Welcome to your survivorship toolkit! Did you know that almost 12 million people living in the United States are cancer survivors? These survivors often have special health needs. This toolkit has information and suggestions that will help them live healthier lives.

Get started with the 8 great tips below. Next, look inside to learn what a cancer treatment summary is. Then get tips on talking to your doctor, and more!

8 Tips for Cancer Survivors

1. **Take charge of your health.** Cancer survivor clinics can help you stay healthy—in mind and body.

2. **Ask for a treatment summary.** It comes from the doctor or hospital that treated your cancer. It should have everything about your cancer and the treatment you had.

3. **Get a primary care provider if you don’t have one.**

4. **Share the treatment summary with your primary care provider.**

5. **Get health insurance if you don’t have it.** Staff members at your community health center can help enroll you in a program that will pay for all or part of your medical care. You can also call MassHealth at 1 (888) 665-9993 to learn about insurance programs that will cover some or all of your care.

6. **Schedule an appointment** with the Lance Armstrong Foundation Adult Survivorship Clinic. The clinic will:
   - help you learn about screening tests that you may need, depending on the chemotherapy, surgery, and/or radiation you had
   - give you a complete physical exam and look at any symptoms you might have
   - allow you to meet with a social worker, who can help you with your feelings about being a survivor
   - make a personalized plan for follow-up care that you share with your primary care provider

7. **Read Facing Forward: Life After Cancer Treatment.** It is a booklet from the National Cancer Institute. It lists the services and resources that can help you live a healthy, happy life after cancer. Your community health center should give you one. If you don’t get one, ask your health care provider, call 1 (800) 4-CANCER (422-6237), or visit www.cancer.gov.

8. **Remember that you are not alone.** Healing is a process of living, learning, and sharing our experiences, our strength, and our hope.
Talking to Your Oncologist

One of the most important things cancer survivors should know is how to talk to their oncologist (cancer doctor). Here are some tips that you can use during your appointments:

When you are finished with treatment, ask your oncologist:

- Do I have a higher risk of health problems because of the treatment I had?
- What kinds of health problems am I at risk for?
- How long after treatment will I start to have these problems?
- What is our plan for watching out for my health risks?
- What is the plan for keeping an eye on my cancer?
- What symptoms should I watch for?
- When should I call you? When should I call my primary care physician?
- What can I do to lower my risk for health problems in the future?

When you come to follow-up appointments, talk with your oncologist about:

- Any problems that get in the way of your everyday life. These can be things like:
  - fatigue
  - trouble sleeping
  - sudden weight gain or weight loss, for no reason
  - having a hard time working or concentrating
  - new pain or pain that’s getting worse
  - sexual issues
- Chronic health issues. These can be things like:
  - diabetes
  - arthritis
  - asthma
  - heart disease
- Feelings or emotions that have changed or that you have not had before. These can include depression or anxiety.
- Changes in your family’s medical history. If you have a relative who found out that he or she has cancer or heart disease, tell your doctor.
- Any medicines you are taking. These include:
  - prescription medicines
  - over-the-counter medicines
  - vitamins
  - herbs

This information was adapted from Facing Forward: Life After Cancer Treatment, National Cancer Institute, NIH Publication No.06-2424, printed September 2006; and from LIVESTRONG, Resource for Cancer Survivors, Lance Armstrong Foundation, 2004-2005.
Questions and Answers About Cancer Treatment Summaries

What is a cancer treatment summary?

Once you are done with your cancer treatment, you may have check-ups with your oncologist from time to time. However, most of your medical care will come from your primary care provider.

Some of the treatments you had may cause possible problems called late effects. These problems can occur months or years after your cancer treatment is over. Your personalized treatment summary will help your primary care provider learn more about your cancer treatment and suggested follow-up care.

To stay as healthy as you can, you should have a cancer treatment summary to give to your health care providers. This will allow them to see all the details of your treatment.

What should be on the cancer treatment summary?

- the date you were diagnosed
- the type of cancer you were treated for
- the type and stage of your cancer
- places and dates of certain treatments, such as:
  - details about surgeries
  - where radiation was given on the body, and how much
  - names and doses of chemotherapy drugs and other medicines
- a list of symptoms to watch out for
- possible late effects of treatment
- contact information for all health care professionals that were involved in your treatment and follow-up care
- any problems that happened during treatment
- information about supportive care you had (such as special medicines, emotional support, or nutritional supplements)

How do I get a cancer treatment summary?

The easiest way to get this is to ask your oncologist at your follow-up visit to make you a treatment summary.

If you don’t see your oncologist for follow-up care anymore, call the oncologist’s office (or the clinic or hospital where you were treated) and ask for a cancer treatment summary. You can also ask for a copy of your medical records.
The Lance Armstrong Foundation Adult Survivorship Clinic meets the special health needs of cancer survivors by offering:

- psychosocial counseling programs
- help with sexual health
- help with fertility concerns
- help with cognitive (thinking) concerns
- gynecology consultations
- cardiology (heart) consultations
- endocrinology (hormones) consultations
- renal (kidney) consultations
- end-of-treatment summaries, which include:
  - a review of your treatment and health risks
  - a care plan
- wellness planning

To schedule an appointment at the Lance Armstrong Foundation Adult Survivorship Clinic at Dana-Farber Cancer Institute:

**Phone:**
(617) 632-4LAF (4523)

**Email:**
LAFclinic@dfci.harvard.edu

Visit www.dana-farber.org/survivor for more information about survivorship programs and services at Dana-Farber Cancer Institute.