

**Patient
Information**

Specialist nursing support for people with Secondary Breast Cancer

Your Specialist Cancer Nurse(s) is/are:

Tel: _____

Monday to Friday, 8:30am to 4:30pm

What is secondary breast cancer?

Secondary breast cancer happens when cancer cells spread from the primary (first) cancer in the breast to other parts of the body through the lymphatic system or the bloodstream. Some people may be diagnosed with primary and secondary breast cancer at the same time. You may also hear secondary breast cancer referred to as:

- metastatic breast cancer
- metastases
- advanced breast cancer
- secondary tumours
- secondaries
- stage 4 breast cancer

Secondary breast cancer can be treated, but it cannot be cured. The treatment aims to control your cancer, relieve any symptoms, and maintain your health, wellbeing and give you a good quality of life for as long as possible.

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Department

Oncology

Review due

February 2024

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Finding information and support

Coping with a diagnosis of secondary breast cancer can be overwhelming, but support is available.

In the days or weeks after your diagnosis, you may find it hard to think clearly. You may experience many different emotions. However difficult it may seem, you can have some control over how you manage the illness and deal with the emotional and practical issues it brings.

Breast Cancer Now has produced a 'Secondary Breast Cancer' information pack that contains information about treating the disease and coping with its effect, as well as signposting you to sources of support. You can ask for a copy by calling:

Breast Cancer Now

Helpline: 0808 800 6000

Both your call and copy of the pack will be free of charge.

Tell us your concerns

You may have many different needs and concerns. Identifying them is important, as it means we can help you get the appropriate support.

If you think it would be helpful to meet us face to face to discuss your concerns then please contact us and we can arrange a convenient time to do this.

How can we help you?

It is our role as your specialist nurses to use our knowledge and experience to provide information to help you, and those close to you, to understand your diagnosis and treatment. We will also be able to give you details of helpful support services.

We work closely and liaise with other healthcare professionals such as your GP, and can arrange referrals to specialist healthcare services based on your needs.

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There are also 3 hospices in Gloucestershire that are run by a team of experts who can help manage symptoms and improve your wellbeing. The hospices offer fully individualised programmes that combine specialist medical care for managing pain and other symptoms, with emotional, practical and spiritual support also available.

Sue Ryder in Cheltenham is the only hospice in Gloucestershire that offer in-patient stays.

Meeting others

It can be hard to find anyone who understands what it is like to be diagnosed with Secondary Breast Cancer. For more information you can contact:

Breast Cancer Care Now

Tel: 0345 077 1893 or

Email: secondaryservices@breastcancernow.org

There is a secondary breast cancer support group held at the Maggie's Centre in Cheltenham. This can provide the chance to meet others who understand what you are going through because they are going through it too.

Keeping in contact

You can telephone us as your Keyworker/Specialist Cancer Nurses on the number at the beginning of this leaflet and leave a voicemail if necessary.

While we are often busy we will respond to your message as soon as we can, although this may not be the same working day. Please do not leave any urgent messages on the answerphone.

If you are feeling unwell and are receiving Oncology treatment, then please contact the Chemotherapy Helpline instead:

Chemotherapy Helpline

Tel: 0300 4223 444

Available 24 hours, 7 days a week

**Patient
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Tel: 0300 422 3444

Chemotherapy Booking Appointments

Tel: 0300 422 3366

General Oncology Appointments

Tel: 0300 422 4027

Community Palliative Care Team

Tel: 0300 4225370

Gloucestershire Hospitals Switchboard

Tel: 0300 4222 222

When prompted ask for the appropriate person or department or the operator.

Further local information**Maggie's Centre Cheltenham**

The Lodge
College Baths Road
Cheltenham
GL53 7QB

Tel: 01242 250 611

Monday to Friday, 9:00am to 5:00pm

Email: Cheltenham@maggies.org**Cancer Information Centre Cheltenham (Focus)**

Oncology Centre
Cheltenham General Hospital

Tel: 0300 4224414

Monday to Friday, 8:30am to 4:30pm

**Macmillan Cancer Support Information Hub Gloucester
Hospital**

The Atrium
Gloucestershire Royal Hospital

Tel: 0300 422 8880

Monday to Friday, 9:00am to 4:00pm

Email: ghn-tr.macmillanhub@nhs.net

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Macmillan Next Steps Gloucester

2nd Floor
Southgate Moorings
2 Kimbrose Way
Gloucester
GL1 2DB

Tel: 0300 421 6586

Email: nextsteps@ghc.nhs.uk

Website: www.ghc.nhs.uk/our-teams-and-services/macmillan/

Charlies Cancer Support and Therapy Centre (Gloucester)

Unit 2
Venture Business Centre
Madleaze Road
Gloucester
GL1 5SL

Tel: 01452 939000

Email: charlies2014@yahoo.co.uk

Website: www.charlies.org.uk

Cobolt Unit Cheltenham (scans)

Tel: 01242 535910

Website: www.cobalthhealth.co.uk/

Sue Ryder Hospice (Cheltenham)

This is available to all patients who are receiving, have received or are in the process of being referred to any of our care services.

Patient Helpline: 0300 303 1395

Great Oaks Dean Forest Hospice

The Gorse
Coleford
Gloucestershire
GL16 8QE

Tel: 01594 811 910

Email: clerical@great-oaks.org.uk

Website: www.great-oaks.org.uk

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Longfield Community Hospice (Stroud)

Burleigh Lane
Minchinhampton
Gloucestershire
GL5 2PQ

Tel: 01453 886868

Email address: info@longfield.org.uk

Other support

Breast Cancer Care Now Helpline

Tel: 0808 800 6000

Macmillan Cancer Support

Tel: 0808 808 0000

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