breast cancer fitness

When to call your team

Keep this somewhere easy to find, such as on the fridge. Always follow the specific advice your own team has given you.

CALL 999

- Chest pain that doesn't go away, or severe difficulty breathing
- Confusion, or you feel the worst you've ever felt
- You haven't passed urine for a day, or your skin is mottled or discoloured
- Signs of a stroke, or you collapse

CALL YOUR 24-HOUR TREATMENT HELPLINE NOW

- Temperature over 37.5°C or below 36°C, or you feel shivery or suddenly unwell
- Signs of infection: sore throat, cough, burning when you pass urine, a red or swollen area
- Being sick and unable to keep fluids down, or severe diarrhoea
- New back pain with numbness, weakness or tingling in your legs, or problems controlling your bladder or bowel
- Bleeding or bruising that won't stop

CONTACT YOUR BREAST CARE NURSE OR GP SOON

- New swelling, heaviness or tightness in your arm, hand, breast or chest
- Signs of wound infection: redness, heat, discharge
- A new lump, or skin or nipple changes
- Pain, tiredness or low mood that isn't getting better
- New bone pain lasting more than a week or two

MY NUMBERS

24-hour treatment helpline	_____
Breast care nurse	_____
GP	_____
Breast Cancer Now helpline (free)	**0808 800 6000**