

Breast Care



Women who have had radiotherapy to their chest, or upper abdomen may have problems with their breasts.

Growing breast tissue can be damaged by radiotherapy so that the breasts may not develop properly. Sometimes small breasts or breasts of different sizes can be helped by plastic surgery and/or breast

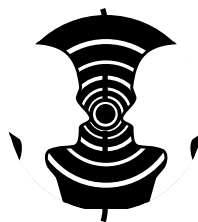
implants. If the skin has been affected by the radiotherapy a breast implant may not be possible. Your doctor can refer you to a specialist if you need advice about this.

If your breasts have developed normally it may be difficult to breast-feed your babies as the radiotherapy can affect the milk producing glands in the breast.

There is a very small but increased risk of developing breast cancer after radiotherapy to the chest. It is possible you will be called for breast screening (mammogram) examination at a younger age than would normally happen because of your treatment. Self-examination of your breasts is very important. There are many helpful leaflets available describing how to do this and when is the best time of the month. These leaflets are available in GP's surgeries, Family Planning Clinics and most Oncology outpatient clinics. If you speak to your doctor about this they can tell you if you need any extra tests.

These issues are important and need personal discussion.

You are encouraged to talk about them at your follow up visit in the clinic.



I didn't beat cancer to spend the rest of my life worrying!

Vanessa Moss

visit www.aftercure.org for tips, advice and other useful websites

Keep a record of sites you find useful: