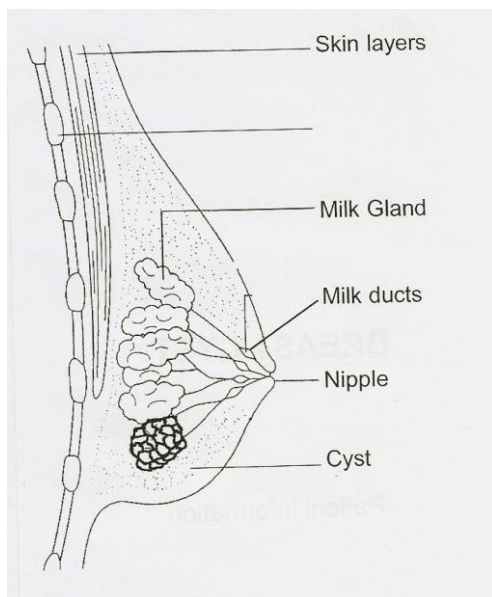


Breast Unit

Patient information leaflet

Name of leaflet: **Breast cyst**

You have been told that you have a breast cyst. A breast cyst is the most common form of a breast lump. A breast cyst is a fluid-filled capsule which forms in the milk-producing tissue of the breast. They are most common in the late 40's and 50's. Most cysts are small and you may not be aware of them, you may have more than one and they may be in both breasts.



A large cyst feels like a rounded lump and may move about easily under the skin when examined. Large cysts can be quite painful, they can occur and increase in size quite rapidly which can be alarming.

Your cyst will have been aspirated in the clinic by inserting a needle into it and draining the fluid into a syringe.

There is no need for any further treatment providing three rules are obeyed;

- The cyst fluid was not bloody.
- There is no lump still remaining after the fluid has been drained.
- The same cyst does not keep recurring.

Please examine yourself once a month, especially over the next few months to make sure the same cyst has not returned.

Now that you have had a breast cyst there is a 40% chance that you may develop another within 2 years. However, there is no evidence to suggest that a history of breast cysts leads to an increased risk of developing cancer later.

It is important to remember that one in nine women will develop breast cancer. Therefore breast awareness and breast self-examination are important in the early detection of breast cancer.

Contact details

If you have any specific concerns that you feel have not been answered and need explaining, please contact the following.

- Alexandra Hospital:
 - Julie Weston, Breast Care Specialist Nurse: 01527 503030 ext: 44625
 - Mandy Batten, Breast Care Specialist Nurse: 01527 503030 ext: 44624
 - Jo Buckell Breast Care Specialist Nurse 01527 503030 ext 44624
- Kidderminster Hospital and Treatment Centre:
 - Nicola O'Hara, Breast Care Specialist Nurse: 01562 823424 ext: 53806

- Worcestershire Royal Hospital:
 - Rachel King, Liz Jarman or Tracy Greensmith, Breast Care Specialist Nurses: 01905 760261 or bleep: 243

Other information

The following internet websites contain information that you may find useful.

- www.worcsacute.nhs.uk
Worcestershire Acute Hospitals NHS Trust
- www.patient.co.uk
Information fact sheets on health and disease
- www.nhsdirect.nhs.uk

Patient Services Department

It is important that you speak to the department you have been referred to (see the contacts section) if you have any questions (for example, about medication) before your investigation or procedure.

If you have any concerns about your treatment, you can contact the Patient Services Department on 0300 123 1733. The Patient Services staff will be happy to discuss your concerns and give any help or advice.

If you have a complaint and you want it to be investigated, you should write direct to the Chief Executive at Worcestershire Acute Hospitals NHS Trust, Charles Hastings Way, Worcester WR5 1DD or contact the Patient Services Department for advice.

Please contact Patient Services on 0300 123 1733 if you would like this leaflet in another language or format (such as Braille or easy read).

Bengali

“আপনি যদি এই লিফলেটটি বিকল্প কোনো ভাষায় বা ফরমেটে (যেমন ব্রেইল বা সহজ পাঠ) চান, তাহলে এই নম্বরে 0300 123 1733 প্যাশেন্ট সার্ভিসের সাথে যোগাযোগ করুন।”

Urdu

“اگر آپ کو یہ دستی اشتہار کسی متبادل زبان یا ساخت میں چاہیے (جیسے کہ بریل / ایڑی ریڈ) تو پشٹنٹ سروسز سے 0300 123 1733 پر رابطہ کریں۔”

Portuguese

“Por favor, contacte os Serviços de Apoio ao Paciente através do número 0300 123 1733, caso precise deste folheto numa língua alternativa ou formato (como Braille / fácil de ler).”

Polish

“Jeżeli pragniecie Państwo otrzymać tę broszurę w innym języku lub formacie (Braille / duży druk) proszę skontaktować się z Obsługą Pacjentów pod numerem 0300 123 1733.”

Chinese

“如果您需要此份傳單的其他語言選擇或其他版本 (如盲人點字版/易讀版容易的閱讀) 請致電 0300 123 1733 與病患服務處聯繫。”

Comments

We would value your opinion on this leaflet, based on your experience of having this procedure done. Please put any comments in the box below and return them to the Clinical Governance Department, Finance Department, Worcestershire Royal Hospital, Charles Hastings Way, Worcester, WR5 1DD.

Name of leaflet: _____ Date: _____

Comments:

Thank you for your help.