



CANCER SURVIVORSHIP

A cancer survivor is any person with cancer – starting at the time of your diagnosis through the rest of your life. Cancer impacts many aspects of your life including your physical, emotional, social and financial well-being.

Now that you have completed treatment – surgery, chemotherapy, radiation or a combination of these – you may have many questions about what lies ahead and feel eager for life to get back to normal. Often, life after cancer treatment means finding your own, unique “new normal.”

Cancer Survivorship Clinic

The healthcare professionals at the UK Markey Cancer Center are here to support you throughout your cancer experience. Our Cancer Survivorship Clinic was developed to help you transition from active treatment to the next phase of your journey as a cancer survivor. The typical process looks like this:

- Your oncologist will refer you to the Survivorship Clinic.
- At the clinic, you will meet with a provider who specializes in cancer survivorship care.
- Your medical history will be reviewed to customize a care plan that promotes your future quality of life as a cancer survivor.
- A personalized survivorship care plan will be established to coordinate your ongoing medical care.

Transitioning into survivorship

At your initial Cancer Survivorship Clinic appointment, your provider will:

- Review your previous cancer treatment, your personal survivorship care plan and ongoing personalized wellness plan.
- Perform a physical exam.
- Review results of imaging studies and laboratory tests.
- Identify ongoing or potential future effects of your cancer treatment.
- Discuss ways of managing any physical or psychological side effects.
- Recommend additional support services if needed.

- Make follow-up appointments for continuation of care.

Addressing your health concerns

Survivors often experience ongoing health issues. These can include:

- Physical and medical issues: Pain, fatigue, poor memory, sexual impairment or bowel/bladder control.
- Psychological issues: Depression, anxiety, uncertainty, isolation and altered body image.
- Social issues: Changes in interpersonal relationships, concerns regarding health or life insurance, job loss, anxiety about returning to school, or the financial burden of treatment.
- Existential and spiritual issues: A changing sense of purpose or meaning and appreciation of life.

Your survivorship care plan

Our Survivorship team will develop an individualized care plan for you, including:

- Your personalized treatment summary: This will include surgery; chemotherapy; radiotherapy; transplantation; hormonal, gene or other therapies provided; genetic testing results; clinical trial participation; and toxicities experienced.
- Key dates, including treatment initiation and completion.
- Tumor characteristics: This includes size, lymph node involvement, stage, grade, cell type and markers.
- Support services provided, such as psychosocial or nutritional.

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- Assessment and treatment or referral for persistent effects (pain, fatigue, sexual dysfunction, functional impairment, depression, employment or financial issues).
- Evaluation of risk for and prevention of late effects, such as second cancers, cardiac problems or osteoporosis.
- Surveillance plan for recurrence or new cancer.
- Health promotion and education: This includes a plan for following up with your primary care provider and remaining up-to-date on cancer screenings and immunizations. It also includes recommendations for diet, exercise, stress reduction, tobacco cessation and other aspects of your lifestyle.
- Coordinated appointments with UK HealthCare specialty clinics, as needed.
- Contact information for your Cancer Survivorship Clinic provider, plus other recommended clinics and providers.

Survivorship resources

The Markey Cancer Center offers a variety of services to meet your individual needs such as individual and group support, relaxation and healing activities, informational support, and community resources.

Several support services are offered, including:

- **Dietitian** – Recommends healthy eating options and provides counseling for diabetes, osteoporosis, weight loss or gain, difficulty swallowing, and high cholesterol.
- **American Cancer Society navigator** – Connects you with community resources, such as the Livestrong® program, support groups, available financial resources and transportation, if needed.
- **Financial counselor** – Shares insurance and billing information.
- **Smoking/tobacco cessation counselor**
 - Creates a plan for quitting tobacco use, if needed.

- **Pharmacist** – Supplies information on medication use, drug interaction and immunizations.
- **Oncology social worker** – Provides emotional or financial support.
- **UK Integrative Medicine & Health** – UK department that offers more than 14 programs aimed at achieving optimal health and healing. Learn more about ukhealthcare.uky.edu/IM

Advanced medicine services for cancer survivors

UK HealthCare offers many specialized, advanced medicine services. These services have associated fees that can be billed through insurance. UK HealthCare's advanced medicine services for cancer survivors include:

Voice and Swallow Clinic – Provides treatment for difficulty swallowing, hoarseness or choking sensations.

Rehabilitative Medicine Clinic – Includes physical, voice and occupational therapy to address problems performing activities of daily living.

Sexual/Reproductive Health Clinic – Addresses concerns about preserving fertility, risk of infertility, abnormal menstruation or sexual dysfunction.

Kentucky Neuroscience Institute – Provides evaluation of short-term memory loss and/or changes in memory since chemotherapy or brain radiation.

Contact us

The Cancer Survivorship Clinics are located in the Whitney Hendrickson Building and the Ben Roach Building at the Markey Cancer Center – the same place you received cancer care. If you have questions about our clinic, please call us at 800-333-8874.