



# Your Transition to Survivorship with Memorial Hermann

Congratulations! You've achieved a huge milestone in your cancer journey—you've completed your treatment and are on your way to starting a new chapter in your life as a cancer survivor. You are one of millions of people alive today who has had cancer, and the survival rate continues to improve. At Memorial Hermann, we understand what you went through to get here, and we want to make sure you know that we are still here to help you as you transition to lead a fulfilling life after cancer. At Memorial Hermann, you will never face cancer or cancer survivorship alone.

## Life after Cancer

Becoming a cancer survivor is a major event in the cancer journey, and for many it brings with it the chance for growth, positive change and a chance to live a healthier life. However, once treatment is finished and you are adjusting to reentering the world, you might feel alone and lost without the support of your cancer care team. At Memorial Hermann, care for people with cancer does not end when treatment does. Once cancer treatment ends, you will continue to see your healthcare team, who will monitor you to ensure you remain healthy. You can rest assured that the Memorial Hermann cancer team is here for you every step of the way, long after you've finished your treatment. We understand that surviving cancer brings forth many emotions and often changes your outlook on life and can impact your social, physical and emotional health. Facing these feelings and learning how to deal with them is crucial. Don't expect everything will immediately go back to the way it was before you were diagnosed. Give yourself, your family and those around you time to adjust and get back to your routine. Just as it took time to adjust to cancer, it will also take time to adjust to life after cancer.

## The Importance of Follow-up Care

No two cancers are the same, and no two survivors are the same. But one thing they have in common is the need for follow-up care. It is important to talk with your healthcare team about appropriate tests after you finish your treatment.

## Nurse Navigators

Nurse Navigators are specialized oncology nurses and patient advocates who assist patients during their entire course of treatment. Our Nurse Navigators are here to support you and your family as you transition to survivorship. You can expect to receive a call from a Nurse Navigator within 3 days of being home and a follow-up call 2 weeks later. In between follow-up calls, Nurse Navigators are available to assist you with any questions or concerns you have at any time following your treatment.

They can help ease the burden of cancer treatment follow-up and can help you better understand:

- Long-term side effects you may experience related to your cancer treatment
- When to return for a follow-up visit
- What tests you may receive at follow-up visits
- Necessary monitoring and tests after treatment
- Questions related to medications and diet and exercise
- Signs and symptoms to watch for that may indicate a recurrence

(over)

**Your Nurse Navigator is:**

Name \_\_\_\_\_

Email address \_\_\_\_\_ Phone number \_\_\_\_\_

**Upcoming visits**

You next visit with your oncologist is scheduled for:

Date \_\_\_\_\_ Time \_\_\_\_\_ Physician's office number \_\_\_\_\_

**Your next imaging visit is scheduled for:**

Date \_\_\_\_\_ Time \_\_\_\_\_ Physician's office number \_\_\_\_\_

**CANCER SURVIVORSHIP RESOURCES****GENERAL COMMUNITY RESOURCES****American Cancer Society (ACS)**<https://www.cancer.org/treatment/survivorship-during-and-after-treatment.html><https://www.cancer.org/health-care-professionals/national-cancer-survivorship-resource-center.html>

800.227.2345

**Cancer.Net**<https://www.cancer.net/survivorship/what-survivorship><https://www.cancer.net/survivorship/follow-care-after-cancer-treatment/asco-cancer-treatment-and-survivorship-care-plans>**Canopy Survivorship Center**<https://cancer.memorialhermann.org/canopy/>

713.897.5939

**Livestrong**<https://www.livestrong.org/what-we-do>

855.220.7777

**National Coalition for Cancer Survivorship (NCCS)**<https://canceradvocacy.org/resources/survivorship-checklist/>

877.622.7937

**PSYCHOSOCIAL SUPPORT****CanCare**<https://cancare.org>

713.461.0028

**Cancer Support Community**<https://www.cancersupportcommunity.org/>

888.793.9355

**National Cancer Institute**<https://www.cancer.gov/about-cancer/coping/survivorship>  
800.422.6237**Livestrong at YMCA**<https://www.livestrong.org/ymca-search>

855.220.7777

**FINANCIAL AND PRACTICAL HELP****Cancer Financial Assistance Coalition**<https://cancerfac.org/>**United Way of Greater Houston**<https://www.unitedwayhouston.org/>

713.685.2300

**HEALTH DISPARITIES****Cancer.Net**<https://www.cancer.net/research-and-advocacy>**National Cancer Institute (NCI)**<https://www.cancer.gov/about-cancer/understanding/disparities><https://www.cancer.gov/about-cancer/coping/survivorship>  
800.422.6237**National LGBT Cancer Network**<https://cancer-network.org/>

212.675.2633