

# CANCER SURVIVORSHIP

## Frequently Asked Questions

### Who is a cancer survivor?

At MD Anderson Cancer Center at Cooper we believe survivorship begins at the time of diagnosis and continues through the remainder of a person's life.

### Are there many cancer survivors?

As of 2014 there are approximately 14.5 million cancer survivors in the United States. That number is expected to grow to almost 19 million by 2024.

### Are there phases to cancer survivorship?

Yes, cancer survivors go through different phases which include:

- **Living With Cancer** phase – also known as the acute phase of survivorship — when the person has been diagnosed with cancer and is undergoing active treatment.
- **Living Through Cancer** phase – a transitional phase that follows the completion of treatment. During this time the patient is undergoing close monitoring for cancer recurrence and may be receiving maintenance treatment. The transitional phase can be one of the most stressful times for survivors.
- **Living Beyond Cancer** phase – the period of extended cancer survival, at which point the focus of care is on the individual's health and well-being and in dealing with the long-term effects of treatment.

### What happens when I finish active treatment?

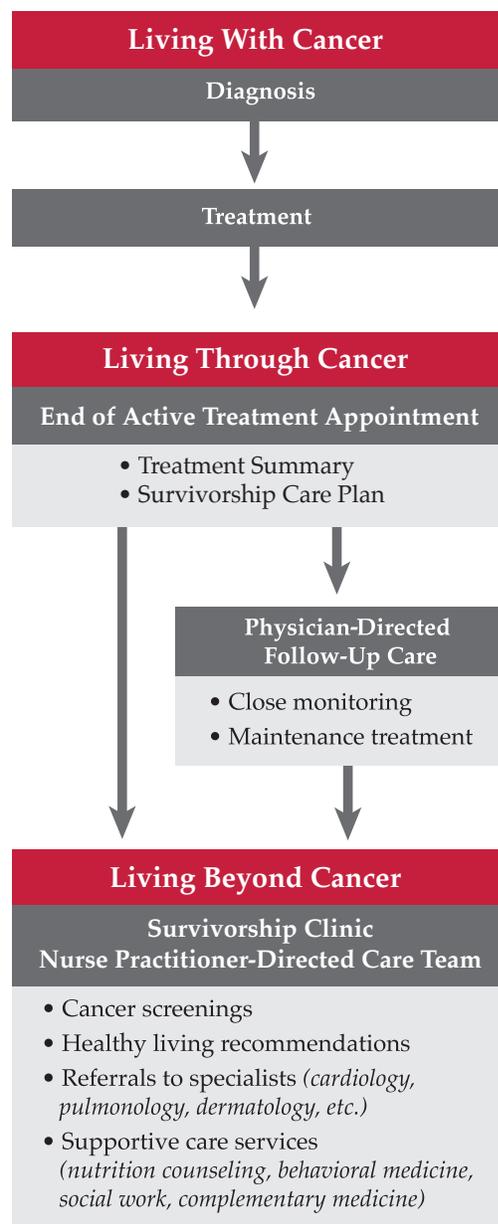
When patients complete their active treatment, they will be scheduled for an **End of Active Treatment Appointment**. At this appointment each patient will receive their **Treatment Summary** and their **Survivorship Care Plan**. During this appointment patients will also have a chance to meet with members of our supportive care services team — where experts in nutrition, behavioral medicine, complementary medicine and social work can help survivors address any issues related to their diagnosis, post-treatment and long-term health.

### What information is included in a Treatment Summary?

The Treatment Summary is a record of a patient's cancer diagnosis information as well as detailed information about all of the cancer treatments received. It can include information on:

- Type and stage of cancer.
- Type of surgery, chemotherapy, radiation, biologic therapies and other therapies received, as well as any side effects and responses.
- Dates the treatments started and ended.
- Summary of supportive care services that were provided.

### Your Cancer Journey



## **What information is included in the Survivorship Care Plan?**

The Survivorship Care Plan provides survivors with recommendations for how to continue to obtain care and can include:

- Risk identification and reduction through health promotion, prevention and screening.
- Management of and monitoring for side effects of cancer and its treatments.
- Schedule of screenings for cancer recurrence.
- Referrals for any follow-up care necessary.
- Resources for continued care.

## **Why is survivorship care important?**

Survivorship care is a growing concern because the number of cancer survivors is increasing and their concerns are unique. Survivors have special needs where awareness, education and guidance are of significant importance. Survivorship clinics, run by professionals focused on the care of persons with a history of cancer, can meet those needs and make sure that survivors remain healthy survivors.

## **Who is on the Survivorship Care Team?**

Survivorship care can be provided by the patient's primary cancer physician (medical oncologist, surgeon and/or radiation oncologist) or through the MD Anderson Cooper Survivorship Clinic under the care of oncology nurse practitioners who are specially trained in survivorship care.

## **When do I transition to the Survivorship Clinic?**

Your doctors and nurses will determine when you are ready to make the transition to the Survivorship Clinic. This decision is based on your particular type of cancer and your recovery after treatment.

## **What type of care is provided through the Survivorship Clinic?**

Survivorship Clinic care focuses on maintaining health and quality of life through:

- Prevention and early detection of recurrent or new cancers and other illnesses.
- Prevention and management of medical and psychosocial late and long-term effects of cancer and its treatments.
- Coordination of care between specialists and other health care providers to meet all the health care needs of survivors.

**For more information about the Survivorship Program at  
MD Anderson Cancer Center at Cooper  
call 856.735.6190**

[MDAndersonCooper.org](http://MDAndersonCooper.org)  
1.855.MDA.COOPER (1.855.632.2667)