

# CANCER SURVIVORSHIP CHECKLIST

What you need to know when you have **finished treatment**.



NAME

AGE

CANCER TYPE

## CARE PLAN

Ask for a written treatment summary and care plan for me and my current and future health care providers. This should include what my treatment was and plans for future tests and visits.

Discuss with my health care team important topics, including:

- What recovery from my treatment will be like.
- Any physical or emotional concerns I still have after treatment ends.
- Short- and long-term treatment side effects and actions to take when symptoms arise.
- Screening for recurrence or for new cancers.
- Diet, exercise, and other health recommendations.

Review the completed plan with a member of my oncology care team to assure that I understand it.

## COMMUNICATION WITH MY HEALTH CARE TEAM

Discuss with my health care team who will manage my care after treatment ends — a member of the oncology team, my primary care physician, or both — using the care plan.

Discuss how my care will be coordinated with my primary care doctor. Ensure my primary care provider understands the required follow-up care specific to my diagnosis and treatment.

Schedule all necessary appointments and get a copy.

## GOALS OF HEALTHY LIVING

Be physically active and avoid inactivity.

Eat healthy foods.

Achieve and maintain a healthy body weight.

Don't smoke, chew or sniff tobacco. If I smoke or vape, seek help to quit.

Practice sun safety daily by using sunscreen and do not use tanning beds.

Prioritize getting eight hours of sleep.

See my primary care provider on a regular basis.

## SUPPORTIVE SERVICES

Discuss and seek a referral for a **survivorship clinic** to support my recovery after treatment.

Discuss options for **cancer rehabilitation therapy** (physical therapy, occupational therapy, and speech therapy) to help prepare for treatment and proactively manage potential side effects.

Discuss options for **integrative oncology** (acupuncture, yoga, meditation, oncology massage, and nutrition) to manage my wellness and potential side effects.

Discuss options for **palliative care** to support symptom management and maintain quality of life.

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