JT
Tel: 0207 4908818
Carers line: 0808 8087777

Information Prescriptions

Information Prescriptions are a quick and easy way to provide information about your condition and local services.

www.nhs.uk/ips

The Voluntary and Support Groups in this booklet are in no way connected to Buckinghamshire NHS Trust. We cannot be held accountable/responsible for any action undertaken by members of these organisations.

Names and telephone numbers in this leaflet may change from time to time. We try to update them regularly, but your Breast Care Nurse will help you if you have problems.

Confidentiality

Everyone working within the NHS is under a legal duty to keep your records confidential. Information will not be given to your relatives or carers unless you agree to this. There are a few exceptions to this rule. For more information refer to the PALS leaflet. If there is something you do not want relatives to be told, please tell your doctor.

'The content provided in this leaflet is compliant with the cancer standards and keyworker documentation. All leaflets are updated whenever necessary or on the review date shown below'

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand rub (special gel) available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand rub. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk

If you require an interpreter or need a document in another language, large print, Braille or audio version please ask for assistance.

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