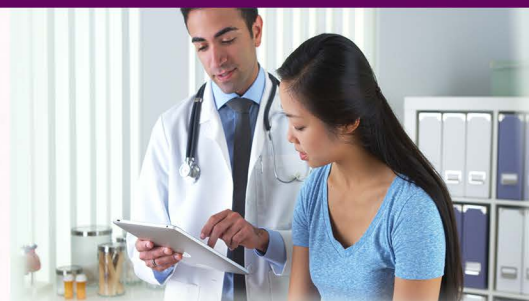


# CANCER SURVIVORSHIP CARE PLANS

As of January 1, 2014, there are more than 14 million cancer survivors in the United States. The National Cancer Institute defines cancer survivorship as being from the time of diagnosis throughout life. Although a Cancer Survivorship Care Plan can be used at any point during care, it is most common for patients to receive a plan when they complete treatment. Survivorship Care Plans can also be helpful for some patients who are receiving long-term treatment.



## About Survivorship Care Plans

A Survivorship Care Plan is a valuable tool, which summarizes the treatment that you received, and gives you and your future health care providers a guide to monitor and manage your ongoing physical and psychosocial health care. A Survivorship Care Plan can also help you navigate any post-treatment needs you may have.

## What are the parts to an effective Survivorship Care Plan?

- **Treatment Summary:** details of your cancer diagnosis, contact information for your previous health care providers, and any treatments received
- **Follow Up Care Plan:** specific recommendations for ongoing care, managing side effects, signs of recurrence, screenings, nutrition, exercise, chemoprevention, etc.
- **Psychosocial Issues:** relationships, parenting, sexuality and intimacy, body image, genetic counseling, etc.
- **Practical Issues:** insurance, employment, education, finances, etc.
- **Resources and Referrals:** cancer-related organizations, follow up care providers, support groups, etc.

## Where and how to get a Survivorship Care Plan?

1. Ask your health care team if they can provide you with a Survivorship Care Plan. The facility where you received treatment may have a survivorship clinic or program to assist you after your treatment ends and may have a process set up to create a Survivorship Care Plan for you. If not, ask your health care team if they know of a local survivorship clinic or program, which can provide you with a Survivorship Care Plan.
2. Complete your own Survivorship Care Plan. You may need to ask your health care team for a copy of your medical records. These are a few of the online tools available to help you create your own Survivorship Care Plan:

- What's Next? Life After Cancer: <http://goo.gl/Lfvn0c>
- LIVESTRONG Care Plan powered by Penn Medicine's OncoLink: [www.livestrongcareplan.org](http://www.livestrongcareplan.org) (in Spanish <http://goo.gl/505qTC>)
- City of Hope Breast Cancer Survivorship Care Plans in English & Spanish: <http://goo.gl/4dzc0k>

If you pick a plan that focuses on the treatment summary and follow up care, but does not include psychosocial and practical issues, then consider talking with a social worker or someone else on your health care team to get help with these other needs.

## Where to find more information about Cancer Survivorship & Survivorship Care Plans?

American Society of Clinical Oncology: [www.cancer.net/survivorship](http://www.cancer.net/survivorship) and <http://goo.gl/TYnzje>  
American Cancer Society: <http://goo.gl/zl6Kz2>