

## **Frequently Asked Questions About Survivorship and the Abramson Cancer Center 's Living Well After Cancer™ Program**

### **What about my fear of recurrence?**

Such feelings are common among survivors. Our goal is to make you feel empowered to take charge of your long-term health.

### **Who benefits from the services of the Living Well after Cancer™ Program?**

Anyone who has completed cancer treatment and is free of cancer can benefit from the Living Well After Cancer™ Program. The program team focuses on monitoring for recurrence as well as establishing an individual risk profile based on the potential effects that your prior surgery, chemotherapy or radiation therapy may have on your health long-term.

### **What is standard care for a cancer survivor?**

That depends upon your cancer diagnosis and the treatment you received. The survivorship team works with the oncologist and nurse practitioner caring for you to recommend follow-up with consultants, such as a cardiologist or endocrinologist. You may also be referred to our team of psychosocial counselors to discuss personal concerns, which may range from anxiety about recurrence and genetics, to insurance and fertility. Other services available include a nutritional counselor, a rehabilitation medicine physician and an exercise physiologist.

### **Who is on the Living Well After Cancer™ team?**

Our team includes our program director, physician specialists, support services providers and researchers. We meet as a team on a regular basis to discuss patients, program planning and research. Patients benefit from our very close relationship with their oncologists and primary care doctors, so that new advances are immediately translated into the clinical environment.

### **Will you work with my personal oncologist or primary care physician?**

A special feature of our program is our flexibility. We are very comfortable providing recommendations and guidelines to your oncologist and primary care doctor, who oversee your care.

**Where can I get more information about cancer survivorship?**

The Abramson Cancer Center regularly hosts programs of interest to cancer survivors. We also have two web sites, OncoLink ([oncolink.org](http://oncolink.org)) and the Abramson Cancer Center ([pennhealth.com/cancer/penn](http://pennhealth.com/cancer/penn)), which are filled with information specific to cancer survivorship issues. The LAF web site ([livestrong.org](http://livestrong.org)) is also an excellent source of information.

**What research are you doing that I might benefit from?**

Penn is leading the way in research that will benefit cancer survivors of all ages and types. In addition to working with others institutions to develop national guidelines for monitoring the health and well being of survivors with different kinds of cancer, we are doing research on such issues as bone loss, hot flashes, the impact of acupuncture on hot flashes and lymphedema and cardiac problems that may develop following certain chemotherapy treatments. Our goal is to optimize quality of life and to give survivors and their physicians the tools they need.

**What is the cost of this service?**

Doctor office visits and tests are covered by insurance. Some services, such as nutritional and psychosocial counseling, are offered at no charge. In addition, we always appreciate donations to our program in addition since we are largely covered by grants and gifts.

**How do I get more information about the survivorship program at Penn?**

Call 1-800-789-PENN (7366) to be connected toll-free to our Living Well After Cancer™ Program. We'll help you with the rest!