



Information for patients undertaking the Follow up Shared Care Program.

Once your treatment is completed, you will have follow-up visits with your Oncologist (Cancer Specialist) and your General Practitioner (GP) as per the **Shared Care Schedule**.

Your care team will inform you of your schedule based on the treatment you received.

WHAT DO I NEED TO DO NOW?

1. Continue with any advice your medical oncologist and care team has given you.
2. Monitor your short-term side effects. They should improve over time.
3. Continue to see your General Practitioner (GP) for your other healthcare needs. Your GP will have records of your cancer treatment and all tests.
4. Follow the advice of your oncologist and care team to manage any long-term side effects.
5. **If you are worried about your symptoms, contact the Survivorship Nurse.**

CONTACT US

Text or Call: **Antoinette 0461 443 074**
Jenna 0459 120 973

Email: SWSLHD-CancerSurvivorshipClinic@health.nsw.gov.au

The survivorship nurses are available Monday to Friday, 9:30am to 4pm.

If you send a text, leave a voicemail, or send an email, the following information will help us get back to you quickly!

- Full name
- Date of birth
- Your Medical Record Number (MRN) if you know it.
This is the number on your hospital wrist band.

Information & Resources for Early Breast Cancer Survivorship

1. Cancer Australia – [Shared Care Plan](#)
2. Cancer Australia – [Cancer – how are you traveling?](#)
3. Cancer Australia website – [Life After Cancer](#)
4. Cancer Australia – [Recommendations for the identification and management of fear of cancer recurrence in adult cancer survivors](#)
5. Cancer Australia - [Managing menopausal symptoms after breast cancer - a guide for women](#)
6. Breast Cancer Network Australia booklet – [Breast cancer and sexual wellbeing](#)
7. Cancer Council website – [After cancer treatment](#)
8. Dr Rosie King – *Good Loving Great Sex* (book)
9. Sallie Foley, Sally A. Kope and Dennis P. Sugrue– *Sexual Health Matters for Women : A complete guide to taking care of your sexual self* (book)