



Rehabilitation and Supportive Care after Surgery for Breast Cancer

It is normal to feel shocked, angry, loss of control, loss of confidence and sad after undergoing a diagnosis and surgery for breast cancer. Allow yourself some time to adjust to the body changes and to recover from these feelings. You are encouraged to:

- Talk to your loved ones or breast care nurse about these feelings
- Maintain a well-balanced diet. It is not necessary to restrict your diet unless advised by your doctor
- Pace your activities and allow rest periods
- Continue the wound and arm care, arm exercises and use of breast prosthesis as needed (your breast care nurse will advise you accordingly)
- Join a breast cancer support group

Breast Care Centre
 NUH Medical Centre Level 8
 Appointment Line: (65) 6772 2002
 Email: breast_surgery@nuhs.edu.sg



Nearest MRT Station: Kent Ridge (Circle Line)

National University Hospital

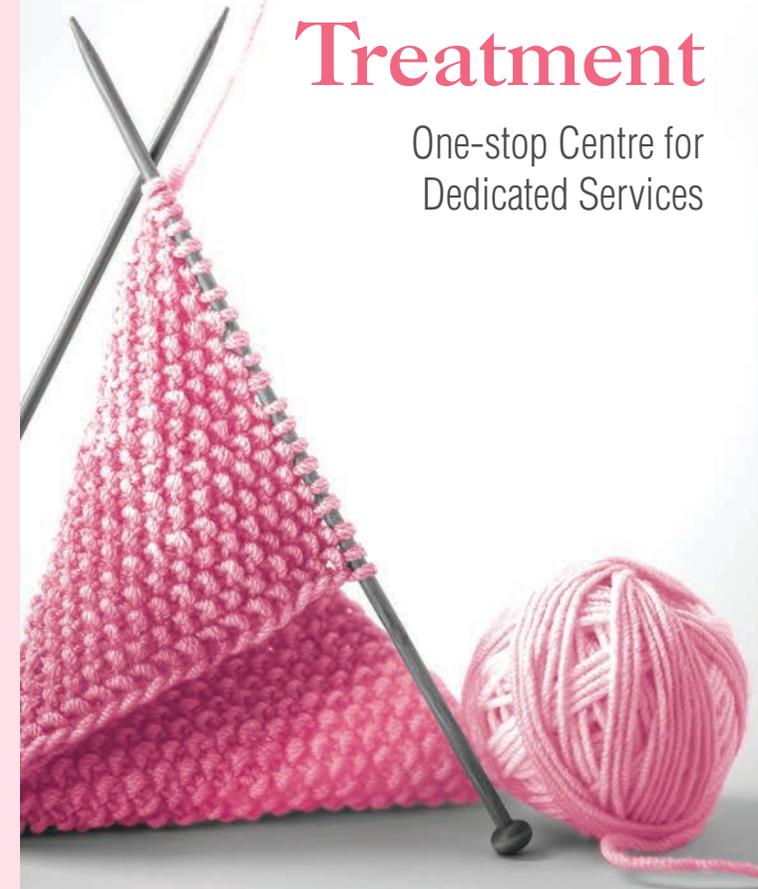
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 and subject to revision without prior notice.

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Weaving Care into Breast Cancer Treatment

One-stop Centre for Dedicated Services





About Us

You may have recently felt a new breast lump or heard about the need for breast cancer surgery at a most stressful time i.e. after you or your loved one is diagnosed with breast cancer.

At the National University Hospital (NUH) and National University Cancer Institute, Singapore (NCIS), we believe that Every Patient Matters. We recognise the anxiety associated with breast cancer screening and the complex needs of a patient undergoing breast cancer treatment.

Our Team

In close partnership with you, our multi-disciplinary team comprising of:

- Surgeons (Breast and Plastic)
- Medical Oncologists
- Radiation Oncologists
- Pathologists
- Radiologists
- Psychiatrists
- Psychologists
- Medical Social Workers

- Allied Healthcare Workers
- Advanced Practice Nurses
- Breast Care Nurses

are committed to providing quality, comprehensive, coordinated and holistic care to you and your loved ones.

Our One-Stop Facilities and Services

Established in 2014, the Breast Care Centre is a dedicated one-stop centre where you can expect state-of-the-art breast cancer screening, diagnostic and surgical care for a variety of benign, cancerous and cosmetic breast conditions.

Start your day with a consultation with our surgeons followed by imaging at the adjacent Breast Imaging Centre, and end your day with a definitive care plan complete with recommendations.

Breast Cancer Detection and Diagnostic Services

- **Clinical Breast Examination**
- **Mammography** – low dose x-ray of the breasts
- **Ultrasound (optional)** – use of sound waves to create a picture of the breasts
- **Magnetic Resonance Imaging** – use of magnetic fields to create pictures of the breasts
- **Fine Needle Aspiration** – removal of cells for further tests
- **Core Needle or Tru-cut Biopsy** – removal of tissue for further tests
- **Vacuum-assisted Biopsy (mammotome biopsy)** – removal of a larger sample of tissue for further tests

Surgery for Benign Breast Conditions

- **Excision Biopsy** – removal of a lump or abnormal area for further tests
- **Drainage of Abscess** – removal of pus and/or infected fluid from the breasts
- **Microdochectomy** – removal of a breast duct
- **Reduction Mammoplasty** – removal of excessive breast tissue in women with large breasts
- **Gynaecomastia Surgery for Men** – removal of excessive breast tissue in men

Surgery for Breast Cancer

Surgery is one of the main treatments for breast cancer. Depending on the size and position of the cancer and your preferences, the surgeon will recommend one or more of the following surgical options:

- **Wide Local Excision (Breast Conserving Surgery)** – removal of the cancer and some of the normal looking tissue around it
- **Oncoplastic Surgery (Breast Conserving Surgery)** – removal of the cancer with improved cosmetic outcomes, women can choose to have surgery on the unaffected breast to improve balance
- **Mastectomy** – removal of the whole breast
- **Reconstructive Surgery** – making a new breast shape using implants and/or your own tissue
- **Sentinel Lymph Node Biopsy** – removal of 1 to 3 lymph nodes in the armpit to check for cancer cells
- **Axillary Lymph Node Dissection** – removes 10 or more lymph nodes in the armpit

After breast cancer surgery, you may be offered additional treatments such as radiotherapy, hormonal therapy, chemotherapy and/or biological therapy to reduce the risk of cancer recurrence.