Follow-Up Care with Your Regular Doctor

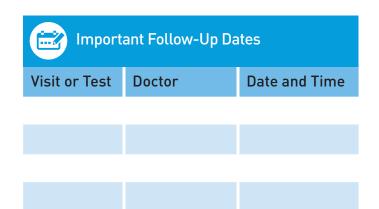
When you approach the end of your cancer treatment, you'll need to plan for your healthcare in the future. Along with follow-up cancer care, you will need routine healthcare. This sheet discusses what to think about and how to make the switch smoothly.



Where do I get follow-up cancer care?

Talk with your cancer care team about where to have follow-up care. You may continue to go to your cancer center. Or you may get follow-up care from the healthcare provider you see for routine care. Your choice can depend on:

- What your care team suggests, considering your type of cancer and your side effects.
- Where you live. Do you live far away from your cancer center? You may want to get follow-up care closer to home.
- What your insurance covers. Talk with a case manager at your insurer to learn what follow-up cancer care is covered.





What records do I need?

It is important to tell all your doctors about your cancer history. Don't assume they know. Your cancer team will provide the following documents to you and your follow-up care team.

Your cancer treatment history

This document will include:

- Names and contact information for your cancer care team
- Date of diagnosis
- Type of cancer and stage
- · List of all treatments received
- List of any surgeries
- Reports, including your final report
- Notes on problems or side effects

Your cancer follow-up care plan

This document will include:

- Notes on how to stay well and care for yourself going forward
- Schedule for follow-up care
- Plan for handling long-term side effects of cancer treatment

Share your cancer treatment history and followup care plan with the doctor you will see going forward.



Get the most out of appointments

Use the skills that worked for you during cancer treatment:

- Write down questions ahead of time and bring them with you.
- Ask someone to go with you.
- Take notes.
- Ask questions if you do not understand something.
- Repeat back what you hear to make sure that you understand.
- Take part in making decisions.



Be sure to tell your doctor about:

- Any new symptoms that concern you, including any pain.
- How you feel physically.
- How you are coping emotionally.



Resources for recovery

Recovery takes time. Cancer and treatment take a toll on the body. It also takes a toll on your emotions. Be sure to mention any concerns you have to your doctor. Ask your **healthcare** team about recovery resources that may be available to you. You may also find some resources online or at your local library on these and other topics:

- Cancer survivor support groups
- Information about fertility and other options
- Coping with side effects
- Fear, depression, and stress
- Intimacy
- Returning to work



Questions to ask at appointments

- Did my cancer treatment put me at risk for other medical conditions?
- Will I need to see a specialist for any cancer follow-up care?
- What should I do if I catch a cold or get a fever?
- Are there vaccines I should get?
- Are there any vaccines I should avoid?



Use this space to write down questions for your regular doctor.

