

Life after Treatment

The Next Chapter in Your
Survivorship Journey

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As you near the end of your cancer treatment, you may have unanswered questions about what lies ahead. There are many resources to help you get answers to your questions and find the support you need. This guide contains key information for you and your family to discuss with your doctor or nurse, and additional support to help throughout your cancer experience.



"I was afraid and not prepared. Everyone said it would be fine, but it was not very reassuring. I was terrified. I got so familiar with people at the doctor's office, and then I realized I would not see them anymore."

Your Treatment Summary and Survivorship Care Plan

You have most likely been working with a team of doctors and nurses during your cancer treatment. As you near the end of treatment, you will have fewer visits with this health care team. Some people prefer making fewer trips to visit their health care team. Others may feel lost and alone without a doctor or nurse to answer their questions. To help ease this transition, ask your oncologist to provide a summary of the treatments you received. This summary will be helpful when discussing your cancer experience with your primary care provider, family doctor, or new members of your health care team. Working together with your oncologist and your family doctor, you can develop a survivorship care plan. A list of organizations that provide survivorship care plans are available on the American Cancer Society's Web site at www.cancer.org/survivorshipcareplans.

Treatment Summary

- Describes your cancer diagnosis
- Describes medical treatments you received or are receiving
- Helps you talk with health care professionals who were not part of your cancer care team
- Gives you a record of your cancer treatments

Survivorship Care Plan

- Should include a treatment summary
- Describes what follow-up appointments and tests you will need and when you should have them
- Describes preventive measures you can take to help you stay well
- Describes possible side effects of your cancer treatments and ways to manage them
- Describes ways to manage your physical and mental health



"I received information from my doctor on side effects, and it made me realize what I was experiencing was normal."

Side Effects of Cancer Treatment

Physical Issues

Even after cancer treatment ends, you may have some physical side effects. The kind of side effects you have and how long they last will depend on the treatment you received. By being aware of the common side effects of cancer treatment, you can work with your doctor to help treat them. They might include:

- Fatigue
- Pain
- Problems fighting infection
- Lymphedema (swelling of arms or legs)
- Memory loss or trouble concentrating
- Changes in sexual function or fertility
- Nerve problems such as numbness and tingling
- Bone and joint problems or muscle weakness
- Skin changes
- Secondary cancers
- Anemia

Emotional and Social Issues

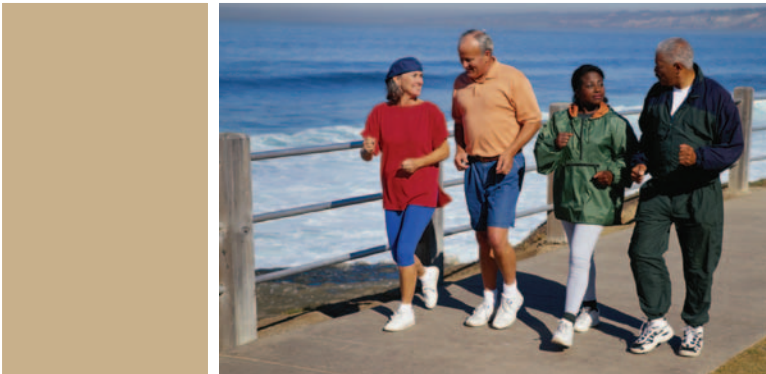
Cancer affects much more than just your physical health. There is often stress along with a cancer experience, and it does not always end when treatment ends. In fact, those feelings may increase for some people after treatment. Areas of concern may include:

- Going back to work after a long time away
- Dealing with financial concerns
- Rebuilding relationships with friends and family
- Establishing a new “normal” and returning to day-to-day life
- Feeling uncertain about the future
- Coping with fears of cancer returning

Managing Your Health and Wellness after Treatment

After treatment is over, there are a number of things you can do to stay healthy and reduce your risk for heart attack, stroke, and even other cancers.

- Avoid smoking cigarettes and using other tobacco products, such as chewing tobacco or cigars.
- Limit the number of alcoholic beverages to no more than 1 drink a day for women and 2 drinks per day for men, if you drink at all.
- Be physically active to help stay healthy and reduce stress.



"At first I was hesitant to begin exercising again, but it was reassuring to learn I could resume at my own pace."

- Eat a healthy diet with more fruits and vegetables and less red and processed meats.
- Maintain a healthy weight.
- Protect your skin from exposure to ultraviolet radiation from the sun, sunlamps, and tanning beds.
- See your doctor and dentist for regular checkups.

You may think of a number of questions that you want to ask your doctor or nurse, or that you want to read about online. Keep track of these questions and the answers you find in the following spaces, and share them with your doctor or nurse at your next visit.

Question:
1.
2.
3.

Cancer Information Resources

Many people may find help by talking about their concerns with others who have had cancer. Support is available online, by telephone, and face-to-face. You can find more information on support services by calling any of the following trusted cancer organizations or by visiting their Web sites.



"It's important for me to share what I experienced. I'm so passionate about this because someone took my hand and walked me through. I'd like to take someone else's hand."

American Cancer Society

Visit www.cancer.org or call 1-800-227-2345, 24 hours a day, 7 days a week to talk with a trained Cancer Information Specialist to get answers to your questions about cancer or to learn about programs and resources to help you get well and stay well. The American Cancer Society is here for you before, during, and after a cancer diagnosis.

The Survivorship Center

Visit www.cancer.org/survivorshipcenter for post-treatment survivorship resources.

National Cancer Institute

Visit www.cancer.gov or call 1-800-422-6237 to talk with a trained cancer information specialist. The National Cancer Institute has information and resources to help answer your questions after you finish cancer treatment.

LIVESTRONG

Visit www.livestrong.org to get information about support programs for cancer survivors. You can also fill out and print your own survivorship care plan.

Cancer Support Community

Visit www.cancersupportcommunity.org to view cancer survivorship information and resources.

National Coalition for Cancer Survivorship

Visit www.canceradvocacy.org to listen to survivor stories and to order resources. **TEAMWORK** is a resource you can download that includes information dedicated to life after cancer treatment ends.

CancerCare

Visit www.cancercare.org to learn about free emotional and practical support for people with cancer, caregivers, loved ones, and the bereaved.

Survivorship A to Z

Visit www.survivorshipatoz.org/cancer to find practical, financial, and legal information to help you after a cancer diagnosis and treatment.

Patient Advocate Foundation

Visit www.patientadvocate.org to find out about services offered to assist you with insurance and employment-related issues.

Tips for Finding Trusted Information

The listing above represents a few organizations involved in the fight against cancer. If you visit other sites, the following tips may help you sort through the information to determine if it is current, correct, and right for you.

- **Who is giving you the information?**

Often, the most trusted information sources are government agencies, hospitals, universities, and cancer-focused organizations. They typically have Web addresses that end in .org, .edu, and .gov.

- **When was the information last updated?**

Health information is always changing, so look for the most current information possible. Web pages should include the date the information was posted or updated, and booklets and brochures should have the date they were printed inside the front cover or on the back page.

- **Whom is the information written for?**

Use Web sites that are written for cancer survivors, which are easy to read and understand, rather than Web sites for doctors, nurses, or other health care professionals.

- **Does the resource list its purpose?**

Look for Web sites whose goal is to inform you about a specific topic, and avoid those that promote or sell products. They may have biased or incorrect health information.

- **Is an author or source listed?**

Try to find the name of the author or the source of the information, and whether they are an expert on the topic. Web sites you can trust often list the source of information from scientific journals to support the information on their Web site.

- **Is the information balanced or unbiased?**

Information should be balanced, giving the pros and cons of a topic. Having more than one viewpoint suggests an unbiased resource. Expert opinions should be supported by scientific evidence.

The Survivorship Center

The National Cancer Survivorship Resource Center (The Survivorship Center) is a collaborative effort managed by the American Cancer Society and the George Washington Cancer Institute – with funding through cooperative agreement #1U55DP003054 – to address the needs of those living with, through, and beyond cancer. For more information about The Survivorship Center, please visit www.cancer.org/survivorshipcenter.



We **save lives** and create more birthdays
by helping you stay well, helping you get well,
by finding cures, and by fighting back.

cancer.org | 1.800.227.2345