



Follow-up care after Melanoma cancer treatment

You have completed treatment at the Juravinski Cancer Centre (JCC). It is time to begin routine melanoma cancer follow-up care with your family doctor health team and your dermatologist. 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 melanoma 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.

Treatment Review	Date Completed	Provider Name	Treatment Details
Surgery: <input type="checkbox"/> Wide Excision <input type="checkbox"/> Sentinel lymph node biopsy <input type="checkbox"/> Re-excision Lymph node removal: <input type="checkbox"/> Groin <input type="checkbox"/> Arm pit			
Drugs <input type="checkbox"/> Interferon			
Radiation			Number of treatments
Clinical Trial Yes No			
Other			



Recommended follow-up care

Follow-up Needed	How Often	✓	Next Due Date
Physical examination with family doctor health team	Every 6 months for 2 years		
	Yearly		
Skin check with Dermatologist	Yearly		

You should check yourself every 2 to 3 months. Check:

- the skin where the melanoma was removed for colour and lumps.
- the incision in the arm pit or groin where the lymph nodes were removed.
- between the melanoma and the incision for any new changes like moles, lumps, skin colour.

ABCDE rule for skin changes

- A** — asymmetry **D** — diameter
B — border irregularity **E** — elevation and evolution such as a change in mole/freckle
C — colour changes To learn more — www.cancer.ca

Health problems to tell your family doctor

If you have any **new and persisting symptoms that are getting worse and do not go away after 2 weeks**, please tell your family doctor health team (doctor, nurse or nurse practitioner) without waiting for your next regular appointment. These symptoms may or may not be related to cancer but it is important to have them checked.

Symptoms include:

- pain
- cough
- shortness of breath
- tired feeling or fatigue
- loss of appetite
- abdominal pain
- weight loss
- nausea or vomiting
- problems with memory or concentration
- visual changes
- headache
- new weakness or numbness in arms or legs
- new skin lumps or a change in skin lumps

—————→ **Cover up and stay safe in the Sun!** ←————

- Use SPF of 30 or greater
- Wear: a hat, UV protected sunglasses, loose, long sleeve shirt
- No tanning beds or nail UV dryers

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 to your family doctor/nurse.

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

For more information, go to:

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

Screen for Life

Cancer screening sees what you can't



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

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@hhsc.ca

Website: www.jcc.hhsc.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
Mac Warriors (cancer exercise)	905-525-9140 Ext. 27541	www.pace.mcmaster.ca
Melanoma Network of Canada		http://www.melanomanetwork.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