



Salisbury
NHS Foundation Trust

Multidisciplinary Teams in Breast Cancer Services



This leaflet has been written to introduce you to the Breast Cancer Services at Salisbury Foundation Trust .

We know that being told you have cancer may make you and your family feel very anxious and that it can be a very difficult time for you all.

What is Cancer?

Cancer is a term used to describe a malignant growth (a growth that might spread into nearby normal tissue and travel to other parts of the body) or tumour caused by abnormal cells inside the body. The cells start to divide and may spread to other parts of the body. Sometimes the cells can enter the blood stream or the lymphatic system and make the cancer spread to other areas of the body. If the cancer spreads to other areas this is called metastasis or secondary deposits.

Treatment

Each person diagnosed with cancer may have slightly different treatments. It depends if it has spread to any other parts of the body. Every patient being treated for cancer will have an individual treatment plan. Treatments and / or operations will be suggested according to the type of cancer, where the cancer is and the needs of the patient. Every persons' care and treatment will be discussed at a MDT (Multi Disciplinary Team) meeting. Some tests will be carried out in Salisbury Hospital and some will be in our nearest Cancer Centre and the results will be discussed at the next MDT meeting.

What is a MDT meeting?

MDT is short for **Multi** Disciplinary Team. Every week this group of

specialists meet to discuss x-rays, scans, biopsy and blood results and together decide what is the best treatment to recommend for each patient. The team is different for each type of cancer, but all the teams will include the following:

- Your consultant - Miss Anna Aertssen / Miss Vicky Brown and Miss Roanne Fiddes
- Your Breast Specialist Nurses
- Your MDT Coordinator - who works to organise the meeting and arrange any further tests that may be needed
- A Histopathologist (a specialist at looking at cells and tissue under a microscope)
- A Radiologist (a specialist at understanding x-rays, scans, MRIs etc.)
- An Oncologist (a cancer specialist who understands and prescribes chemotherapy and/or radiotherapy)
- A Specialist from Palliative Care (a doctor or nurse who works with your MDT to assess and treat any symptoms or anxieties caused by the cancer)
- A Research nurse (not all MDT have these, but most will. This nurse has a very active role in research studies and can provide you with lots of information and support if you are offered the choice of taking part in a trial)

There may be other people in the meeting, such as:

- A radiographer (specialist in taking x-rays, scans, ultrasounds etc.)
- Other doctors and nurses who work with the team
- After the MDT meeting, the discussion will be noted in the Health Care Record and then discussed with you. The recommended treatment will be fully explained to you (and your family or carer if you would like them to know as well). This will help you to decide and plan on exactly what type of treatment you would like to have.

Types of Treatments

The main treatments available are:

- Surgery
- Chemotherapy
- Radiotherapy
- Hormone endocrine therapy

Surgery

Surgery is almost always used for breast cancer and is provided here at Salisbury Foundation Trust.

Chemotherapy

Treatment with drugs is known as Chemotherapy. This treatment may be given either as tablets or injections. These drugs travel in the blood stream helping to stop cancer cells wherever they are in the body. Specially trained staff give the chemotherapy. The majority of people do not have to stay in hospital for this treatment. It will be given here at

the Oncology Department . Some of these treatments have a lot of side effects, but not all of them. If this is offered to you, it is important that you fully understand what the side effects will be. If this is the right treatment for you, it will be fully discussed and you will be given lots of written information as well.

Some people may be offered the opportunity to take part in a clinical trial. This is not suitable for all patients and if it is a possibility for you then the research nurse will come and talk to you and make sure you fully understand all the implications.

Radiotherapy

This is a general term for the treatment of cancer with x-rays. It is often used on its own or as a combined treatment with surgery and / or chemotherapy. It works by destroying the cancer cells around and in the area of the tumour. This is not carried out at Salisbury and you will need to travel to Southampton, Poole or Bath for this treatment,

Further information about these treatments will be given to you, depending on which is considered to be the most beneficial for you.

Hormone endocrine therapy

The hormone oestrogen can play a part in stimulating some breast cancers to grow. There are a number of hormone therapies that work in different ways to block the effect of oestrogen on cancer cells.

You may be advised to have hormone therapy if tests show your breast cancer is hormone receptor positive. Your specialist team will discuss with you which hormone therapy they think is most appropriate.

Useful telephone numbers

Breast Specialist Nurses 01722 336262 Ext. 5913 / 5910

Breast Cancer Team at Salisbury NHS Foundation Trust

Miss Anna Aertssen, Consultant Breast Surgeon

Miss Vicky Brown, Consultant Breast Surgeon

Miss Roanne Fiddes, Consultant Breast Surgeon

Breast Specialist Nurse, Ruth Maconochie

Breast Specialist Nurse, Nickie Westlake

Breast Specialist Nurse, Victoria Grant

Breast Cancer Pathway Navigator, Gemma Grant - 01722 336262 ext. 5948

Breast Care Co-ordinator 01722 336262 ext. 4768

Breast Care Secretaries: Lynn Roe and Kelsey Bartholomew 01722 336262 ext. 5913 / 5910

Breast Cancer Support Worker - 01722 336262 ext. 2417

(Mon - Fri, 8.30am - 4.30pm - answerphone available - please leave your name, hospital number and a brief outline of your call. If your call is for the Breast Specialist Nurses they will aim to return your call within 48 hours.)

Oncology

Dr Jenny Bradbury, Consultant Medical Oncologist

Dr Clare Crowley, Consultant Clinical Oncologist

Secretary: 01722 336262 ext. 2785

Nursing & Medical enquiries at The Pembroke Suite 01722 336262 ext. 5075 or 5076

Palliative Care Team 01722 336262 ext. 2113

Radiology

Dr Susan Hegarty, Consultant Radiologist

Dr Mike Hughes, Consultant Radiologist

Dr Nicola Bell, Consultant Radiologist

Radiotherapy

Southampton Reception: 02381 208568

Radiotherapy Appointments: 02381 208851

Poole: 01202 448789

Bath Reception :01225 824853

You will meet other 'Health Professionals' during your treatments. You may need help and advice from other specialist services. These will be introduced to you as and when you need them.

Written Information & further support

Macmillan - questions about living with cancer? Free and confidential helpline (Mon-Fri, 9am-8pm) 0808 808 00 00.

Breast Cancer Care call free helpline 0808 800 6000 (Text Relay

Useful Websites

There are many ways of finding out about Breast Cancer and effective ways of treating it. Some of them contain inaccurate or misleading information, so be very careful when selecting sources. Below are some web sites that are generally reliable. All sites vary and you may have to 'surf' to find the site that answers your particular questions.

www.breastcancernow.org

www.macmillan.org.uk

Please remember there is no way of monitoring the accuracy and quality of information on websites. Please talk to your Consultant, GP or Breast Specialist Nurse if you are not sure what to believe.

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www.salisbury.nhs.uk/wards-departments/departments/cancer-services/