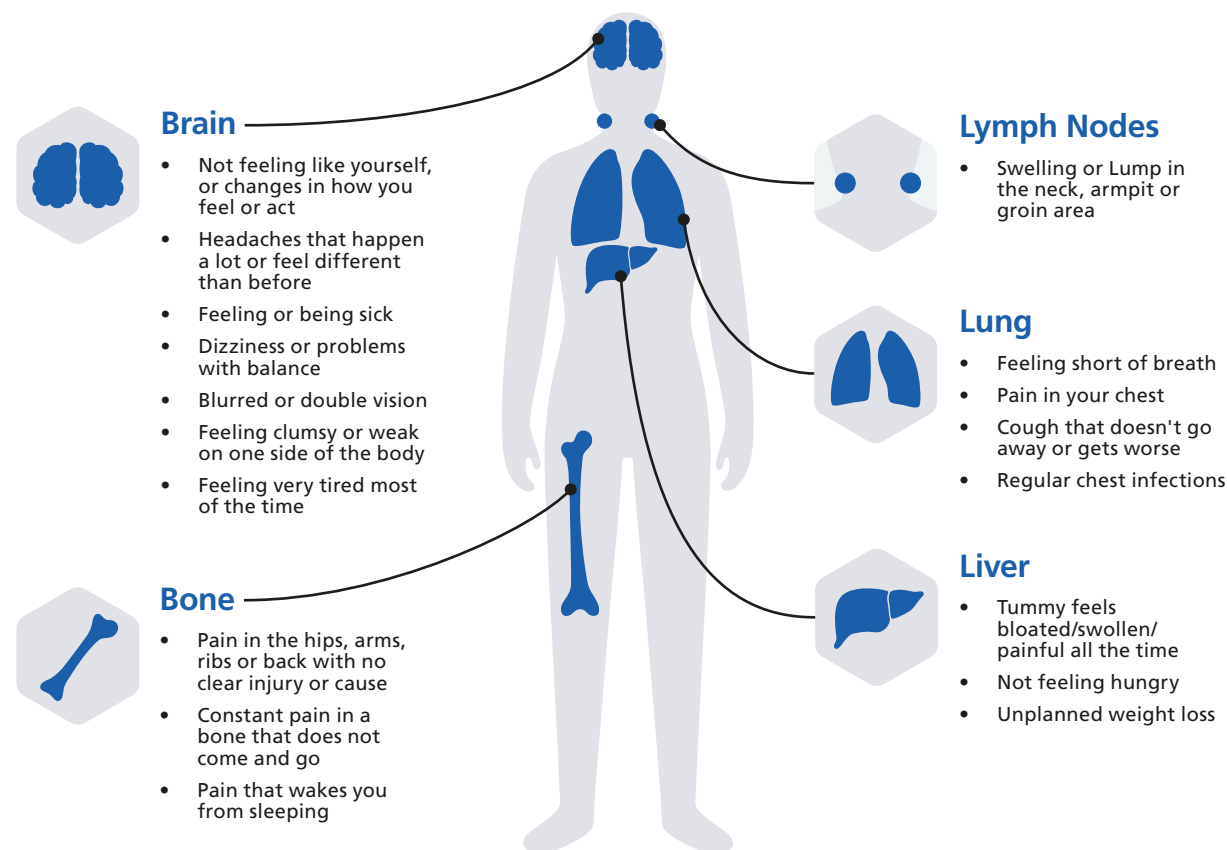


Breast Cancer: Check for Spread

Signs and symptoms of cancer returning (metastases)

Metastatic cancer means the cancer has spread from where it first started to another part of the body. Not all symptoms will mean that your cancer has returned, but it is best to get them checked.



If you have any of the symptoms on the diagram for more than 4 weeks, please contact your breast care nurse or GP.

Emergency symptoms:

If you have any of the following symptoms, please call 999 or go to A&E. Tell them about your cancer and that you are worried about metastatic disease:

- Difficulty breathing
- Severe chest pain
- A large amount of blood when coughing
- New fit or seizure
- Difficulty controlling your bowels or bladder
- Feeling that your arms or legs do not work properly

If you have any of the following symptoms, please see your GP straight away. Tell them about your cancer and that you are worried about metastatic disease:

- Yellowing of the skin and eyes (jaundice)
- Spots of blood when coughing
- Being sick every morning
- Headaches that wake you up from sleep or are very severe

Breast symptoms:

Don't forget to also check your breasts or chest for changes. This is to look out for recurrence in the breast, not metastatic spread. Look for:

- A new lump in your breast, chest, or armpit
- Skin changes like redness, puckering or dimpling
- Nipple turning in or nipple discharge

Acknowledgement:

Based on infographics by Jo Taylor, founder of METUPUK