

# The Metastatic Bone Disease Service

## Orthopaedic Oncology Service

Last reviewed: Mar 2024

Information for patients

Next Review: Mar 2027

Leaflet no. 704 Version 3

### Introduction

This leaflet has been written for patients diagnosed with bone metastases and myeloma bone disease. It may also be useful for family, friends and carers.

### What is metastatic bone disease?

This is when your main (primary) cancer has spread to your bones. The medical term for this is 'bone metastases'. It is also known as 'secondary cancer'.

### What are bone metastases?

Bone metastases are a result of your primary cancer spreading. It happens when cancer cells break away from your primary cancer and travel through the blood or lymph system to other parts of your body, in this case your bones.

### What is myeloma bone disease?

Myeloma is a primary bone marrow cancer rather than a secondary cancer. Myeloma bone disease happens due to activation of cells that break down bone (osteoclasts) caused by myeloma cells. It can affect any bone and can be at multiple sites in the body and can result in the bones becoming weaker.

### The Metastatic Bone Disease Specialist Nurse:

- works closely with orthopaedic surgeons, oncologists, haematologists, cancer specialist nurses and other healthcare professionals both in the hospital and the community.
- provides emotional and psychological support to help you to adjust to living with your diagnosis.
- aims to be present at your consultations where possible.
- acts as a link between the orthopaedic and oncology / haematology teams to ensure that you receive the care that you need in an effective and efficient way.
- offers continuing support and information to patients and families. This may be face-to-face or over the telephone.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Contact details

If your hospital doctor has referred you to the Metastatic Bone Disease Service and you would like more information, please contact:

Lara Mitchell (Specialist Nurse)

Fracture Clinic, Level 1, Balmoral Building , Leicester Royal Infirmary, LE1 5WW.

**Telephone:** 07960 868428

**Email:** lara.mitchell@uhl-tr.nhs.uk

Usual hours of work: Monday, Tuesday, Wednesday and Friday 9am to 5pm

If you are unwell and need urgent advice, please contact your GP or GP Out-of-Hours Service.

If you are having anti-cancer treatment (drug therapy or radiotherapy) please ring:

**24-hour emergency helpline:**

**0808 178 2212**

More detailed information is contained in the Macmillan booklet 'Understanding secondary cancer in the bone'. Contact Macmillan Cancer Support or the Information Centre if you would like a copy.

### Macmillan Information and Support Centre

#### Osborne Building

#### Leicester Royal Infirmary

Telephone:

0116 258 6189

Email:

cancerinfo@uhl-tr.nhs.uk

Website:

www.leicestershospitals.nhs.uk/cancerinfo

#### Macmillan Cancer Support

Freephone:

0808 808 00 00

Website:

www.macmillan.org.uk

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)