

# American Cancer Society Circle Of Life<sup>SM</sup>: Cancer Education and Wellness



Photo courtesy of Marcine Quenzer

## What to Expect after Cancer Treatment

The end of treatment can be both stressful and exciting. You'll be relieved to finish treatment, yet it's hard not to worry about cancer coming back. This is very common among people who have had cancer.

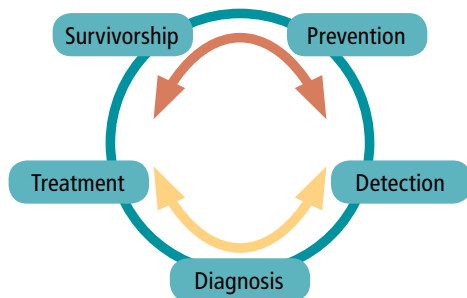
For years after treatment ends, you'll need to see your doctor for follow-up. These visits may include physical exams and blood tests, which can help to tell if the cancer has come back. Other tests, like chest x-rays, CT scans, or MRIs, may also be needed.

Your doctor will talk to you about side effects at these visits, too. Almost any cancer treatment can have side effects. Some last for a few weeks to months, but others can last longer. Be sure to tell your health care provider about any problems you're having so you can get the help you need.

### How do I take care of myself now?

It is important that you take care of yourself – the whole person, including:

- Your physical and emotional self
- Your mental and social self
- Your spiritual self



### What about physical changes?

Cancer and treatment can cause physical changes to your body. It can take time to adjust to the way you feel about these changes and how you look, so it's important to be patient. Talk with your health care provider about any changes that are continuing to bother you. Many of these things can be treated or managed.

### Do I still need to see a doctor?

- Your health care provider will help you with:
- Managing any continued effects of treatment
- Watching for signs that the cancer is coming back (a cancer recurrence)
- Regular screening tests for other cancers
- Other ways to keep yourself healthy

### New Survivorship Guidelines

The American Cancer Society has released its first- ever Survivorship Care Guidelines to help cancer survivors and their primary care providers better manage their long-term care. They provide detailed recommendations for managing side effects, testing to see if the cancer has come back, making healthy lifestyle changes, and coordinating care among primary care providers and specialists.

If you would like more information about what to expect after cancer, visit [cancer.org](http://cancer.org) or call 1-800-227-2345.

