

## DCIS Post-Mastectomy Physician Letter

[DATE]

Re: [ARIA Insert Name, Date of Birth]

Dear Dr. Referring Physician;

Thank you for referring your patient who has been treated with mastectomy for ductal carcinoma in situ (DCIS) of the breast – Stage 0.

Unlike patients who have had breast-conserving therapy for DCIS, there is no level 1 evidence that your patient, who has had a mastectomy for DCIS with clear margins, would benefit from additional therapy (radiation, chemotherapy or endocrine therapy). **Therefore, your patient does NOT require a formal oncology consultation at the Cancer Centre.**

### Surveillance for DCIS Cancer Recurrence

As part of the minimum recommended follow-up, we ask that you organize:

- Patients may perform self-examination of the chest wall (mastectomy site), remaining breast and both axillae every month.
- Diagnostic mammography of the contralateral breast should be performed annually. Reconstructed breasts post-mastectomy (autologous tissue or implants) do not require any form of imaging surveillance.
- Other routine surveillance investigations (e.g. lab work, tumour markers, diagnostic imaging) are NOT recommended for asymptomatic patients.
- Regular preventative age-appropriate health screening (i.e., Pap smear, clinical breast examinations, blood sugars) is recommended.

Please be aware of these potential symptoms of DCIS cancer recurrence:

Symptoms/signs	Actions/Investigations
suspicious rash or nodule on chest wall	refer to surgeon for biopsy
palpable lymphadenopathy	refer to surgeon for biopsy
new mass in contralateral breast	mammography +/- ultrasound (+/- biopsy)

**Patients presenting with any symptoms or signs of recurrence should be investigated and referred back to the treating oncologist. At any time if you have any concerns or are in need of more information please call the Alberta Cancer Line: 1-888-432-8865.**

### Patient Support and General Recommendations

Other resources available to your patient include:

- [After Treatment Book](#): Information and resources to help patients set priorities and take action following cancer treatment. It is handed to patients by the oncology team at the end of treatment

**Counselling and Support:** Post-treatment adjustment should be assessed. If issues are identified, treat or refer to an appropriately trained professional. Resources are available from the following sources (Community Cancer Centre patients should call the nearest Associate or Tertiary site):

Calgary: 403-355-3207	Lethbridge: 403-388-6814	Other Communities visit <a href="http://www.ahs.ca/cpn">www.ahs.ca/cpn</a> and click: Provincial Cancer Patient Navigation
Edmonton: 780-643-4303	Medicine Hat: 403-529-8817	
Grande Prairie: 825-412-4200	Red Deer: 403-343-4485	

**Healthy Lifestyle Recommendations:** Your patient is encouraged to lead a healthy lifestyle. Here are some evidence informed recommendations about modifiable lifestyle factors for your information:

Modifiable Lifestyle Factor	Recommendations
Body Weight	<ul style="list-style-type: none"> <li>• Body mass index (BMI): 18.5-25 kg/m<sup>2</sup></li> <li>• Waist circumference: less than 80 cm for women / less than 94 cm for men.</li> </ul>
Physical Activity	<ul style="list-style-type: none"> <li>• Try to be active for 2.5 hours (150 minutes) every week.</li> <li>• Spread out exercise throughout the day and week, such as 30 minutes 5 days a week.</li> <li>• Focus on moderate (brisk walking) to vigorous activity (jogging).</li> </ul>
Nutrition	<ul style="list-style-type: none"> <li>• Avoid sugary drinks and foods.</li> <li>• Eat a variety of vegetables, fruits, whole grains, and legumes.</li> <li>• Limit consumption of red meats (such as beef, pork, and lamb), and avoid processed meats.</li> <li>• Limit consumption of salty foods and foods processed with salt.</li> </ul>
Dietary Supplements/ Bone Health	<ul style="list-style-type: none"> <li>• Vitamin D: 1000 - 2000 IU per day.</li> <li>• Calcium: 1000 mg per day (from all sources).</li> <li>• Treatment and follow up as per Canadian Osteoporosis Guidelines.</li> </ul>
Alcohol	Limit alcohol consumption (<1 drink/day, <3 drinks/week).
Smoking	Practice smoking cessation. For help contact Alberta Quits 1-877-710-QUIT (7848) or visit <a href="http://www.albertaquits.ca">www.albertaquits.ca</a> and <a href="http://www.ahs.ca/guru">www.ahs.ca/guru</a> for the clinical practice guideline.
Sun Exposure	<ul style="list-style-type: none"> <li>• Advise on avoidance of excessive or potentially harmful UV exposure.</li> <li>• Advocate for the use of sunscreen and sunglasses.</li> <li>• Advise against the use of indoor tanning beds.</li> <li>• Check skin regularly for suspicious lesion.</li> </ul>
Immunizations	<ul style="list-style-type: none"> <li>• Annual non-live influenza vaccination unless contraindicated.</li> <li>• Other vaccinations as appropriate.</li> </ul>
Other cancer screening	<ul style="list-style-type: none"> <li>• Age-appropriate screening such as breast, colorectal and other cancers.</li> <li>• Refer to <a href="http://www.screeningforlife.ca/healthcare-providers-resources/">www.screeningforlife.ca/healthcare-providers-resources/</a> for more information.</li> </ul>

At any time if you have any concerns or are in need of more information please call the **referring oncologist at XXX**.

We appreciate your partnership in caring for this patient.

Sincerely,

**The Alberta Provincial Breast Tumour Team**