

Adult Cancer Survivorship Program Resource Directory

The Cancer Support Program has a list of questions and suggestions that can assist in the follow-up care for your cancer treatment. The key purpose of regular follow-up care is to check for recurrence, metastatic disease, or to help prevent or identify other cancers. Follow-up care is determined by type of cancer, staging, treatment, treatment-related problems or your overall health.

Things to keep organized:

1. Make a list of physicians.
2. Obtain records of all care received such as pathology report, surgery reports, etc.
3. Download a treatment care summary from one of the resources listed below, complete as much as you can, and take to your physician.
4. Keep a current list of all your medications.

Physician Names and Cancer Team information:

- Medical Oncologist: _____
- Radiation Oncologist: _____
- Surgeon: _____
- Family Physician: _____
- Other Specialist: _____
- Hospital or Clinic: _____
- Nurse Practitioner/Nurse/Physician Assistant: _____
- Case Manager(s): _____

Suggested Questions and Information to Ask When Speaking with Your Physician:

Diagnosis and Treatment History

- Initial cancer diagnosis and site?
- Initial stage of cancer?
- What treatments (chemotherapy, biotherapy, targeted therapy, hormone therapy) was I given?
- What are the names of these treatment agents?
- Date of last chemotherapy treatment?
- Any significant side effects or complications?
- Transplant type?
- Other procedures or treatments?

Follow-Up Care

- Now that I have finished my treatment, who on the cancer team will be responsible for monitoring my care?
- How often should I be seen?
- Which physicians should I be having follow-up care with?
- What follow-up tests and blood work should I have? How often?
- What are the common long-term and/or late effects of the treatment I received? Who should I see for them?
- What are the chances of recurrence or metastasis (the cancer spreading)?
- Are there any symptoms I should be watching for?
- Under what circumstances should I call you?
- What do you recommend to maintain my health and well-being?
- Are there any other health issues you are concerned about?
- When should I have my central line or port removed?

Support and Concerns

- Are there support groups that you suggest?
- Even though I survived cancer, will I feel different physically?
- Will I have trouble getting health insurance or keeping a job because of my cancer?



Resources

- Cancer Support Survivorship Program | 1-866-674-2633
- National Coalition for Cancer Survivorship | www.canceradvocacy.org
- American Cancer Society | 1-800-227-2345 | www.cancer.org
- Cancer Survivors Network | www.acscsn.org
- National Cancer Institute | 1-800-4-CANCER | www.cancer.gov
- Life After Cancer Treatment | www.cancer.gov/cancertopics/life-after-treatment
- Livestrong | www.livestrong.com

Contact the Optum Cancer Support Survivorship Program at 1-866-674-2633.

This tip sheet is for informational purposes only. It does not diagnose problems or recommend specific treatment. The information provided in this document is not a substitute for your doctor's care. Services and medical technologies referenced herein may not be covered under your plan or be available in all states or for all groups.