



A Cancer Survivor's Prescription for Finding Information

As your cancer treatment ends, it is normal to feel many emotions, ranging from hope and happiness to uncertainty and fear. Together, we can focus on your health and well-being as you move into the next phase of your cancer journey. You may have questions as you move forward. So, I am prescribing the resources listed below to help you with common issues and concerns shared by other cancer survivors just like you.

Online and over the phone:

- American Cancer Society:** Visit www.cancer.org or call 1-800-227-2345 24 hours a day, 7 days a week to talk with a trained cancer information specialist.
- The Survivorship Center:** Visit www.cancer.org/survivorshipcenter for information about post-treatment survivorship resources.
- National Cancer Institute:** Visit www.cancer.gov or call 1-800-422-6237 to receive up-to-date information from a trained cancer information specialist.
- LIVESTRONG:** Visit www.livestrong.org to fill out a Survivorship Care Plan or find information about cancer survivorship.



Survivorship resources at this office and in your community:

Survivorship Care Plan and/or Treatment Summary



These resources will help you deal with common issues and concerns, such as:

- Managing any delayed effects from your treatment
- Coping with fear of cancer returning, anxiety, or depression
- Establishing a new “normal” and returning to day-to-day life
- Maintaining sexual health
- Returning to work
- Managing financial challenges
- Making lifestyle changes by eating healthy foods, exercising, and maintaining regular medical follow ups

Contact us:

If you have questions or concerns, call _____

Your next appointment:

Date: _____

Time: _____

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