



Life after breast cancer



Breast Cancer Network Australia

This fact sheet is about life after treatment for breast cancer.



How you might feel after treatment

It is normal to find things hard after treatment for breast cancer.



It might take time to feel good again.

You might feel



- different



- happy



- sad

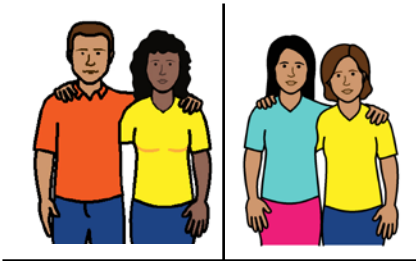
- worried

- angry.

There is **no** right or wrong way to feel.

You might think about what is important to you.

For example



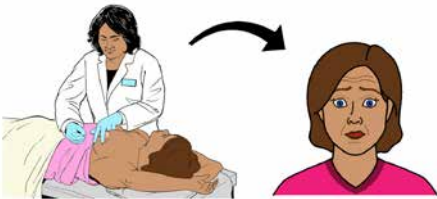
- your partner

- your family

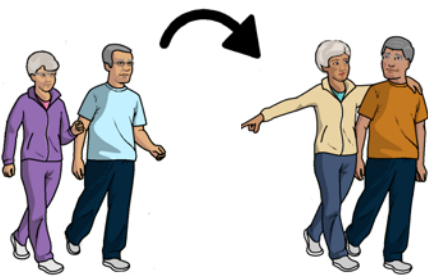
- your friends



- your work.



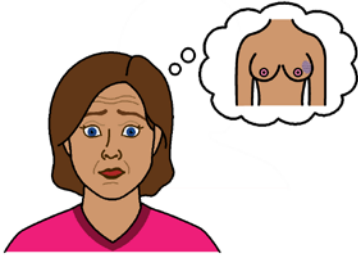
After treatment for breast cancer you might feel different.



People in your life might change the way they treat you.

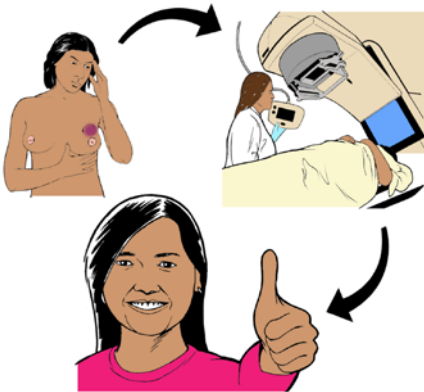


It can take time for people in your life to get used to the change.



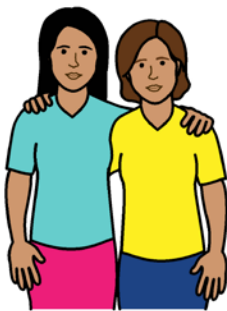
You might worry that breast cancer will come back

It is normal to worry that breast cancer will come back.



It is good to know that most breast cancers do **not** come back.

In Australia we have good programs to screen and treat breast cancer.



You might worry less if

- people in your life support you
- you take good care of yourself
- you ask for help when you need it
- you learn about your health and treatment.

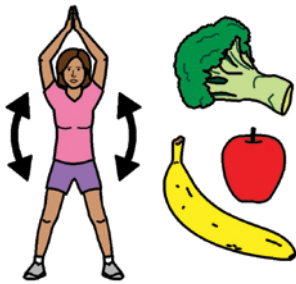


How to get help



You can get help from your doctor.

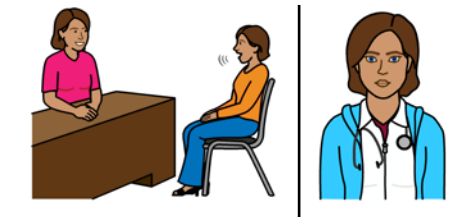
Your doctor can talk to you about things that worry you.



Your doctor can tell you how to stay healthy.

For example

- eat well
- exercise.



You can also ask to see



- a breast care nurse
- a counsellor or support group
- a social worker.



You might worry about your appointment with your doctor



After treatment for breast cancer you need to see your doctor.

Your doctor will check your breasts for changes.



It is normal to worry about your appointment with your doctor.



You might worry less if you

- take a support person to the appointment



- plan to do something nice after the appointment

- talk to people who understand.

You can also learn about ways to relax.

For example



- meditation

- yoga

- talk to a friend.



More information



Breast Cancer Network Australia

Website

bcna.org.au

Phone

1800 500 258



Cancer Australia

Website

canceraustralia.gov.au



Australian Cancer Survivorship Centre

Website

petermac.org



Cancer Council

Website

cancer.org.au

Phone

13 11 20



Talk to your doctor.



BCNA acknowledges the support of the Victorian Government and the Australian Cancer Survivorship Centre - A Richard Pratt legacy.

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