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Follow-up after breast cancer

2013 ASCO Guidelines – 2013 年美國臨床腫瘤協會指示

Recommended follow-up 追蹤建議	Frequency 頻率
Doctor's visit 看醫生	<ul style="list-style-type: none"> • Every 3-6 months for 1st three years 頭三年每3-6個月 • Every 6-12 months for 4th and 5th year 4-5年每6-12個月 • After 5th year, annually 五年以上每年一次
Mammogram 乳房X光造影	<ul style="list-style-type: none"> • If lumpectomy, then new baseline MMG 4-6 months after you finish radiation on cancer side, then annual bilateral MMG. 若局部切除，手術側放療結束後4-6月之後雙側每年一次 • If mastectomy, MMG on opposite breast one year after your diagnosis, then annually. 若全部切除，對側確診一年後，之後每年一次
Self breast examination 乳房自我檢查	<ul style="list-style-type: none"> • Once a month 每個月一次 - Report new lumps, skin changes, nipple discharge 若發現新的腫塊、皮膚變化、乳頭有分泌物，請告訴醫生
Pelvic exam 盆腔檢查	<ul style="list-style-type: none"> • Annually 每年一次 - If you're taking Tamoxifen, report vaginal spotting/bleeding/discharge 若服用泰莫西芬，有陰道出血或分泌物的徵狀，請告訴醫生
Bone density (DEXA) scan 骨密度掃描	<ul style="list-style-type: none"> • Annually or every other year 每年或每兩年一次 - If you're taking Aromtase Inhibitor (Arimidex, Femara, Aromasin) 若妳有服用芳香化酶抑制劑藥物

If you are *asymptomatic*, you do NOT need:

妳若沒有任何症狀，就不需要以下：

- Routine blood tests (CBC, CMP) 定期驗血
- Routine blood tumor markers (CA 15-3, CA 27.29) 定期檢驗癌指數
- Chest X-ray 胸腔X光造影
- Bone scan 骨掃描
- CT scan 電腦斷層掃描
- PET scan 正子掃描
- Liver ultrasound, pelvic US 肝超聲波，骨盆超聲波
- MRI 核磁共振成像

→ **Routine use of these tests is NOT proven to improve survival.**

定期接受以上檢查並未被證明會提高存活率。

What Symptoms to Report? 什麼症狀需要告訴醫生？

1. Side effects from treatment 治療副作用

2. Local recurrence symptoms in the breast/chest wall 乳房/胸腔局部症狀:

- New breast lump 新的乳房腫塊
- Skin change, nipple discharge 皮膚改變，乳頭分泌物
- Redness or swelling of the skin 皮膚泛紅或腫大
- Change in the shape of the breast 乳房形狀改變
- New rash on the chest wall 胸壁出現新的皮疹

3. Systemic symptoms 全系統症狀:

- Coughing, shortness of breath 咳嗽、呼吸急促
- Abdominal pain 腹痛
- Unexplained new bone pain 未知原因的新的骨痛
- Persistent headache, dizziness, changes in vision 持續的頭痛、頭暈、視力改變