

# Living Beyond Cancer

## ADULT LONG-TERM FOLLOW-UP PROGRAM

**M**emorial Sloan-Kettering Cancer Center is dedicated to helping survivors live their lives after cancer to the fullest. The transition to survivorship care is a positive step that focuses on wellness, quality of life, and health promotion.

Our Survivorship Program addresses the physical, psychological, and information needs of patients who have completed cancer treatment, and provides support for research to benefit survivors nationally. Led by Dr. Kevin Oeffinger, the Adult Long-Term Follow-Up Program focuses on care for adult survivors of childhood and young adult cancer.

### Adult Long-Term Follow-Up Care

#### What is long-term follow-up care?

Long-term follow-up care is designed to prevent, detect, and treat complications resulting from cancer treatment. While we anticipate that most survivors will lead healthy, active lives, some may develop problems as a result of their past diagnosis and its therapy. To maximize your health and well-being after the completion of cancer treatment, long-term follow-up care will address and manage difficulties you may experience as a result of cancer or cancer treatment.

#### Who provides long-term follow-up care?

Working closely with the doctors who treated you at MSKCC, physicians and nurse practitioners (NPs) with special training in cancer survivorship will provide long-term follow-up care after your treatment.

#### When does survivorship care begin?

Your doctor will determine when you are ready to transition to long-term follow-up care. Often, long-term follow-up care begins one year after the completion of your cancer treatment. Initially, you may see both your oncologist and the long-term follow-up care team.

#### Do you offer any counseling service for cancer survivors?

Some survivors may experience feelings of isolation, fear of recurrence, and stress over coping with ongoing healthcare needs. Our social worker is available to assist you with these matters. If you are interested in further counseling, our psychologist is available for ongoing help.

#### What care is provided as part of a long-term follow-up visit?

A visit with the long-term follow-up program includes the following:

- \* Review of your recent medical history and a physical examination
- \* Assessment to detect recurrence of cancer
- \* Identification and management of the late effects of cancer and its treatment
- \* Health promotion recommendations related to nutrition, exercise, and smoking cessation
- \* Cancer treatment summary and survivorship care plan

#### Where is the Adult Long-Term Follow-Up Program located?

Visits to the Adult Long-Term Follow-Up Program take place at the Rockefeller Outpatient Pavilion located at 160 East 53rd Street, between Third and Lexington Avenues.

#### How Can I Reach the Medical Team?

Please call 646-888-4730.

## How will your primary care physician be involved?

After your first long-term follow-up care visit, our team will send a letter to your primary care physician summarizing your cancer treatment and outlining a plan for follow-up care. Your physician can then incorporate this into your overall medical plan. After each subsequent visit, our team will send a report of your progress to your primary care physician.

## Support Services

We understand that life is different after a diagnosis of cancer, that the effects of the disease and its treatment can present unique challenges. MSKCC offers a wide range of services to support you and your family as you complete active treatment and begin your life after cancer. For more information on support services for survivors, please refer to the “Living Beyond Cancer” section of the MSKCC Web site at [www.mskcc.org/livingbeyondcancer](http://www.mskcc.org/livingbeyondcancer).

### Clinical Genetics Service

**646-888-4050**

Specially trained counselors and physicians offer education about and testing for hereditary cancer risk to individuals and their families. Counseling is typically recommended for survivors who have been diagnosed with cancer at an unusually young age or who have multiple family members who have been diagnosed with cancer.

### Dental Services

**212-639-7644**

Dentists who specialize in complications resulting from cancer treatment are available to treat survivors with these types of dental problems.

### Dermatology Consultation

**212-610-0079**

After the completion of cancer treatment, patients may experience problems with their skin, hair, or nails. Through careful evaluation and treatment, many of these conditions may be alleviated.

## Cancer and Fertility

### Ask your doctor or nurse for a referral

A clinical nurse specialist provides personalized consultations to discuss options for becoming a parent after cancer treatment.

### Integrative Medicine Program

**646-888-0800**

Complementary therapies can improve stamina, enhance well-being, and reduce the stress and anxiety that can occur even after treatment ends. Therapies offered by our specialists include massage, acupuncture, hypnotherapy, and meditation. Movement and fitness classes can be taken in either a group or private setting.

### Nutrition Services

#### Ask your doctor or nurse for a referral

Registered dietitians provide counseling and education about eating for health promotion and weight management.

### Physical Rehabilitation

**646-888-1900**

A team of specialists is available to diagnose and treat the functional, neurologic, musculoskeletal, and pain disorders faced by cancer survivors.

### Resources for Life After Cancer (RLAC)

**646-888-4740**

RLAC offers a full range of educational support services, from support groups to seminars, to help you and your family adjust to the completion of your active treatment. Their programs are open to all cancer survivors, including those who have been treated outside of MSKCC.

### Sexual Health Program

**Men — 646-422-4359**

**Women — 646-888-5076**

Sexual health challenges, including changes in sexual function and difficulties with intimacy, may arise as a result of a cancer diagnosis or its treatment. Experts in these areas, including doctors, nurses, social workers, and psychologists, are available for consultation with individuals and couples.

## Speech and Hearing Center

**212-639-5856**

Therapies for speech, voice, swallowing, and hearing impairments focus on restoration of quality of life for those affected by cancer and its treatment.

### Tobacco Cessation Program

**212-610-0507**

Psychologists and specially trained nurses offer assistance to cancer survivors and their family members to help them quit smoking. The methods used will vary depending on each person's needs but may include behavioral counseling and, when appropriate, medication.

## Online Resources

### Beyond the Cure

**[www.beyondthecure.org](http://www.beyondthecure.org)**

Beyond the Cure provides information about late effects of cancer, particularly those relating to education, work, fertility, and psychological issues.

### Survivorship Center

**[www.mskcc.org/livingbeyondcancer](http://www.mskcc.org/livingbeyondcancer)**

This section of the MSKCC Web site provides details on support services, health issues, information resources, and a calendar of activities for individuals who have completed therapy and their families.

### National Coalition for Cancer Survivorship

**[www.canceradvocacy.org](http://www.canceradvocacy.org)**

The NCCS Web site provides information for cancer survivors about dealing with health insurance and employment issues and offers helpful tips for communicating with healthcare providers.



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**General Information**