## Table 1. Comparison of guidelines recommendations for surveillance of women following primary therapy of breast cancer

<table>
<thead>
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</thead>
<tbody>
<tr>
<td><strong>history and physical examination</strong></td>
<td>1–4 times/year as clinically appropriate for 5 y, then annually</td>
<td>every 3–6 mo for the first 3 y every 6–12 mo for the next 2 y, and annually thereafter</td>
<td>every 3–4 mo in the first 2 years, every 6 mo from years 3–5 and annually thereafter</td>
<td>according to individual patient’s needs</td>
<td>every 3 mo in the first 3 years, every 6 mo in years 4 and 5, and annually thereafter</td>
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<tr>
<td><strong>mammography</strong></td>
<td>annual mammography</td>
<td>annual mammography</td>
<td>Annual ipsilateral and/or contralateral mammography with ultrasound is recommended annually</td>
<td>Annual mammography with ultrasound is recommended</td>
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<tr>
<td><strong>breast self exam</strong></td>
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<td>-</td>
<td>if a woman wishes</td>
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<tr>
<td><strong>gynecologic assessment</strong></td>
<td>Every 12 mo for women on tamoxifen if uterus present</td>
<td>regular gynecologic follow up</td>
<td>For patients on tamoxifen, an annual gynecological examination possibly with a gynaecological, ultrasound, by an experienced gynaecologist is recommended</td>
<td>for women on tamoxifen, important to ask about vaginal bleeding</td>
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<tr>
<td><strong>bone health assessment</strong></td>
<td>ongoing monitoring of bone health</td>
<td>-</td>
<td>Regular bone density evaluation is recommended for patients on AIs</td>
<td>Bone mineral density testing for postmenopausal or premenopausal with risk factors for osteoporosis, or on aromatase inhibitors</td>
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<tr>
<td><strong>encourage active lifestyle and ideal BMI</strong></td>
<td>ongoing</td>
<td>ongoing</td>
<td>ongoing</td>
<td>ongoing</td>
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<tr>
<td><strong>encourage adherence to endocrine therapy</strong></td>
<td>ongoing</td>
<td>ongoing</td>
<td>ongoing</td>
<td>ongoing</td>
<td>ongoing</td>
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<tr>
<td><strong>Blood counts</strong></td>
<td>not recommended in asymptomatic patient</td>
<td>not recommended in asymptomatic patient</td>
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<td>not recommended in asymptomatic patient</td>
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<tr>
<td><strong>Blood chemistrie</strong></td>
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<td><strong>Tumor markers</strong></td>
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<td><strong>Routine imaging of chest abdomen or bone</strong></td>
<td>not recommended in asymptomatic patient</td>
<td>not recommended in asymptomatic patient</td>
<td>not recommended in asymptomatic patient</td>
<td>not recommended in asymptomatic patient</td>
<td>not recommended in asymptomatic patient</td>
</tr>
</tbody>
</table>