

Sultan Qaboos Comprehensive Cancer Care & Research Centre

Breast Cancer Program

**Five years have
passed since the
I get treated from
breast cancer**

Prepared By: Dr.Adil Al Ajmi - Ms. Zamzam Al Habsi

Five years have passed since the I get treated from breast cancer, what should I do now?

As it is now five years or more since your diagnosis, the chances of you developing further problem from your breast cancer are less, so there is no longer a need for you to be examined once a year in the Breast Clinic. You can continue to keep a check on yourself by being aware of how the area around your mastectomy scars normally look and feel in the routine course of washing and dressing, (or over your reconstructed breasts if you have them). Because all your breast tissue has been removed, any lumps or other changes are usually easy to detect, if you do notice a change you should report this, but it is more likely to be insignificant or related to your treatment, rather than the cancer.

If you have any concerns in the future, we would of course be happy to see you

If you would like any advice about keeping well, either now or in the future, you can make an appointment to see our Breast Care Nurse Specialist who holds a weekly clinic. We hope that you will be able to put your breast cancer diagnosis behind you now but if learning how to keep a check on yourself and advise on diet and exercise. She can also advise on managing menopausal symptoms. If you have any problems that you wish to discuss, then please contact our Breast Care Nurse on 72727350 her role is to provide you with information and emotional support