

Open access follow up treatment for breast cancer

Open access follow up is how we monitor you and provide care and support after treatments are complete.

Many people find that finishing treatment can be daunting as you may have got used to having many hospital visits. We hope this information will help you to prepare for what to expect in the future and allow you to get ready for completing treatment and leaving hospital appointments behind.

The type and length of treatments used for breast cancer can vary and will depend on the particular risk profile of your individual diagnosis. Despite these differences, many patients have common questions and fears about their future once their treatment has finished. We will address these at an end of treatment appointment which will be organised approximately three months after your last hospital treatment.

The end of treatment consultation is a group session with other patients who have also completed treatment recently at The Royal Marsden. Its aim is to give you information about:

- Your future screening and how this will be organised
- Details about any on-going treatment
- Healthy lifestyle choices and how to maximise your recovery
- How to cope with any side effects and strategies to manage them
- Changes and symptoms to look out for
- Who (and how) to report any concerns to.

It is also a chance for you to tell us how you are feeling. Patients who have attended the group session have found talking in a group and hearing how others are coping beneficial. The session can last for up to two hours - tea and coffee are provided. As it is a group session, unfortunately family members cannot attend.

Open access follow up enables you to move forward with your life after breast cancer treatment, knowing that you have our support and that you can come to us when you need to.

If you have any questions about open access or the end of treatment session, please contact us.

Open Access helpline:

020 7811 8114

Email:

oafu@rmh.nhs.uk

