

## Open Access Follow-Up Anti-hormone therapy (Tamoxifen and Aromatase Inhibitors)

Aintree University Hospital **NHS**

NHS Foundation Trust

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Patients with hormone sensitive cancer are prescribed anti-hormone tablets, also known as endocrine therapy. You are one of these patients.

You will not have to pay for these tablets as you are entitled to free prescriptions.

As your surgical or medical oncologist will have discussed with you, some patients will change their tablets at some point during their treatment.

You are one of these people. Your oncologist will want to see you back in the hospital when it is time for you to change your medication.

If you haven't heard from us as you near the end of your tamoxifen, please contact your breast care nurse to arrange an appointment in the medical oncology clinic.

The anti-hormone therapy you are on at the moment is called tamoxifen

You started tamoxifen on

<input type="text"/>	<input type="text"/>	-----	<input type="text"/>	<input type="text"/>
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You will stop taking tamoxifen on

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and you will then change to a tablet known as an aromatase inhibitor.

As treatments change and develop all the time, we will discuss the best tablets to change to when you come and see us towards the end of your time on tamoxifen.

If there are major changes to either types of treatment during the time you are on them we will tell you about this and about what this may mean for you at your annual mammogram appointment.

### Side effects of tamoxifen

You may experience side-effects that are particular to tamoxifen. We will have given you a separate advice sheet about these.

If you do not have this you can ask us for another copy.

As a result of taking tamoxifen, the lining of your womb may become thicker, which can then cause you to experience vaginal discharge.

This is common and not serious. However, if you experience unexpected vaginal bleeding, please contact either your breast care nurse or your GP who may refer you to a gynaecologist for a check-up.

### Side effects of aromatase inhibitors

When you visit us to discuss switching to your aromatase inhibitor, we will go through the side-effects for that tablet with you and give you another separate advice sheet to keep.

### Bone density scans

When you change onto your aromatase inhibitor you will need one or more bone density scans (DEXA scans).

These scans tell us if you are developing bone thinning which could lead to a condition called osteoporosis. We will tell you if you need these scans.

If you do, you will have them about every two years, starting with a baseline scan.

Your consultant oncologist will let you know how these will be booked.

These scans may be arranged either by us, or by your GP depending on what is convenient for you.



**If you require a special edition of this leaflet**

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**0151 529 4969**

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