

Life after Breast Cancer Treatment

Breast cancer affects women not only physically but also has some psychological effects. Many women question whether it will be possible for them to get back to their old and normal life after getting breast cancer treatment. If you are someone who is a breast cancer survivor, you need to consider the following aspect to live a long and healthy life.

Follow up schedules

- Doctor visits

If you have completed treatment, you will need to take follow-up visits with your doctor every few months. The longer you are free of cancer, the less appointment you will need. After five years, you will require treatment only once each year.

- Mammograms

If you have had surgery for breast conservation, you will require a mammogram every six to twelve months after radiation and surgery are finished later every year. Women who had a mastectomy do not require a mammogram on that side. But unless you have both of your breasts removed, you still require mammograms on the breast that is remaining.

- Other tests

Blood tests and other imaging tests like PET or CT scans, x-rays, bone scans are not a standard part of the follow-up of most women who have received their treatment for breast cancer. These tests are important for checking if your cancer is coming back and then treating it at the earliest.

- Pelvic exam

In case you are taking any one of the hormone drugs such as toremifene and tamoxifen and still have a uterus, your doctor will suggest you have pelvic exams each year. These drugs can increase the chances of uterine cancer.

- Bone density test

If you are taking an aromatase inhibitor, a hormone drug for early breast cancer, or if you have menopause due to this treatment, your doctor will have to monitor the health of your bones through bone density tests.

Conclusion

If you need a follow-up treatment after you recover from breast cancer, you can get in touch with **Prolife Cancer Clinic and Research Institute at Pune.**