Long-Term Follow-Up Clinic

Why is long-term follow-up care important?
Long-term follow-up care is intended for pediatric cancer survivors who have been off treatment for at least five years. The purpose of long-term follow-up care is to change the focus of care from checking for the return of cancer cells to addressing any negative effects of cancer treatment and observing for secondary cancers. Long-term follow-up care is important because it allows a patient and their physician to address any changes in the patient’s body that may not be normal.

One of the many benefits of long-term follow-up care is having all diagnostic and treatment information summarized in one medical file. This helps patients and physicians develop an individualized medical plan for the future.

What are the potential adverse effects of chemotherapy, radiation and surgery on children?
Chemotherapy, radiation or surgery can take a toll on a body that is not fully developed. Adverse effects from these treatments may take months or years to develop. These effects are not only physical; they can be psychological and social, too. At the UK Long-Term Follow-Up Clinic, a multidisciplinary team of physicians, social workers and therapists is available to treat any late effects of cancer treatment.

Common late effects:
• Organ failure
• Infertility
• Weight gain
• Energy loss
• Depression

What can you expect from your appointment at the UK Long-Term Follow-Up Clinic?
Patients are provided with recommendations, resources and referrals, if needed, to treat and monitor the adverse effects of therapy treatments. A physical exam and bloodwork are standard for each visit. Additional evaluations, such as imaging, echocardiograms, and neurocognitive evaluations, may be requested and require an additional day of testing.

A physician reviews any physical or psychological pain the patient is experiencing. It is important that patients are open and honest with their physicians so that the best possible treatment plan can be developed and administered. Patients should bring a list of all current medications and vitamins.

When should a patient seek long-term follow-up care?
The Long-Term Follow-Up Clinic offers a comprehensive medical evaluation for any pediatric cancer patient who has been off treatment for five years or more. A physician works with each patient after reviewing their medical history to develop an individualized care plan to help prevent and treat any adverse effects from treatment.

Long-term follow-up care should be as frequent as the patient and physician determine is best for the patient’s health. An annual visit is recommended, but more frequent visits may help patients identify, manage and maintain effects of chemotherapy, radiation and surgery.
How do I schedule an appointment?

To refer a patient or schedule an appointment, call 859-257-4554 or visit our website at ukhealthcare.uky.edu/follow-up-clinic.

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