Index

Page numbers in italics represent figures, those in bold represent tables.

Acticoat 243
Actisorb 243
Actisorb Plus 243
acupuncture 288–90
contra-indications 290
evidence and research 290
experience of 289
qualifications and regulations 290
therapeutic applications 289
adenosquamous carcinoma, low-grade 28
Adjuvant! Online 14–15, 154
adjuvant therapy
analgesia 264, 268–9
chemotherapy 154
hormones 197
adrenaline 239
advanced disease 251–81
management
chemotherapy 269–70
hormone therapy 270
nerve blocks 270
pain control 260–69
physical therapies 270–71
radiotherapy 269
nurse’s role 277–8
palliative care 259–60
palliative care team 278–9
pattern of clinical spread 251
symptoms 271–6
breathlessness 273–4
constipation 274–6
control of 260
nausea and vomiting 271–3
weakness and fatigue 273
see also metastatic disease
age
and breast cancer incidence 6, 61
and breast screening 74
alcohol, and breast cancer risk 8
Alexander technique 297
alginites 239, 242, 243, 244
alkylating agents 151
Allevyn cavity foam 244
Allevyn hydrocellular foam 244
aloe vera 300
alopecia 160–61
prevention 160–61
alternative therapies see complementary therapies
ambulatory surgery 94–6
cautions 95–6
drains 95
aminoglutethimide 196
amitriptyline 268
anaemia 159
analgesia 264–8, 265
adjuvant 264, 268–9
dose interval 264
individualization of 264
non-opioids 264
opioids 265–8
oral 264
see also individual drugs
analgesic ladder 264, 265
anastrozole 13, 195, 196
angiosarcoma 27
anthracyclines 151
anti-arrhythmics 269
anti-convulsants 268
anti-emetics 161–2, 272
anti-metabolites 151
anti-mitotic antibiotics 151
apocrine carcinoma 26
aprepitant 162
Aquacel Hydrofibre 244
Arimidex see anastrozole
arm exercises 104–9, 105–7
first outpatient appointment 108–9
first post-operative day 106, 108
pre-discharge 108
Aromastin see exemestane
Index

aromatase inhibitors 13, 194–5, 196
adjuvant therapy 197
aromatherapy 291–2
contra-indications 292
experience of 291–2
regulatory/professional body/qualifications 292
therapeutic applications 291
art therapy 297
Ashkenazi Jewish women 44, 46
aspirin 264
Ativan see lorazepam
autologous tissue reconstruction 128–35
Diep (perforator) flap 132, 134–5
inferior gluteus maximus flap 135
latissimus dorsi flap 129–30, 129, 130
post-operative complications 143
quadrantectomy 85–6
transverse rectus abdominis flap 130–34, 132–4
axillary lymph nodes 88–92
 clearance 91–2
 psychological impact 314
lymphatic mapping 89–91, 90
palpation 10
sentinel
 biopsy 89–91, 90
 sampling 88–9
 tumour recurrence 92
axillary web syndrome see cording
Avastin see bevacizumab

Bach Flower Remedies 297
basal phenotype cancers 25–6
Beau’s lines 163
Becker expander 125, 125
Becquerel, Henri 174
benign breast disease 7
bevacizumab 169
biopsy
 core 11, 72–3
diagnostic excision 73
excision 82, 83
fine-needle aspiration cytology 11
image-guided 72
bisphosphonates 258, 269
black cohosh 300
bleeding see haemorrhage
body image
 changes in 315–17
 fungating wounds 247
 hormone therapy 208–9
definition of 315–16
body surface area 155
bone marrow depression 159
bone metastases 117–18, 254
bowel disturbance 165
brachial plexus injury 114
brachytherapy 177
MammoSite balloon breast catheter 177–8
nursing care 185
safe practice 185–6
brain metastases 119, 256
bras 98
BRCA1/2 6, 31, 38–9
breaking bad news 312
breast
 anatomy 2–4
 blood supply 3
development 1–2
foetal 1–2
lymphatic drainage 4, 4
menstrual cycle changes 4
nerve supply 3
post-menopausal changes 5
pregnancy changes 4–5
puberty changes 2
structure 2–3
breast augmentation 138
breast bud 2
breast cancer
 awareness of 1
diagnosis 8–15
incidence and aetiology 5–15
risk factors 5–8
staging 12–15, 15
 types of 19–30, 20, 22
breast care nurse 325–6
breast reconstruction 122–48
 augmentation 138
autologous tissue reconstruction 85–6, 128–35
implants see implants
mammoplasty 136, 138
mastopexy 138
nipple-areola 136, 137
oncoplastic 85, 85
physiotherapy 109
post-operative care 143–4
pre-operative care 140–42
psychological benefits 139–40
risk-reducing mastectomy 135–6
skin-sparing mastectomy 135
timing of 138–9
tissue expanders 125–6, 125
Index

breast screening see screening
breast self-examination 41
breast-conserving surgery 82–6
  clear margins 83–4
  contraindications 86–7, 86
  excision biopsy 82, 83
  needle-wire localisation 82–3
  psychological impact 314
  volume-displacement technique 85–6, 85
  wide local excision 83, 84–5, 84
breast-feeding, post-cancer 30
breast/gastrointestinal syndrome 41
breast/ovarian syndrome 41
breathlessness 273–4
British Acupuncture Council 290
British Medical Acupuncture Society 290
bulk-forming laxatives 275
buserelin 194

CADET II 69
calendula 300
Calman Hine report 73
CAM see complementary therapies
cancer prevention 303–5
  special populations 304
Cancer Reform Strategy 284, 347
capcitabine 156, 165
carbamazepine 268
Carboflex 243
carboplatin 151, 156, 163
caring for carers 325
cell cycle 150, 175
cellulitis 224–5
chamomile 300
charcoal dressings 243
chemoreceptor trigger zone 271
chemotherapy 149–72
  adjuvant 154
  advanced disease 269–70
  application to breast cancer 153–5, 153
  combination 151–2
  cytotoxic drugs 150–51, 156
  dose calculation 155
  fungating wounds 246
  high-dose 154
  mode of action 149–50, 150
  monoclonal antibodies 167–70
  neoadjuvant 81–2, 89, 154
  palliative 154–5
  patient information 156
  and physiotherapy 116–17
  professional issues 155–6
  psychological impact 317
toxicity 156–67, 157–8
  alopecia 160–61
  anaemia 159
  bone marrow depression 159
  bowel disturbances 165
  contraception 167
  fatigue 164
  fertility 165–7
  nausea and vomiting 161–2
  neutropenia 159
  peripheral neuropathy 163–4
  skin and nails 162–3
  stomatitis 164–5
  thrombocytopenia 159–60
  weight gain 163
treatment schedules 152–3, 152
cholesterol 193
chromosomes 35
cisplatin 151
clinical examination 42, 71–2
clinical nurse specialists 342–3, 344–6
clinical spread of disease 251
clonidine 204
codamol 266
codanthramer/co-danthrusate 275
codonaxol 266
codine phosphates 266
cold application 270–71
colostomy 5
colostomy 5
combination chemotherapy 151–2
communication skills 322–3
Complementary and Alternative Medicine
  Evidence Online (CAMEOL) database 287
complementary therapies 282–308, 297–8
  acupuncture 288–90
  aromatherapy 291–2
  choice of therapist 287
  definition 284–5
  dietary advice and exercise 302–3
  evidence base and research 286–7
  fungating wounds 247
  herbs and supplements 299, 300–301
  homeopathy 293–5
  information sources 287–8
  menopausal symptoms 299, 302
  nurses’ role 283
  reflexology 295–6
  regulation and standards 285–6
  vs alternative therapies 285
  see also individual therapies
complex decongestive physiotherapy 221
compression for mammography 65
Index

compression therapy 226–8
bandages 227
compression garments 227–8
computer-aided detection 68–9
congestion 165, 274–6
contraception 167
Cooper’s ligament 2
cording 92
physiotherapy 110–11, 110
core biopsy 11, 72–3
Cowden’s syndrome 41
cranberry 300
cribriform carcinoma 24
CTCAE scale 184
Curie, Marie and Pierre 174
cyclizine 162, 272
cyclophosphamide 156, 163
cytotoxic drugs 150–51, 156
dacarbazine 151
DCIS 19–20
high-grade (comedo) 20
intermediate grade 20
low-grade (non-comedo) 20
natural course of 20
over-treatment 75
debridement 238
desquamation 184
dexamethasone 162, 269
diagnosis 8–15
inspection 10
investigations 10–11
Paget’s disease of the nipple 21
palpation 9–10
psychological support 11–12
diagnostic excision biopsy 73
diamorphine 245, 267
diarrhoea 165
diclofenac 265
Diep (perforator) flap 132, 134–5
diet 302–3
alternatives 304–5
and breast cancer risk 8
healthy 304, 304
patient information 305
dihydrocodeine 266
Distress Thermometer 310
DNA 35
radiation damage 174–5
docetaxel 151, 156, 163
docusate sodium 276
domperidone 162
doctor validation 155
doxorubicin 151, 156, 163
drainage bags 245
ambulatory surgery 95
dressings 241–3, 242
alginate 239, 242, 243, 244
compliance 247
cosmetic appearance 245
drainage bags 245
foams 244
hydrofibres 244
odour-absorbing 242–3
two-layer permeable system 244–5
driving 108
dry skin 225
ductal carcinoma in situ see DCIS
early stage breast cancer 59
echinacea 300
electron intra-operative therapy (ELIOT) 177
eligibility for screening 61–2
employment issues 336–7
lymphoedema 221
End of Life Care Strategy 279
endocrine therapy see hormone therapy
Entonox 246
epirubicin 151, 156
ethical issues 46–7
individual rights 47
obligations of health care professionals 47
rights of others 47
etoposide 151
evening primrose oil 205, 300
Evista see raloxifene
excision biopsy 82, 83
 exemestane 13, 195, 196
exercise 225, 302–3, 305
external beam radiotherapy 176–7
exudate 237
management 240, 242
familial breast cancer 40
families
coping with survivorship 335–6
psychological impact on 321–2
family history 6, 38
Fareston see toremifene
Farlutal see medroxyprogesterone acetate
fatigue 164, 273, 318
fear 321
Femara see letrozole
fentanyl 267
fertility 165–7
  preservation of 166–7
  oocyte storage 166
  ovarian suppression 166
  ovarian tissue storage 167
  psychological impact of treatment 317–18
fibroadenoma 25
fibroblasts 234–5
financial issues 336–7
fine-needle aspiration cytology 11
fixed-volume implants 126
flaps
  mini-flap 85–6
  muscle weakness post-surgery 115
  necrosis 92
flecainide 269
5-fluorouracil 151, 156
foams 244
follicle stimulating hormone see FSH
formestane 195, 196
Forrest report 58, 61, 74
fractures, pathological 118, 257
FSH 2, 192, 194
fungating wounds 232–50
atelia 233
appearance 233
assessment 236–7
chemotherapy 246
complementary therapy 247
complications 237–8
definition 232–3
dressings 241–3, 242
  alginates 239, 242, 243, 244
  compliance 247
  cosmetic appearance 245
  drainage bags 245
  foams 244
  hydrofibres 244
  odour-absorbing 242–3
  two-layer permeable system 244–5
hormone therapy 246
incidence 233–6
management 238–41
  aims of 238
  exudate 240
  haemorrhage 239
  infection 239–40
  malodour 240
  necrotic tissue 238–9
surrounding skin 241
wound cleansing 238
nutritional supplements 246
pain management 245–6
psycho-social aspects 247
radiotherapy 246
TIME framework 237
gabapentin 268
Gail risk model 40
galuronic acid 244
gamma rays 174
garlic 300
gemcitabine 156
general practice nurses 77
general practitioners, liaison with 62
genes 35–6
genetic counselling 44–5, 48–54, 49, 50
genetic factors 35–57
  confirmation of family history 38
  family concerns 38
  inherited breast cancer 35–7, 37
  risk assessment 39–40
  susceptibility genes 38–9
genetic testing 44–5
  ethical issues 46–7
  patients with mutations 45–6
  predictive 45–6
ginger 300
ginseng 300
goserelin 29, 194, 196
Graffian follicles 192
granisetron 161, 162
granulation tissue 235
green tea 301
Guidelines on Improving Outcomes in Breast Cancer 347
guilt 321
haemorrhage 237
  management 239, 242
healing 297
heat application 270
height, and breast cancer risk 8
HER2 13, 167–8
herbal medicine 297, 299, 300–301
Herceptin see trastuzumab
hereditary breast cancer 40
  classifications 41
Hierarchy of Needs 338
histopathology 19–34
  see also individual tumour types
Index

history taking 9
homeopathy 293–5
contra-indications 294
experience of 293–4
regulatory/professional body/qualifications 294
therapeutic applications 293
honey 239, 243
hormone receptor status 12–13
hormone replacement therapy see HRT
hormone therapy 190–214, 196
adjuvant 198
advanced disease 270
aromatase inhibitors 13, 194–5
competition with oestrogens 193–4
fungating wounds 246
male breast cancer 200
metastatic disease 198
neoadjuvant 82
nursing care 200–201
opposing oestrogens 195
and physiotherapy 116–17
phytoestrogens 195, 197
prevention of cancer development 197–8
principles 192–3
psychological impact 318
reducing oestrogen levels 194
hormones
and breast cancer evolution 191
and breast cancer risk 191–2, 191
side-effects 208–9
body image changes 208–9
sexuality 209
tumour flare 209
weight gain 208
thromboembolism 209
hot flushes 202–6
housework 108
HRT 5
and breast cancer risk 7, 190, 199–200, 199
Human Genome Project 36
hydrocolloids 238, 239
hydrofibres 244
hydrogels 238
hydromorphone 267–8
hypercalcaemia, malignant 118–19, 258
hyperkeratosis 219
hyperpigmentation 162–3
hypnotherapy 297
icing sugar 239
image-guided biopsy 72
implants 124–5, 124
complications 127–8
fixed-volume 126
round vs anatomical 126–7, 127
Improving Supportive and Palliative Care for Adults with Cancer 278
in situ disease 19–21, 20
individual rights 47
indomethacin 265
infection
fungating wounds 239–40
management 242
post-surgery 92
inferior gluteus maximus flap 135
inflammatory carcinoma 23
inherited breast cancer 35–7, 37
inspection 10
integrated vomiting centre 271
intensity-modulated radiotherapy 180
Internet 288
interval cancers 75
intra-operative radiotherapy 177–8
intracystic papillary carcinoma 24
invasive ductal carcinoma 22, 22
invasive lobular carcinoma 22–3
invasive papillary carcinoma 24
ionising radiation, as risk factor 7
joint pains 207–8
Kaltostat 239
ketorolac 265
kinesiology 297
Kytril see granisetron
lactulose 275
lapatinib 13, 169–70
larval therapy 239
latissimus dorsi flap 129–30, 129, 130
mini-flap 85–6, 130
lavender 301
laxatives 275
dose 276
LCIS 21
natural course of 21
LENT SOMA system 184
Lentaron see formestane
letrozole 13, 195, 196
leuprorelin 29, 194
LH 2, 194
LHRH analogues 194, 196
Li-Fraumeni syndrome 41
Index 361

libido, loss of 316
lifting 108
lignocaine gel 245
Linacs 174
linear accelerators 174
linseed 301
liver metastases 119, 255–6
living with uncertainty 320–21
lobar carcinoma in situ see LCIS
local recurrence 252
log kill graph 152, 152
long-term adaptation 320
lofepramine 268
lorazepam 161, 162, 274
lung metastases 119, 255
luteinising hormone see LH
luteinising hormone releasing hormone see LHRH
lymph drainage 225–6
manual 226
simple 226
lymph node clearance 91–2
lymph node status 12
lymphangiosarcoma 27
lymphangitis 119
lymphangomatous 219
lymphatic mapping 89–91, 90
lymphatic system 4, 4
lymphoedema 91–2, 215–31
assessment 222
development of 215–16
identification of 218, 218
incidence and prevalence 216–17
management 221–8
compression therapy 226–8
exercise and movement 104–9, 105–7, 225
intensive phase 222–3
lymph drainage 225–6
maintenance phase 223
skin care 223–5
physical effects 219–20, 219
physiotherapy 114
psychological impact 220
risk factors 217–18
lymphorrhoea 225
macrophages 234
magnetic resonance imaging 11, 42
determination of clear margins 84
male breast cancer 30–31
hormone therapy 200
psychological impact 318–19
treatment 31
malodour 238
management 240, 242
mammary ridge 1
mammography 10, 42, 59, 63–9
additional 69–70, 70, 71
compression 65
computer-aided detection 68–9
film reading 68
positioning 65–7, 66, 67
screening assessment 69
see also screening
mammaplasty, reduction 136, 138
MammoSite balloon breast brachytherapy
catheter 177–8
mammotomy, vacuum-assisted 72–3
mannuronic acid 244
Manual for Cancer Services 2008:
Complementary Measures 284
massage 271
aromatherapy 291–2
mastectomy 87, 87, 122
breast reconstruction see breast
reconstruction
post-mastectomy pain syndrome 116
psychological impact 313–14
risk-reducing 135–6
skin-sparing 135
mastopexy 138
meditation 297
medroxyprogesterone acetate 195, 196
medullary carcinomas 23–4
Megace see megestrol acetate
megestrol acetate 195, 196
menopausal symptoms 117
complementary therapies 299, 302
menopause 201–8, 201
breast changes 5
hot flushes 202–6
joint pains 207–8
osteoporosis 207
vaginal dryness 206–7, 206
menstrual cycle, breast changes 4
Mepitel 244–5
metaplastic carcinoma 28
metastatic disease 117–19
complications 256–9
hypercalcaemia 118–19, 258
pathological fractures 118, 257
pleural effusions and lymphangitis 119,
259
Index

metastatic disease (cont.)
spinal cord compression 118, 257–8
local 252
management
hormone therapy 198
radiotherapy 176, 186
pain 119
psychological impact 276–7
systemic 252–3, 252, 253
bone metastases 117–18, 254
brain metastases 119, 256
liver metastases 119, 255–6
lung metastases 119, 255
methadone 268
methotrexate 151, 156
metoclopramide 162, 272
metronidazole 240, 242–3
mexiletine 269
microcalcifications 70, 72
milk ducts 2–3, 3
mini-flap 85–6, 130
mitotane 301
mitomycin C 151, 156
mitoxantrone 156
Mondor disease 110
monoclonal antibodies 167–70
see also individual monoclonal antibodies
Montgomery’s tubercles 2
morphine 245
dosage 267
oral 266–7
Movicol 275
mucinous carcinoma 23
multi-leaf collimator 180
muscle weakness 115
music therapy 298
mutations 36, 37
myelosuppression 159

nail changes 163
National Cancer Plan 2000 284
National Guidelines for the Use of Complementary Therapies in Supportive and Palliative Care 284
National Health Service Breast Screening Programme 60, 61
natural history of breast cancer 58
naturopathy 298
nausea and vomiting 161–2, 271–3
Navelbine see vinorelbine necrosis

of flaps 92
management 238, 242
needle-wire localisation 82–3
neoadjuvant chemotherapy 81–2, 1543
sentinel lymph node biopsy 89
neoadjuvant endocrine treatment 82
nerve blocks 270
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin
neuropathic pain 261, 262
nerve damage 112–13
Neurontin see gabapentin

<table>
<thead>
<tr>
<th>Term</th>
<th>Page(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>osteoporosis</td>
<td>207</td>
</tr>
<tr>
<td>ovarian ablation</td>
<td>198</td>
</tr>
<tr>
<td>ovarian screening</td>
<td>42–3</td>
</tr>
<tr>
<td>over-protectiveness</td>
<td>322</td>
</tr>
<tr>
<td>over-treatment</td>
<td>75</td>
</tr>
<tr>
<td>oxycodone</td>
<td>268</td>
</tr>
<tr>
<td>p53 protein</td>
<td>26</td>
</tr>
<tr>
<td>paclitaxel 151, 156</td>
<td></td>
</tr>
<tr>
<td>Paget’s disease of the nipple 21–2</td>
<td></td>
</tr>
<tr>
<td>pain</td>
<td></td>
</tr>
<tr>
<td>pain assessment</td>
<td>261–3</td>
</tr>
<tr>
<td>fungating wounds</td>
<td>237, 245–6</td>
</tr>
<tr>
<td>history</td>
<td>262–3</td>
</tr>
<tr>
<td>measurement</td>
<td>263, 263</td>
</tr>
<tr>
<td>metastatic disease</td>
<td>119</td>
</tr>
<tr>
<td>neuropathic 261, 262</td>
<td></td>
</tr>
<tr>
<td>nociceptive 261, 262</td>
<td></td>
</tr>
<tr>
<td>post-mastectomy pain syndrome 116</td>
<td></td>
</tr>
<tr>
<td>post-operative 115–16</td>
<td></td>
</tr>
<tr>
<td>total 263</td>
<td></td>
</tr>
<tr>
<td>pain control</td>
<td>260–69</td>
</tr>
<tr>
<td>analgesia</td>
<td>264–8, 265</td>
</tr>
<tr>
<td>see also complementary therapies</td>
<td></td>
</tr>
<tr>
<td>palliative care</td>
<td>259–60</td>
</tr>
<tr>
<td>chemotherapy</td>
<td>154–5</td>
</tr>
<tr>
<td>surgery</td>
<td>99</td>
</tr>
<tr>
<td>palliative care team</td>
<td>278–9</td>
</tr>
<tr>
<td>palpation</td>
<td>9–10</td>
</tr>
<tr>
<td>pamidronate 258, 269</td>
<td></td>
</tr>
<tr>
<td>papillary carcinoma</td>
<td></td>
</tr>
<tr>
<td>intracystic 24</td>
<td></td>
</tr>
<tr>
<td>invasive 24</td>
<td></td>
</tr>
<tr>
<td>paracetamol 265</td>
<td></td>
</tr>
<tr>
<td>paroxetine 204–5</td>
<td></td>
</tr>
<tr>
<td>patient information</td>
<td>323–4</td>
</tr>
<tr>
<td>chemotherapy</td>
<td>156</td>
</tr>
<tr>
<td>peau d’orange skin</td>
<td>23</td>
</tr>
<tr>
<td>peripheral neuropathy</td>
<td>163–4</td>
</tr>
<tr>
<td>pertuzumab 169</td>
<td></td>
</tr>
<tr>
<td>phylloides tumours</td>
<td>25</td>
</tr>
<tr>
<td>physical therapies</td>
<td>270–71</td>
</tr>
<tr>
<td>physiotherapy</td>
<td>103–21</td>
</tr>
<tr>
<td>aims of 104</td>
<td></td>
</tr>
<tr>
<td>arm exercises 104–9, 105–7</td>
<td></td>
</tr>
<tr>
<td>chemotherapy and hormone therapy 116–17</td>
<td></td>
</tr>
<tr>
<td>metastatic disease 117–19</td>
<td></td>
</tr>
<tr>
<td>radiotherapy class 109–10</td>
<td></td>
</tr>
<tr>
<td>reconstructive surgery</td>
<td>109</td>
</tr>
<tr>
<td>referral for</td>
<td>103–4</td>
</tr>
<tr>
<td>surgical complications</td>
<td>110–16</td>
</tr>
<tr>
<td>phytoestrogens 195, 197, 301</td>
<td></td>
</tr>
<tr>
<td>menopausal symptoms</td>
<td>205</td>
</tr>
<tr>
<td>platelets</td>
<td>234</td>
</tr>
<tr>
<td>pleural effusion</td>
<td>119, 259</td>
</tr>
<tr>
<td>Poland’s syndrome</td>
<td>123</td>
</tr>
<tr>
<td>positioning for</td>
<td></td>
</tr>
<tr>
<td>mammography 65–7, 66, 67</td>
<td></td>
</tr>
<tr>
<td>post-mastectomy pain syndrome 116</td>
<td></td>
</tr>
<tr>
<td>post-operative advice</td>
<td></td>
</tr>
<tr>
<td>arm exercises</td>
<td>104–9, 105–7</td>
</tr>
<tr>
<td>driving 108</td>
<td></td>
</tr>
<tr>
<td>lifting and housework</td>
<td>108</td>
</tr>
<tr>
<td>sport and leisure activities 108</td>
<td></td>
</tr>
<tr>
<td>post-operative care</td>
<td>94</td>
</tr>
<tr>
<td>breast reconstruction</td>
<td>143–4</td>
</tr>
<tr>
<td>posture 111–12</td>
<td></td>
</tr>
<tr>
<td>pre-operative care</td>
<td>93</td>
</tr>
<tr>
<td>breast reconstruction</td>
<td>140–42</td>
</tr>
<tr>
<td>predictive genetic testing 45–6</td>
<td></td>
</tr>
<tr>
<td>pregnancy-associated breast changes 4–5</td>
<td></td>
</tr>
<tr>
<td>prevention 41–3</td>
<td></td>
</tr>
<tr>
<td>Pritchard report</td>
<td>73</td>
</tr>
<tr>
<td>progesterones</td>
<td>196</td>
</tr>
<tr>
<td>prolactin-releasing hormone 5</td>
<td></td>
</tr>
<tr>
<td>prophylactic surgery</td>
<td>43</td>
</tr>
<tr>
<td>prostheses 96–7</td>
<td></td>
</tr>
<tr>
<td>nipples</td>
<td>97</td>
</tr>
<tr>
<td>silicone made-to-measure 97</td>
<td></td>
</tr>
<tr>
<td>silicone permanent 96–7</td>
<td></td>
</tr>
<tr>
<td>temporary 96</td>
<td></td>
</tr>
<tr>
<td>Próvera see medroxyprogesterone acetate</td>
<td></td>
</tr>
<tr>
<td>pruritus</td>
<td>237</td>
</tr>
<tr>
<td>psychological impact</td>
<td>309–28</td>
</tr>
<tr>
<td>anxiety 310–11</td>
<td></td>
</tr>
<tr>
<td>axillary node clearance</td>
<td>314</td>
</tr>
<tr>
<td>body image and sexuality</td>
<td>315–17</td>
</tr>
<tr>
<td>breast reconstruction</td>
<td>314</td>
</tr>
<tr>
<td>breast-conserving surgery 314</td>
<td></td>
</tr>
<tr>
<td>caring for carers</td>
<td>325</td>
</tr>
<tr>
<td>chemotherapy 317</td>
<td></td>
</tr>
<tr>
<td>depression 311</td>
<td></td>
</tr>
<tr>
<td>diagnosis 309–11</td>
<td></td>
</tr>
<tr>
<td>distress 310</td>
<td></td>
</tr>
</tbody>
</table>
psychological impact (cont.)
factors affecting 311–13
  breaking bad news 312
  one-stop clinics 313
  previous experience 312
  screen-detected cancers 312–13
  waiting for treatment 313
fatigue 318
fertility 317–18
fungating wounds 237, 247
hormone therapy 318
living with uncertainty 320–21
loss of control 311
loss and grieving 311
lymphoedema 220
male breast cancer 318–19
mastectomy 313–14
metastatic disease 276–7
nurse’s role 322–6
  assessment 323
  communication skills 322–3
  information giving 323–4
  making assumptions 324
  non-verbal communication 323
partner and family 321–2
pregnancy-associated breast cancer 319
radiotherapy 318
shock 310
survivorship 332–4, 334
  treatment decisions 314–15
psychological support 11–12
  post-surgery 99
qi gong 298
quadrantectomy reconstruction 85–6
Quality Assurance Guidelines for Breast Cancer Screening 62
quality of life 260
quality-adjusted life years (QALYs) 60
radiotherapy 173–89
  advanced disease 269
  application to breast cancer 175–6
  brachytherapy 177
  control of haemorrhage 239
  current situation 174
  definition 173
  delivery of treatment 180, 181
dose 174, 180
  external beam 176–7
  fungating wounds 246
  history 173–4
  intensity-modulated 180
intra-operative 177–8
late changes 184–5
metastatic disease 176, 186
mode of action 174–5, 175
nursing care 181–3
patient information class 109–10
  planning 178–9, 179
psychological impact 318
safe practice 185–6
side-effects 113–14
skin reactions 183
START trial 180
raloxifene 193–4, 196
reconstructive surgery see breast reconstruction
reurrence 88
  axillary 92
psychological impact 320–21
red clover 301
reflexology 295–6
  contra-indications 296
  evidence and research 296
  experience of 295–6
  qualifications and regulations 296
  therapeutic applications 295
rofecoxib 265
reiki 298
risk assessment 39–40
  absolute risk 39
  relative risk 39–40
risk factors 5–8
  age 6
  alcohol intake 8
  benign breast disease 7
  definite 5–8
definite 5–8
diet 8
family history 6
gender 6
height 8
hormone exposure 6, 191–2, 191
HRT 7
ionising radiation 7
obesity 8
oral contraceptive pill 7
potential 8
risk-reducing mastectomy 135–6
Röntgen, Wilhelm 173
royal jelly 301
St John’s wort 301
sarcoma of breast 26–7
scar sensitivity 112
scar tissue 235
## Index

<table>
<thead>
<tr>
<th>Page</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>41–3</td>
<td>screening</td>
</tr>
<tr>
<td>58–80</td>
<td>acceptance of</td>
</tr>
<tr>
<td>74</td>
<td>age extension</td>
</tr>
<tr>
<td>76</td>
<td>age group</td>
</tr>
<tr>
<td>76–7</td>
<td>anxiety associated with</td>
</tr>
<tr>
<td>biopsy</td>
<td>see biopsy</td>
</tr>
<tr>
<td>71–2</td>
<td>clinical examination</td>
</tr>
<tr>
<td>75</td>
<td>contentious issues</td>
</tr>
<tr>
<td>60</td>
<td>cost/benefit analysis</td>
</tr>
<tr>
<td>61–2</td>
<td>eligible women</td>
</tr>
<tr>
<td>58–60</td>
<td>evidence for</td>
</tr>
<tr>
<td>75</td>
<td>interval cancers</td>
</tr>
<tr>
<td>62</td>
<td>invitations and written information</td>
</tr>
<tr>
<td>77</td>
<td>nurse's role</td>
</tr>
<tr>
<td>75</td>
<td>over-treatment</td>
</tr>
<tr>
<td>59–60</td>
<td>physical/psychological harm</td>
</tr>
<tr>
<td>73–4</td>
<td>quality assurance</td>
</tr>
<tr>
<td>60–61, 61</td>
<td>recommendations</td>
</tr>
<tr>
<td>59</td>
<td>repeat intervals</td>
</tr>
<tr>
<td>62</td>
<td>results</td>
</tr>
<tr>
<td>10, 42, 71</td>
<td>ultrasound</td>
</tr>
<tr>
<td>63, 64</td>
<td>screening unit</td>
</tr>
<tr>
<td>27</td>
<td>secretory carcinoma</td>
</tr>
<tr>
<td>SERMs</td>
<td>selective oestrogen receptor modifiers see SERMs</td>
</tr>
<tr>
<td>276</td>
<td>senna</td>
</tr>
<tr>
<td>88–9</td>
<td>sampling</td>
</tr>
<tr>
<td>89–101</td>
<td>skin</td>
</tr>
<tr>
<td>90</td>
<td>with neoadjuvant chemotherapy</td>
</tr>
<tr>
<td>81–102</td>
<td>surgery</td>
</tr>
<tr>
<td>82–7</td>
<td>breast-conserving</td>
</tr>
<tr>
<td>89–101</td>
<td>ambulatory</td>
</tr>
<tr>
<td>88–92</td>
<td>axilla</td>
</tr>
<tr>
<td>82–7</td>
<td>breast-conserving</td>
</tr>
<tr>
<td>98</td>
<td>choice of bra after</td>
</tr>
<tr>
<td>87, 87</td>
<td>mastectomy</td>
</tr>
<tr>
<td>81–2</td>
<td>neoadjuvant chemotherapy</td>
</tr>
<tr>
<td>82</td>
<td>neoadjuvant endocrine treatment</td>
</tr>
<tr>
<td>93–4</td>
<td>nursing care</td>
</tr>
<tr>
<td>99</td>
<td>palliative</td>
</tr>
<tr>
<td>99</td>
<td>psychological support</td>
</tr>
<tr>
<td>93</td>
<td>psychological support</td>
</tr>
<tr>
<td>93</td>
<td>reconstructive see reconstructive surgery</td>
</tr>
<tr>
<td>93</td>
<td>reconstructive see reconstructive surgery</td>
</tr>
<tr>
<td>242, 245</td>
<td>fragile</td>
</tr>
<tr>
<td>162–3</td>
<td>hyperpigmentation</td>
</tr>
<tr>
<td>219</td>
<td>lymphoedema effects</td>
</tr>
<tr>
<td>183</td>
<td>reactions to radiotherapy</td>
</tr>
<tr>
<td>113, 234–6</td>
<td>wound healing</td>
</tr>
<tr>
<td>268</td>
<td>sodium valproate</td>
</tr>
<tr>
<td>135</td>
<td>skin-sparing mastectomy</td>
</tr>
<tr>
<td>108</td>
<td>sport and leisure activities</td>
</tr>
<tr>
<td>27–8</td>
<td>sporadic breast cancer</td>
</tr>
<tr>
<td>12–15, 15</td>
<td>staging</td>
</tr>
<tr>
<td>14–15</td>
<td>Adjuvant! Online</td>
</tr>
<tr>
<td>12</td>
<td>grade</td>
</tr>
<tr>
<td>12–13</td>
<td>hormone receptor status</td>
</tr>
<tr>
<td>11</td>
<td>investigations</td>
</tr>
<tr>
<td>14</td>
<td>lymph node status</td>
</tr>
<tr>
<td>14</td>
<td>Nottingham Prognostic Indicator</td>
</tr>
<tr>
<td>13</td>
<td>oncogenes</td>
</tr>
<tr>
<td>12</td>
<td>size</td>
</tr>
<tr>
<td>14, 15, 16</td>
<td>TNM system</td>
</tr>
<tr>
<td>27</td>
<td>Stewart-Treves lesion</td>
</tr>
<tr>
<td>275</td>
<td>stimulant laxatives</td>
</tr>
<tr>
<td>164–5</td>
<td>stomatitis</td>
</tr>
<tr>
<td>239, 243</td>
<td>sugar paste</td>
</tr>
<tr>
<td>81–102</td>
<td>surgery</td>
</tr>
<tr>
<td>94–6</td>
<td>ambulatory</td>
</tr>
<tr>
<td>82–7</td>
<td>breast-conserving</td>
</tr>
<tr>
<td>98</td>
<td>choice of bra after</td>
</tr>
<tr>
<td>87, 87</td>
<td>mastectomy</td>
</tr>
<tr>
<td>81–2</td>
<td>neoadjuvant chemotherapy</td>
</tr>
<tr>
<td>82</td>
<td>neoadjuvant endocrine treatment</td>
</tr>
<tr>
<td>93–4</td>
<td>nursing care</td>
</tr>
<tr>
<td>99</td>
<td>palliative</td>
</tr>
<tr>
<td>99</td>
<td>psychological support</td>
</tr>
<tr>
<td>93</td>
<td>psychological support</td>
</tr>
<tr>
<td>93</td>
<td>reconstructive see reconstructive surgery</td>
</tr>
<tr>
<td>93</td>
<td>reconstructive see reconstructive surgery</td>
</tr>
</tbody>
</table>
Index

surgical complications 92–3
altered posture 111–12
cordial 92, 110–11, 110
flap necrosis 92
infection 92
lymphoedema 91–2, 114
muscle weakness 115
nerve damage 112–13
pain 115–16
physiotherapy 110–16
scar sensitivity 112
seroma 92, 111
wound healing 113
survivor guilt 46
survivorship 329–41
background 329
disease impact 337–9, 338
family response 335–6
financial and work issues 336–7
long-term treatment effects 334–5
meaning of 330–32
psychological responses 332–4, 334
swimwear 98
symptom control 260
t’ai chi 298
tail of Spence 2
Tamofen see tamoxifen
tamoxifen 13, 193, 196
adjuvant therapy 197
breast cancer prevention 197–8
male breast cancer 31
osteoporosis 207
targeted intra-operative radiotherapy (Targit) 177
taxanes 151
nail toxicity 163
Taxol see paclitaxel
Taxotere see docetaxel
telangiectasia 184
therapeutic excision 73
thrombocytopenia 159–60
thromboembolism, hormone-induced 209
TIME framework 237
tissue expanders 125–6, 125
permanent 126
TNM system 14, 15, 16
toremifene 194, 196
training 349–50
tramadol 266
tranexamic acid 239
trastuzumab 13, 167–8
transcutaneous electrical nerve stimulation (TENS) 115–16, 119, 246, 271
transverse rectus abdominis flap 130–34, 132–4
free 131, 133, 134
pedicled 131, 132, 133
trastuzumab 13, 167–8
treatment
complementary therapies see
complementary therapies
early, benefits of 59
long-term effects 334–5
see also different modalities
tricyclic anti-depressants 268
tubular carcinomas 24
tumour flare 209
Tykerb see lapatinib
Tyrer-Cuzick risk model 40
ultrasound 10, 42, 71
vaginal dryness 206–7, 206
valerian 301
venlafaxine 204
vinca alkaloids 151
vinorelbine 156, 163
vitamin E 301
volume-displacement technique
oncoplastic reconstruction 85, 85
quadrantectomy/mini-flap 85–6
ward nurses 77
weakness 273
weight gain 163
hormone-induced 208
wide local excision 83, 84–5, 84
wound cleansing 238
wound healing 113, 234
acute inflammatory phase 234
destructive phase 234–5
maturation phase 235–6
proliferative phase 235
X-rays 173, 174
Xeloda see capecitabine
yoga 298
young women, breast cancer in 28–9
Zoladex see goserelin
zoledronic acid 258