

Open Access Follow-Up Breast cancer when you are under 45

Aintree University Hospital **NHS**

NHS Foundation Trust

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In your diagnosis pack you may have received a booklet from Breast Cancer Care called Younger Women with Breast Cancer. This booklet covers a whole range of aspects which may be important to you, including:

- Treatment-related issues like fertility and what happens when you are diagnosed with breast cancer during pregnancy
- Physical side effects including body image, sexuality and contraception
- Psychological and emotional effects
- Relationships

If you did not have this booklet or would like another copy, please ask your breast care nurse. If there are issues that you are concerned about which are not covered in this booklet, please contact your breast care nurse.

Contraception

Even though you may not have had a period, you may still be able to get pregnant. Effective contraception is important.

Depending on you type of breast cancer, you may be advised to avoid hormone based contraception (such as the Pill).

Your GP or practice nurse will be able to recommend a local family planning centre where you can discuss your individual needs.

The general advice is that you should not get pregnant for two years following your treatment for breast cancer.

However, it is advisable to talk to your specialist team about your particular

concerns and circumstances if you have questions about this.

Mammograms

Sometimes, younger breasts can be very dense and therefore a mammogram may not be helpful. In these instances, you may be monitored with MRI or ultrasound instead. Your radiologist will discuss with you the best personalised imaging schedule for you.

Further support

Breast Cancer Care have set up specialist services for younger women with breast cancer, including a 'Younger Women's Forum'. You can contact breast Cancer Care for further information.

Breast Cancer Care

Free Helpline: 0808 800 6000

Website: www.breastcancercare.org.uk

Email: info@breastcancercare.org.uk



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please:

0151 529 8564
listening@aintree.nhs.uk

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