

## Shared follow-up care after lymphoma treatment

You have completed active treatment at the Juravinski Cancer Centre (JCC). It is time to begin routine shared follow-up care with your family doctor. It is important for you to see your family doctor for routine care and to discuss any health concerns that you may have.

This **Information Prescription** summarizes your cancer treatment and outlines the care that your family doctor will share with your hematologist. Please keep a copy with you to use as a helpful reminder when travelling or seeing another doctor.

### Treatment summary

A detailed report about your health, the treatment you received at the JCC, a recommended shared follow-up care plan for has been sent to your family doctor's office.

Here is a review of your treatment:	
<b>JCC Hematology Clinic Phone Number: 905-575-7820</b>	
Hematologist: Dr.	Nurse:
Diagnosis:	Date of Diagnosis:
Chemotherapy:	Date of Last Dose:
Radiation Area:	Date of Last Treatment:
Labs and after treatment imaging	Copies included with this package

## Recommended shared follow-up care schedule

Here is a guide for you to schedule your shared follow-up care.

<b>Year 1</b> Every 3 months	<b>JCC</b> Date:	<b>Family Doctor</b> Date:	<b>JCC</b> Date:	<b>Family Doctor</b> Date:
<b>Year 2</b> Every 4 months	<b>JCC</b> Date:	<b>Family Doctor</b> Date:	<b>JCC</b> Date:	
<b>Year 3</b> Every 4 months	<b>Family Doctor</b> Date:	<b>JCC</b> Date:	<b>Family Doctor</b> Date:	
<b>Year 4</b> Every 6 months	<b>JCC</b> Date:	<b>Family Doctor</b> Date:		
<b>Year 5</b> Once	<b>JCC (Transition Visit) &amp; Survivorship Care Plan to Family Doctor</b>			

\*JCC=Juravinski Cancer Centre

**Please Note:** During each visit with your family doctor, you will receive a physical examination and blood work will be taken. Any imaging such as CT scans or ECHO will be ordered by your hematologist at the JCC.

### Healthy living

Keep in mind the following recommendations for prevention and health promotion:

- Maintain a healthy weight
- Limit alcohol
- Exercise regularly, as able
- Yearly flu shot
- No Shingles or other live vaccinations until 5 years after chemo treatment
- Quit Smoking – Smoker’s Helpline 1-877-513-5333

## Health problems to report to your JCC Hematology Team

If you have any **new** symptoms that are getting worse you should tell your **hematologist** right away. These symptoms may or may not be related to your cancer but **it is important to have them checked**. Examples are:

- An unexplained fever that will not go away
- Shortness of breath
- Stomach or back pain with no other cause
- Getting full fast when eating
- Drenching night sweats
- Unexplained bruising or bleeding
- New lump in neck, armpits or groin
- Unexplained weight loss of more than 10% of body weight (you are not trying to lose weight)

## Your emotional and supportive care needs

Talk to a social worker at the JCC **905-387-9711, ext. 64315** if you are:

- Experiencing concerns about sexuality: low sex drive, painful intercourse or vaginal dryness, erectile dysfunction
- Considering pregnancy
- Having work related/financial issues
- 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. 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.

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

E-mail: [jccpfrcentre@hhsc.ca](mailto:jccpfrcentre@hhsc.ca)

Website: [www.jcc.hhsc.ca](http://www.jcc.hhsc.ca)

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

### Community resources

If you need detailed information about services, call the Cancer Information Service.

Toll-free at 1-888-939-3333

Monday to Friday

9 am to 6 pm



Community Resource	Website	Phone Number
Canadian Cancer Society	<a href="http://www.cancer.ca">www.cancer.ca</a>	1-888-939-3333
Wellwood Resource Centre (Hamilton)	<a href="http://www.wellwood.on.ca">www.wellwood.on.ca</a>	905-667-8870
Wellspring Resource Centre (Niagara)	<a href="http://www.wellspring.ca">www.wellspring.ca</a>	905-684-7619
Leukemia & Lymphoma Society	<a href="http://www.lls.org/">www.lls.org/</a>	1-877-668-8326
Canwell Exercise Program	<a href="http://www.ymcahbb.ca">www.ymcahbb.ca</a>	905-667-1515
Hamilton Niagara Haldimand Brant Local Health Integrated Network, HNHB LHIN (formerly CCAC)	<a href="http://healthcareathome.ca">http://healthcareathome.ca</a>	1-800-810-0000