

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Breast cancer in younger women



Young women with breast cancer are often treated aggressively with surgery, chemotherapy, radiotherapy and other systemic (all over) treatments.

This can affect fertility and menopausal status.

Please speak to your breast care nurse, chemotherapy nurse, surgeon or oncologist if you have any questions related to the information below.

Fertility

Having chemotherapy and hormone therapies can affect your ability to become pregnant. This depends on your age and the type of treatment.

As part of your treatment pathway, you can be referred to a fertility specialist to discuss if you would be eligible for fertility preservation. It's important to discuss any fertility concerns before you start treatment.

Please see the breast cancer information booklet **Fertility and breast cancer treatment** for more information.

Early menopause / menopausal symptoms

Some treatments for breast cancer can cause menopausal symptoms. These symptoms can continue throughout treatment. Once treatment is completed you may have entered a premature menopause.

Some women find these symptoms manageable; others find they can affect their quality of life.

Please see the breast cancer information booklet **Menopausal symptoms and breast cancer**.

Sex, pregnancy and intimacy

Pregnancy is not advised during treatments for breast cancer. If you think you may be pregnant, please discuss this with your doctor or nurse.

Menopausal symptoms from breast cancer can affect your ability to have or enjoy sex. For example, vaginal dryness, which can make intercourse painful. Water based lubricants can be purchased from chemists; hormonal based products are not advisable.

Please use barrier contraception (condoms) if having chemotherapy, as chemotherapy can be passed over in the sexual fluids

Please see the breast cancer information booklet **Sexuality, intimacy and breast cancer**. Booklets can be obtained by speaking to one of the breast nurse team or via the Macmillan Information Support Hub at King's Mill Hospital or Newark Hospital.

Alternatively, information can be found at the below websites and utilising the search option:

- <https://breastcancernow.org/>
- <https://www.macmillan.org.uk/>

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The research &
support charity

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