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PATIENT & CAREGIVER EDUCATION

# Follow-up Care After Treatment for Non-Hodgkin or Hodgkin Lymphoma

This information explains follow-up care after treatment for non-Hodgkin and Hodgkin lymphoma at Memorial Sloan Kettering (MSK).

Two to 3 years after your treatment ends, you may begin your follow-up care at our Lymphoma Survivorship Clinic. The clinic focuses on the health needs of people who have completed treatment for lymphoma.

Don't wait for a scheduled visit if you have new symptoms. Call your doctor's office to discuss any concerns in between visits.

## About Your Survivorship Advanced Practice Provider

In the Lymphoma Survivorship Clinic, you will see a survivorship advanced practice provider (APP) for your care. A survivorship APP is a member of the lymphoma healthcare team that specializes in caring for people after they've finished their treatment. Your survivorship APP will help you manage your life after cancer treatment, including the physical and

emotional effects of cancer and late effects of treatment. They will also look out for signs of cancer recurrence (cancer coming back) or the development of a second cancer.

Your survivorship APP will give you and your primary care doctor a treatment summary and survivorship care plan. If needed, they will discuss your care with your doctor.

## **What to Expect During Your Lymphoma Survivorship Clinic Visit**

During your visit, your APP will:

- Give you a physical exam.
- Talk with you about your medical history.
- Address any side effects of treatment.
- Order any necessary tests, such as scans and blood tests, and review the results with you.
- Provide counseling about living a healthy lifestyle, such as diet, exercise, and quitting smoking.
- Recommend screening tests for other cancers.
- Give you a referral to another healthcare provider, if needed.
- Prescribe medication, if needed.

After each follow-up visit, your survivorship APP will give your doctor an update about your health.

In addition to your follow-up care at MSK, you should also have routine health care for the rest of your life. Make sure to see your primary care doctor for regular check-ups and for problems not related to cancer.

## Resources for Survivors

Our Resources for Life after Cancer (RLAC) Program offers social support, education, and counseling for people who have finished treatment. You can find a list of services, including a group specifically for lymphoma survivors, online at [www.mskcc.org/cancer-care/survivorship/services-survivors](http://www.mskcc.org/cancer-care/survivorship/services-survivors).

For more information on survivorship, go to: [www.mskcc.org/cancer-care/survivorship](http://www.mskcc.org/cancer-care/survivorship).

Your well-being is important to us. Please keep all of your follow-up appointments. If you have any questions or concerns, talk with your doctor, nurse, or survivorship APP.

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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