

## Guy's, King's and St Thomas' cancer services

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# Your breast cancer team

**Welcome to Guy's and St Thomas' NHS Foundation Trust.**

**Your doctor has made a referral for you to see the breast cancer team in our Cancer Centre.**

The aim of this leaflet is to give you some information about our team and the services available. **The team members include:**

- surgeons
- oncologists (specialist cancer doctors)
- radiologists (doctors who specialise in x-ray tests/scans)
- pathologists (doctors who specialise in identifying different types of cells using a microscope)
- clinical nurse specialists (CNSs), advanced nurse practitioners and a nurse consultant.

We specialise in the treatment of breast cancer and work closely together to make decisions regarding your care.

The consultant caring for you will depend on the treatment that you receive. Your consultant may change if you go on to receive another type of treatment.

If you are ever unsure about who is in charge of your care, please ask a member of staff.

## Outpatient appointments

The team's clinics are held at Guy's Hospital, either on the 3rd floor of Southwark Wing, or in the Medical Oncology Clinic, Ground Floor, Tabard Annexe (next to Minor Injuries Unit). Your appointment letter will tell you which clinic you need to come to.

We will try not to keep you waiting on the day of your appointment, but delays can sometimes happen. You may like to bring something to pass the time, such as a book or a magazine. You are also very welcome to bring refreshments.

You may want to have another person with you. This may be a relative or friend, who can help you remember the information the doctor gives you.

If you have any questions, it may be helpful to write them down and bring them with you.

So that we have the correct information about you, please bring your contact details, your GP details and a list of any medicines that you are taking.

This is a teaching hospital where medical and nursing students come to learn. The doctor will ask you if students can be present during your appointment. If you do not want students at your appointment, please let us know.

We are always trying to improve the treatment of breast cancer. Your consultant may invite you to be part of a research study or clinical trial. If so, you will be given full details of the study or trial. There will be plenty of time to talk about it with your doctors and you will receive the same level of care whether you decide to take part or not.

Macmillan Cancer Support produce a booklet about clinical trials. Please ask if you would like a copy of this booklet or call 0808 808 0000.

## Inpatient care

There are a number of cancer wards at Guy's and you will usually be admitted to Sarah Ward. You should have already received a copy of the leaflet, **Preparing for your stay at Guy's**. If not, please ask your doctor or nurse for a copy

## Additional support

If you are coming into hospital, or having investigations or treatments, it can be a difficult and uncertain time for you and those close to you. It is important to us that you receive the best care and support possible.

We will give you the name of your 'key worker', who will be a breast cancer clinical nurse specialist (CNS), at your clinic appointment. He or she will help you with any questions you may have about your care.

Your CNS will have specialist knowledge and experience of breast cancer. He or she will support you and those close to you through your diagnosis and treatment.

Being diagnosed with breast cancer can be an emotional time for you, your family and friends. Sometimes you may find yourself feeling anxious, tearful or depressed.

Your CNS can listen to your concerns, answer your questions and help you understand what is happening to you. If necessary, you can be referred for more formal counselling and emotional support. The aim is to help you return to living a full and enjoyable life.

The nurse specialists are available in the clinic area and will often join you when you see your doctor. They can also offer you appointments separately and are happy to speak to you on the phone if you prefer.

### Your CNS can also help by:

- acting as a point of contact between those within the team throughout all stages of your cancer care
- advising on ways to cope with symptoms, how to care for your wound after surgery and arm exercises

- fitting a temporary prosthesis (a soft pad, shaped like a breast and worn in your bra) and arranging for permanent prosthesis fitting, if necessary
- advising on suitable swimwear and bras following surgery
- putting you in touch with organisations offering support, including advice about money matters.

### **‘Drop-in’ support group**

It is often helpful to speak to other women who are in a similar situation to yourself. There is a monthly ‘drop-in’ support group for women newly diagnosed with breast cancer.

**It is held on the first Friday of each month, from 1pm to 2.30pm, in the Resource Room, outside Hedley Atkins Ward, 8th Floor Borough Wing, Guy’s Hospital.**

**For more information contact your breast cancer nurse specialist on 020 7188 0869.**

### **Further support**

There are other health professionals in the team who can also offer support. They can help you while you are staying in hospital and when you are coming to the outpatient clinics. **These health professionals include:**

- physiotherapists
- lymphoedema CNSs
- counsellors
- complementary therapists
- radiographers
- dietitians
- chaplains.

Please let us know if you would like to contact any of them.

### **Information**

There is an information and support team available at Dimbleby Cancer Care.

This service is for anyone needing cancer-related information and support. A cancer information officer is available to help you find the information that you need and to answer any questions you may have.

A member of the team can refer you to the service or you can get in touch using the contact details on the back page.

### **Information and support organisations**

**You may find the following support organisations useful:**

**Breast Cancer Care**

**t:** 0808 800 6000

**w:** [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

**Macmillan Cancer Support** (information about all aspects of living with cancer)

**t:** 0808 808 0000

**w:** [www.macmillan.org.uk](http://www.macmillan.org.uk)

**Breakthrough Breast Cancer**

**t:** 08080 100 200

**w:** [www.breakthrough.org.uk](http://www.breakthrough.org.uk)

**Cancer Research UK**

**t:** 0808 800 4040

**w:** [www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

## After treatment

After your course of treatment finishes, you will be seen regularly by the doctors and/or nurses to monitor your progress. Follow-up appointments will take place at Guy's, St Thomas' or Lewisham. You will be sent the details of your appointments by post.

## How to contact us

On the following pages you will find the contact details of the breast cancer team members. Please do not hesitate to contact us if you have any questions or need advice.

If you do not know which member of staff you should call, your nurse specialist will be able to help.

Finally, if at any time you feel you have not had enough information, or we are not meeting your needs, please let us know.

## Breast cancer clinical nurse specialists (CNS)

**Juanita Caseley**

**Louise Hopkirk**

**Rachel Mohammed**

**Alison Prince**

**Joan Travers**

**t:** 020 7188 0869 (Guy's; if no one is available to take your call, please leave a voicemail message)

**t:** 07896 999150 (CNS at Lewisham University Hospital)

More information about the breast CNS team can be found in our leaflet, **Breast clinical nurse specialist team**. Ask us for a copy if you have not already got one.

## Breast cancer nurse consultant

**Amanda Shewbridge**

**t:** 020 7188 9275

## Breast cancer advanced nurse practitioners

**Helen Froyd**

**t:** 0207 188 7764

## Consultant surgeons

**Secretary for Mr H Hamed**

**t:** 020 7188 1469

**t:** 020 8333 3161 (Lewisham hospital)

**Mr M Douek**

t: 020 7188 1469

**Professor A Purushotham**

t: 020 7188 3027

**Mr A Kothari**

t: 020 7188 4245 (Guy's)

t: 020 8333 3161 (Lewisham hospital)

**Mr T Kovacs**

t: 020 7188 4245

**Plastic surgeons** – secretary for:

**Mr D Ross**

**Mr P Roblin**

**Mr M Ho-Asjoe**

t: 020 71885123

**Medical oncologists** (doctors specialising in drug treatments, such as chemotherapy)

**Dr J Mansi**

**Dr A Rigg**

**Dr M Harries**

**Professor P Ellis**

**Dr E Karapanagiotou**

t: 020 7188 4244

**Clinical oncologists** (doctors specialising in radiotherapy treatments)

**Dr M Harris**

**Prof A Tutt**

**Dr E Sawyer**

**Dr L Brazil**

**Dr T Smith**

t: 020 7188 4237

**Clinic clerks/receptionist (appointment queries)**

t: 020 7188 0881

020 7188 4246

020 7188 7589

020 7188 7188 (ext 53480)

020 7188 0884 (reception manned only during clinic hours)

**Mammogram secretary**

t: 020 7188 4246

## Hospital transport for Guy's and St Thomas'

**t:** 020 7188 2888

## Chemotherapy Day Unit (Guy's)

**t:** 020 7188 6452

## Radiotherapy Departments (Clinical Oncology)

**t:** 020 7188 5581 (Guy's)

**t:** 020 7188 1460 (St Thomas')

## Out of hours contact details

The breast cancer team are available Monday to Friday between 9am and 5pm.

If you require urgent advice at any other time, please call the hospital switchboard on 020 7188 7188 and ask for 'operator'. Then ask the operator for the on-call oncology registrar.



**Dimbleby Cancer Care** is the cancer support service for Guy's and St Thomas'. They have drop-in information centres, and also offer complementary therapies, psychological support and benefits advice.

Drop-in information centres are located at Guy's in Oncology Outpatients (Ground floor, Tabard Annexe) and at St Thomas' on the Lower Ground Floor, Lambeth Wing.

**t:** 020 7188 5918 **e:** RichardDimblebyCentre@gstt.nhs.uk

**Guy's and St Thomas' hospitals offer a range of cancer-related information leaflets for patients and carers, available at [www.guysandstthomas.nhs.uk/patientleaflets/cancer](http://www.guysandstthomas.nhs.uk/patientleaflets/cancer)**

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

## PALS

To make comments or raise concerns about the Trust's services, please contact our Patient Advice and Liaison Service (PALS). Ask a member of staff to direct you to PALS or:

**t:** 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

## Language Support Services

If you need an interpreter or information about the care you are receiving in the language or format of your choice, please get in touch using the following contact details:

**t:** 020 7188 8815 **fax:** 020 7188 5953 **e:** languagesupport@gstt.nhs.uk



**Leaflet number: 383/VER7**

Date published: November 2014

Review date: June 2017

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