



Follow-up care after lymphoma treatment

You have completed treatment at the Juravinski Cancer Centre (JCC). It is time to begin routine lymphoma follow-up care with your family doctor. It is important for you to see your family doctor for a physical exam and to discuss your health concerns.

This Information Prescription reviews your treatment and recommended follow-up care schedule. We hope this guides you to live well after lymphoma. Please keep a copy with you to use as a helpful reminder when travelling or seeing your health care provider.

Treatment review

A detailed report about your health, the treatment you received at the JCC and recommended follow-up care for lymphoma has been sent to your family doctor's office. If you have any future needs of cancer treatment or difficulties in moving forward in your recovery, your family doctor will work together with the health care team at the JCC.

Treatment review	
Dr. Phone #:	Nurse:
Diagnosis:	Date of Diagnosis:
Chemotherapy:	Date of Last Dose:
Radiation Area:	Date of Last Treatment:
Labs and after Treatment Imaging: <i>Copies included with this package</i>	



Follow-up Needed	How Often	Next Due Date
Physical Examination	<input type="checkbox"/> Yearly	__/__/____
Blood Tests	<input type="checkbox"/> Yearly	
Flu Shot	<input type="checkbox"/> Yearly	
Pneumococcal Vaccination	<input type="checkbox"/> Every 5 years	
Shingles Vaccination (Optional)	5 years after completion of treatment	
Bone Density (Optional)	As per family doctor	
Mammogram* — if chest/breast radiation was a part of treatment	<input type="checkbox"/> Yearly, from age 30 to 75	

* High risk breast screening information can be found on the Ontario Ministry of Health website: www.health.gov.on.ca

Health problems to tell your family doctor

If you have any new symptoms and symptoms that are getting worse and do not go away after 2 weeks you should tell your family doctor right away.

These symptoms may or may not be related to cancer but it is important to have them checked. Symptoms may include:

- shortness of breath
- stomach or back pain with no other cause
- unexplained weight loss of more, (you are not trying to lose weight) more than 10% of body weight
- getting full fast when eating
- drenching night sweats
- unexplained bruising or bleeding
- new lump in neck, armpits or groin
- unexplained fever that does not go away

Healthy living

Research shows that making healthy lifestyle changes helps to reduce the risk of cancer returning.

Maintain a Healthy weight

Nutrition: eat a balanced diet with vegetables, fruits, whole grains and protein as per Eating Well with Canada's Food Guide. Limit alcohol intake.

Exercise: aim to achieve 150 minutes of moderate exercise every week. This could be 30 minute sessions of brisk walking, swimming, dancing, and aerobics 5 times a week. Plus, do two 15 minute sessions of weight resistance exercises. **If you have never exercised before, or unsure of what exercises you can safely do, ask your family doctor.**

Smoking: if you need help to stop smoking, please call the Smoker's Helpline 1-877-513-5333 or speak to your family doctor/nurse.

Routine Screening: colon FOBT testing, PAP smear, ask your family doctor's office when this is next due. For more information:

www.cancercare.on.ca/pcs/screening/



Your emotional and supportive care needs

Talk with your doctor if you are:

- experiencing concerns about sexuality: low sex drive, painful intercourse or vaginal dryness
- considering pregnancy
- having concerns or questions about your emotional and supportive care needs, such as coping, anxiety, stress

After treatment support

Out of the Shadows: After Cancer Treatment Wellness Program

This program offered by the JCC and Wellwood Juravinski House is for people recovering from cancer and getting back to everyday life and routines. Come to listen and chat with the experts.

Sessions vary but most are on Tuesday evenings at 7:00 at the Wellwood Juravinski House, 501 Sanatorium Road, Hamilton. To hear more and register, contact the JCC at 905-387-9711, ext. 64315. There is no cost to attend and parking is free.



The Patient and Family Resource Centre at the JCC: This is a library of great current resources. You are always welcome to visit.

For information call 905-387-9495, ext. 65109

E-mail: jccpfrcentre@hpsc.ca

Website: www.jcc.hpsc.ca

Like us on Facebook <https://www.facebook.com/JCCPFRC>

Resources

These are just a few of the many resources which may be of interest to you after your treatment, recovery and return to everyday life routines and activities:

Community Resource	Phone Number	Website / email
Canadian Cancer Society Cancer Information Service- An information specialist can answer your questions by e-mail or telephone.	1-888-939-3333 TTY 1-866-786-3934	www.cancer.ca info@cis.cancer.ca
Cancer Care Ontario	416-971-9800	www.cancercare.on.ca/
CancerView	1-877-360-1665	www.cancerview.ca
Canwell Program (Hamilton YMCA)	905-667-1515	www.canwellprogram.ca
Leukemia & Lymphoma Society	1-877-668-8326	www.lls.org/
Mac Warriors (cancer exercise)	905-525-9140 Ext. 27541	www.pace.mcmaster.ca
Smoker's Helpline	1-877-513-5333	www.smokershelpline.ca
Wellwood Resource Centre	905-667-8870	www.wellwood.on.ca
Wellspring	1-888-707-1277	www.wellspring.ca
Community Care Access Centre	1-800-810-0000	http://healthcareathome.ca/