MACMILLAN CANCER SUPPORT

MSCC alert card

You have been given this card because you have cancer and are at risk of developing metastatic spinal cord compression (MSCC).

Contact your hospital team immediately if you develop any of these symptoms:

- problems controlling your bowels (incontinence) or increasing constipation
- problems controlling your bladder (incontinence) or passing little or no urine
- feeling unsteady on your feet, having difficulty walking

- weakness of your legs, or your legs giving way
- weakness of your hands or arms, not being able to grip things
- numbness, a burning feeling or pins and needles in your arms or legs
- pain that feels like a band around your chest or tummy (abdomen)

- pain that spreads into your arms or legs, or to your lower back, buttocks or legs
- pain in your neck or back that becomes severe and keeps you awake at night
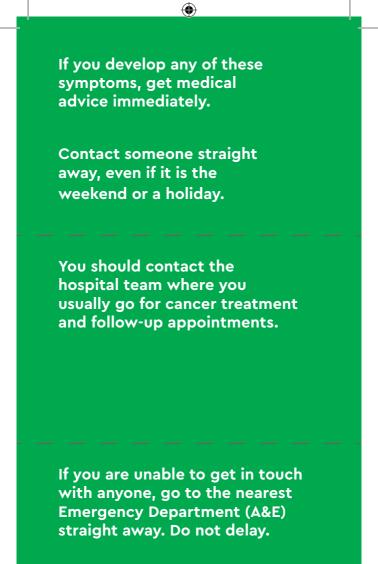- pain in the spine that gets worse when you move.

! **Do not wait for further symptoms to develop.**

The earlier treatment starts, the more likely it is to be effective.

Hospital contact telephone number:

If you develop any of these symptoms, get medical advice immediately.

Contact someone straight away, even if it is the weekend or a holiday.

You should contact the hospital team where you usually go for cancer treatment and follow-up appointments.

If you are unable to get in touch with anyone, go to the nearest Emergency Department (A&E) straight away. Do not delay.

When you speak to a health professional:
- describe your symptoms
- tell them you have cancer and are worried you may have spinal cord compression
- show them this card or your MSCC leaflet.

Information for doctors or health professionals:
- This patient is at risk of MSCC. They should be mobilised and nursed as per the NICE MSCC guidance or local MSCC policy.
- If you suspect MSCC, please arrange an urgent whole spine MRI (or CT if an MRI is contraindicated).
- Contact your local acute oncology service or MSCC co-ordinator for advice.

Early diagnosis and treatment are essential.

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