

## Follow-up care after colorectal cancer treatment

You have completed treatment at the Juravinski Cancer Centre (JCC). It is time to begin routine colorectal cancer follow-up care with your health care provider (family doctor, surgeon, nurse practitioner). It is important for you to go 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 colorectal cancer. 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 cancer has been sent to your family doctor's office.

If you have any future needs of cancer treatments or difficulties in moving forward in your recovery, your family doctor will work together with the health care team at the JCC.

	Date Completed	Location	Provider Name	Treatment Details
Surgery				<b>Stage at Diagnosis:</b>
Chemo				<b>Drugs:</b>  <b>Number of cycles:</b>
Radiation				<b>Dose:</b>

## Recommended follow-up care

Follow-up Needed	How Often	Year 1	Year 2	Year 3	Year 4	Year 5
History, physical	Every 6 months for 5 years					
CEA *	Every 6 months for 5 years					
Chest & Abdominal CT Scan	Every 12 months for 3 years					
Pelvic CT Scan**	Every 12 months for 3 years					
Colonoscopy (usually 1 year after pre-op colonoscopy)	The next one depends on results of the current one					

\* CEA = carcinoembryonic antigen

\*\* Recommended if the primary tumour was located in the rectum

## Common side effects of cancer treatment

These are some of the common side effects you may have after cancer treatment.

**Some of these side effects are expected after treatment, but may improve over time.**

- fatigue
- skin changes (colour, texture and loss of hair)
- numbness in fingers, toes or soles of feet
- anxiety/depression
- loose bowel movements
- gas or bloating
- “chemo brain” difficulty concentrating and/or memory changes

If you are experiencing any of these side effects, if side effects get worse or do not seem to be going away, please see your health care provider.

## Health problems to tell your health care provider

If you have any **new and persisting** symptoms that are getting worse over 2 weeks, please tell your health care provider without waiting for your next regular appointment. These symptoms **may or may not be related to cancer**. Symptoms may include:

- stomach/abdominal pain
- rectal bleeding or pain
- unexplained weight loss
- unexplained change in bowel habits: loose bowels, constipation, persistent urge to have a bowel movement
- pelvic pain
- fever
- difficulty with urination
- sciatica (low back pain)

## 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 health care provider.**

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

**Routine Screening:** Mammogram and PAP smear, ask your family doctor’s office when this is next due.

For more information: [www.cancercare.on.ca/pccs/screening/](http://www.cancercare.on.ca/pccs/screening/)



## Your emotional and supportive care needs

Talk with your family doctor if you are:

- experiencing concerns about sexuality: low sex drive, painful intercourse or vaginal dryness (women), erectile dysfunction (men)
- considering pregnancy
- having concerns or questions about your emotional and supportive care needs such as coping, anxiety, stress or work life

## The Patient and Family Resource Centre at the JCC

You are always welcome to visit. 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>

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## 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
Canadian Cancer Society Cancer Information Service- An information specialist can answer your questions by e-mail or phone.	1-888-939-3333 TTY 1-866-786-3934 <b>E-mail:</b> info@cis.cancer.ca	<a href="http://www.cancer.ca">www.cancer.ca</a>
Cancer Care Ontario	416-971-9800	<a href="http://www.cancercare.on.ca/">www.cancercare.on.ca/</a>
CancerView	1-877-360-1665	<a href="http://www.cancerview.ca">www.cancerview.ca</a>
Canwell Program: Hamilton YMCA (cancer exercise)	905-667-1515	<a href="http://www.canwellprogram.ca">www.canwellprogram.ca</a>
Colorectal Cancer Association of Canada	1-877-502-6566	<a href="http://www.colorectal-cancer.ca">www.colorectal-cancer.ca</a>
Mac Warriors (cancer exercise)	905-525-9140 Ext. 27541	<a href="http://www.pace.mcmaster.ca">www.pace.mcmaster.ca</a>
Smoker's Helpline	1-877-513-5333	<a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a>
Wellspring	1-888-707-1277	<a href="http://www.wellspring.ca">www.wellspring.ca</a>
Wellwood Resource Centre	905-667-8870	<a href="http://www.wellwood.on.ca">www.wellwood.on.ca</a>