

FOLLOW-UP CARE: YOUR AFTER-TREATMENT SURVIVORSHIP VISIT

All cancer survivors should have follow-up care, starting with a cancer survivorship visit. It's important to have regular checkups to look for any changes in your health or problems that may occur due to treatment. These checkups are also a time to check for physical and emotional effects that may develop months or years after treatment ends. As a cancer survivor, you may face physical, emotional, social and financial challenges because of your diagnosis and treatment. Knowing what to expect after treatment can help you and your family make plans, lifestyle changes and important decisions.

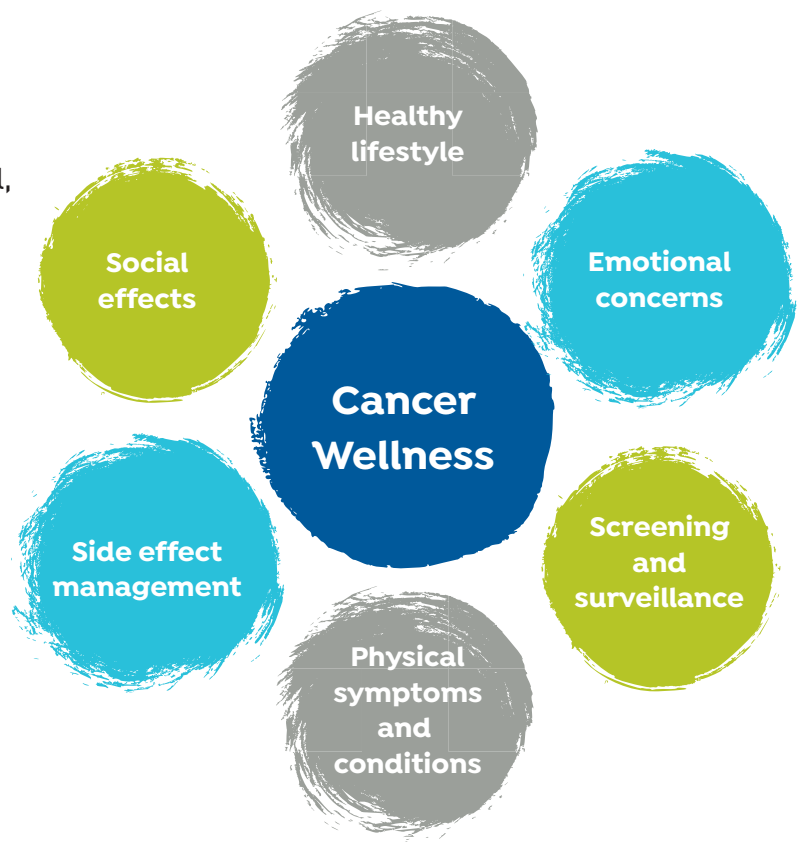
CANCER SURVIVORSHIP VISIT

Coborn Cancer Center strives to enhance health and quality of life before, during and after cancer treatment. Your cancer survivorship visit will provide you with vital information to help you successfully transition from active treatment to survivorship.

Cancer survivorship visits include discussion about:

- Your survivorship plan of care
- Follow up care information based on your cancer stage, pathology and treatments received
- Managing possible physical, emotional, sexual and social effects
- Referrals as needed for physical therapy, occupational therapy, behavioral health care and palliative care
- Strategies to stay healthy
- Support services available

During your survivorship visit, it's important to talk openly about any physical or emotional problems. Mention any symptoms or concerns that are new to you or that won't go away. Although you might have certain symptoms, it doesn't always mean the cancer has come back. Symptoms can be due to other problems that still need to be addressed.



Make sure you continue to get the care you need — especially now that treatment is over. There may be resources available to help you. **Talk with your health care team, social worker or the CentraCare Business Office at 320-240-2100.** There are also organizations listed in the resources section that may be able to help you with health care costs.

FINDING A SURVIVORSHIP PLAN OF CARE

Your personalized survivorship care plan received at your survivorship visit can be used at other sites. We have listed two comprehensive sites for your use.

The Livestrong Care Plan is a “survivorship care plan” that is individualized based on answers provided in a brief questionnaire. The plan is meant for you to review and discuss with your health care team (both oncology and primary care). For more information, visit www.livestrongcareplan.org.

Journey Forward is a program for survivors and their providers to work as a team after active treatment comes to an end. This plan offers many ways to guide survivors through their next steps and offers tools and resources to assist you on the journey forward. For more information, visit www.journeyforward.org.

ONCOLOGY REHABILITATION

Evaluating and treating late effects (physical, emotional, sexual and social) of cancer treatment is an important part of survivorship care. Oncology rehabilitation helps restore a person’s ability to live and work as normally as possible after cancer treatment.

Oncology rehabilitation can improve the quality of life for people by:

- Improving physical strength to help offset limitations caused by cancer and cancer treatment
- Increasing ability to care for oneself and reducing support needed from caregivers
- Helping adjust to actual, perceived and potential losses due to cancer and cancer treatment
- Managing symptoms of cancer and its treatment, including fatigue, sleep problems and pain

Your survivorship visit may include referrals as needed to:

- Physical therapy
- Occupational therapy
- Behavioral health care
- Palliative care
- Coborn Healing Center

Coborn Healing Center offers many free services to help you and your caregiver during and after cancer treatment. **For more information call 320-229-5100.**