

# Living Beyond Cancer

## ADULT SURVIVORSHIP PROGRAM



**M**emorial Sloan-Kettering Cancer Center is dedicated to helping survivors live their lives after cancer to the fullest. The transition to survivorship care is a positive step that focuses on wellness, quality of life, and health promotion.

Our Survivorship Initiative addresses the physical, psychological, and information needs of patients who have completed treatment, and provides support for research to benefit survivors nationally. Relevant programs for survivors of adult-onset cancer have been integrated into the overall care plan for all our patients.

### SURVIVORSHIP CARE

#### What is survivorship care?

Survivorship care is designed to prevent, detect, and treat complications resulting from cancer treatment. While we anticipate that most survivors will lead healthy, active lives, some may develop problems as a result of their past diagnosis and its therapy. To maximize your health and well-being after the completion of cancer treatment, survivorship care will address and manage difficulties you may experience as a result of cancer or cancer treatment.

#### Who provides survivorship care?

Working closely with the doctors and nurses who treated you at MSKCC, a nurse practitioner (NP) or physician assistant (PA) with special training in cancer survivorship will provide care following your treatment. Your visits will take place in the same area where the doctors and nurses who treated you are working. Thus they are easily accessible should they be needed.

#### When does survivorship care begin?

Your doctor will determine when you are ready to transition to survivorship care. This decision is based, in part, on the particular type of cancer for which you have been treated and on the progress you've made during recovery from treatment.

#### What care is provided as part of a survivorship visit?

A visit with the survivorship NP or PA includes the following:

- ✿ Review of your recent medical history and a physical examination
- ✿ Assessment to detect recurrence of cancer
- ✿ Identification and management of the effects of cancer and its treatment
- ✿ Screening referrals for other cancers
- ✿ Health promotion recommendations related to nutrition, exercise, and smoking cessation
- ✿ Treatment summary and follow-up care plan
- ✿ Consultation with your MSKCC physician as needed

#### How will your primary care physician be involved?

After your first survivorship visit, the NP or PA will send a letter to your primary care physician summarizing your cancer treatment and outlining a plan for follow-up care. Your physician can then incorporate this into your overall medical plan. After each subsequent visit, the NP will send a report of your progress to your primary care physician.

### STUDYING SURVIVORSHIP

As a leading cancer research institution, MSKCC is committed to understanding issues of particular importance to cancer survivors. Current studies include assessing the long-term physical and emotional impact of specific cancer treatments and identifying ways to manage these. The knowledge gained from these studies will improve the quality of life for all cancer survivors.

## SUPPORT SERVICES

We understand that life is different after a diagnosis of cancer, that the effects of the disease and its treatment can present unique challenges.

MSKCC offers a wide range of services to support you and your family as you complete active treatment and begin your life after cancer. For more information on support services for survivors, please refer to the "Living Beyond Cancer" section of the MSKCC Web site at [www.mskcc.org/livingbeyondcancer](http://www.mskcc.org/livingbeyondcancer).

### Counseling

**646-888-0100**

Many people find that counseling can help them manage the challenges that being a cancer survivor can add to life. The Memorial Sloan-Kettering Counseling Center is available to help you manage distress you may feel as a cancer survivor or family member.

### Clinical Genetics Service

**646-888-4050**

Specially trained counselors and physicians offer education about and testing for hereditary cancer risk to individuals and their families. Hereditary cancer risk counseling is typically recommended for survivors who have been diagnosed with cancer at an unusually young age or who have multiple family members who have been diagnosed with cancer.

### Dental Services

**212-639-7644**

Dentists who specialize in complications resulting from cancer treatment are available to treat survivors with these types of dental problems.

### Dermatology Consultation

**212-610-0079**

After the completion of cancer treatment, patients may experience problems with their skin, hair, or nails. Through careful evaluation and treatment, many of these conditions can be alleviated.

### Fertility Preservation and Parenthood

**Ask your doctor or nurse for a referral**

A clinical nurse specialist provides personalized consultations to discuss options for becoming a parent after cancer treatment.

### Integrative Medicine Program

**646-888-0800**

Complementary therapies can improve stamina, enhance well-being, and reduce the stress and anxiety that can occur even after treatment ends. Therapies offered by our specialists include massage, acupuncture, hypnotherapy, and meditation. Movement and fitness classes can be taken in either a group or private setting.

### Nutrition Services

**Ask your doctor or nurse for a referral**

Registered dietitians provide counseling and education about eating for health promotion and weight management.

### Physical Rehabilitation

**646-888-1900**

A team of specialists is available to diagnose and treat the functional, neurologic, musculoskeletal, and pain disorders faced by cancer survivors.

### Resources for Life After Cancer (RLAC)

**646-888-4740**

RLAC offers a full range of educational support services, from support groups to seminars, to help you and your family adjust to the completion of your active treatment. Their programs are open to all cancer survivors, including those who have been treated outside of MSKCC.

### Sexual Health Program

**Men — 646-422-4359**

**Women — 646-888-5076**

Sexual health challenges, including changes in sexual function and difficulties with intimacy, may arise as a result of a cancer diagnosis or its treatment. Experts in these areas, including doctors, nurses, social workers, and psychologists, are available for consultation with individuals and couples.

### Speech and Hearing Center

**212-639-5856**

Therapies for speech, voice, swallowing, and hearing impairments focus on restoration of quality of life for those affected by cancer and its treatment.

### Tobacco Cessation Program

**212-610-0507**

Psychologists and specially trained nurses offer assistance to cancer survivors and their family members to help them quit smoking. The methods used will vary depending on each person's needs but may include behavioral counseling and, when appropriate, medication.

## ONLINE RESOURCES

### MYMSKCC

[my.mskcc.org](http://my.mskcc.org)

A private, personalized link to obtain secure information about your care at Memorial Sloan-Kettering. To enroll in or learn more about MYMSKCC, please contact the Help Desk at [mymskcc@mskcc.org](mailto:mymskcc@mskcc.org) or 646-227-2593.

### Survivorship Center

[www.mskcc.org/livingbeyondcancer](http://www.mskcc.org/livingbeyondcancer)

This section of the MSKCC Web site provides details on support services, health issues, information resources, and a calendar of activities for individuals who have completed therapy and their families.

### National Coalition for Cancer Survivorship

[www.canceradvocacy.org](http://www.canceradvocacy.org)

The NCCS Web site provides information for cancer survivors about dealing with health insurance and employment issues and offers helpful tips for communicating with healthcare providers.



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**General Information**