

Live your BRAVE LIFE AFTER CANCER



Cancer survivorship focuses on the quality of life following a cancer diagnosis, which includes physical, mental, emotional, social, and financial aspects that continue through treatment and beyond. Survivorship also includes issues related to follow-up care, late effects of treatment, and possible cancer recurrence. Therefore, having a follow-up care plan helps improve the quality of care of survivors as they move beyond treatment.

A cancer diagnosis impacts more than just the patient alone. Everyone involved including

caretakers, family, and friends play a crucial role in the experience and can help the patient adjust to a new normal.

With more than 15.5 million cancer survivors alive today, it is a great time to reflect on ways to live a healthier life. People who have had cancer in the past can still have other health problems. Some may even develop other cancers.

In addition to having a personalized follow-up care plan, following these tips during and after treatment can help cancer survivors live well and lead a healthier lifestyle.

TIPS FOR LIVING WELL:

- Eat healthy
- Get active
- Maintain a healthy weight
- Avoid tobacco
- Practice sun safety
- Find cancer early

Building Blocks for SURVIVING CANCER

Cancer survivorship care plans are an important component of follow-up care. A survivorship care plan is a record of your cancer and treatment history, as well as any checkups or follow-up tests you need in the future. It may also list possible long-term effects of your treatments, and ideas for staying healthy.

Patients should be encouraged to provide a copy of the care plan to their primary care providers and other healthcare providers throughout life.

ELEMENTS OF AN EFFECTIVE CANCER SURVIVORSHIP CARE PLAN:

DETAILS OF THE
CANCER DIAGNOSIS

TREATMENT
HISTORY

REHABILITATION

HEALTH CARE
PROVIDERS
CONTACT
INFORMATION

SPECIFIC
RECOMMENDATIONS
FOR ONGOING CARE

POSITIVE HEALTH
BEHAVIOR
PROMOTION

SOCIAL AND
MENTAL SUPPORT

FINANCIAL
PLANNING

LISTING OF
CANCER-RELATED
RESOURCES