

First Appointment Breast



Introduction

The information below will signpost you to services which will help and support you to improve your overall health and wellbeing while you await your first appointment in the Breast Department.

You might be referred to a Breast clinic for many reasons. For both men and women, these include lumps in the breast, changes in appearance in the breast, discharge from the nipple, reconstruction of the breast or asymmetry.

For any breast pain you should be referred to our community breast pain clinic at Ashgate Manor.

For information on breast pain please refer to the guidance below:

<https://www.nhs.uk/conditions/breast-pain/>

At your first appointment you may have a mammogram, ultrasound and/or biopsy. This will depend on clinical examination and presentation on the day. Not all these tests are required for all patients. You will then see the clinician again on the same day who will discuss whether you need further appointments, MDT discussion or whether you are able to be discharged from clinic.

You may be asked to fill out forms and discuss your medical history with the clinician, as well as describing any symptoms you may be experiencing and any previous medical history that may be relevant.

A specialist who will be male or female will often carry out a physical examination of the breast and surrounding area.

It may be that you can be reassured at the first appointment and not need any further tests or examinations.

Sometimes your first appointment will be of a non urgent nature so there may be a wait for this appointment e.g for patients who have been referred in for reconstruction surgery.

Take Your Medication

Continue taking all of your prescribed medications unless you have been advised otherwise by a Healthcare professional.

Keep Moving

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The contents of this information has been reviewed and approved by the Quality Delivery Committee of Chesterfield Royal Hospital

My Planned Care Patient Information Platform

Getting active is one of the best ways that you can improve your overall health and wellbeing. Below are some links to tools and resources to support you to increase your activity levels.

<https://www.livelifebetterderbyshire.org.uk/services/getting-active/getting-active.aspx>

Improve Your Health

You can use the link to the below tool to check your BMI and find out if you are a healthy weight.

[BMI calculator | Check your BMI - NHS | Please fill in your details \(www.nhs.uk\)](#)

If required, see the below link for support with weight loss;

[Losing weight - Live Life Better Derbyshire](#)

If your BMI is below 18.5, this suggests that your weight may be too low. The below link can provide advice on achieving a healthy, balanced diet;

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Smoking leads to a wide range of health problems. If you're interested in taking part of the Derbyshire Live Life Better smoking cessation programme you can call on Freephone 0800 0852299. Alternatively see the link below for further support and advice for stopping smoking;

<https://www.livelifebetterderbyshire.org.uk/services/stopping-smoking/stopping-smoking.aspx>

If you're drinking too much alcohol then cutting down can have lots of benefits for your health and wellbeing. See the below link for tools and advice to help you understand whether you are drinking more than the recommended limit and advice on how to reduce your intake;

[Alcohol awareness - Live Life Better Derbyshire](#)

Good Mental Health

Mental wellbeing is an important part of all of our lives and good mental health and wellbeing is linked to good physical health. Below are some links to websites and resources to support with all aspects of mental health;

<https://www.nhs.uk/mental-health/>

[Mental wellbeing - Live Life Better Derbyshire](#)

If the thought of coming in to hospital makes you feel anxious or upset, it may be helpful to talk about your concerns with your local GP practice. GP's can refer on for specialist support if required, who can offer techniques to deal with your anxieties including mindfulness, relaxation or yoga.