Australian Cancer Survivorship Centre

A Richard Pratt Legacy





Cancer survivorship information for survivors and carers





Questions you may wish to ask about the time after treatment

It is important you do not feel 'alone' or 'lost in the system' during this time. You are likely to still have as many questions as you had when you were first diagnosed. Below we have listed some common questions people have. You may want to make a note of your most important questions. If you think of any other questions that you might want answered, please write them at the bottom of the page. General answers to some of these questions can be found in the 'Frequently asked questions' section on the Australian Cancer Survivorship Centre website.

It might be useful to take this sheet with you to any appointments with your local doctor or with your oncologist. It may also help to speak to a cancer support nurse.

Call the Cancer Council Information and Support line on 13 11 20 to speak to an experienced cancer nurse or visit the Australian Cancer Survivorship Centre website www.petermac.org/cancersurvivorship.

☐ Will my concentration be affected?

Coping

☐ Is it normal to feel distressed following treatment?

could take to stay well?

	Is it normal to find it difficult to concentrate following treatment?		What can I do to help me feel well?
	What things can I do to cope better following treatment?	La	te and long-term effects of treatment
	How do I go about setting short and long term goals?		Am I at risk of getting any late or long-term complications?
	How do I know if I need counselling for my		What monitoring can I have?
	emotional concerns? Do I have to pay for counselling?		Who will manage any long-term side effects?
			Am I likely to have long term problems with pain?
Physical consequences of completing treatment/ things I can do to remain well			Are there treatments for any long-term side effects that I have or might develop?
	What physical effects might I have after finishing treatment?		What can I do to prevent late or long term effects?
	What monitoring will I have about these effects?	Fo	llow-up appointments
	How long am I likely to feel tired (fatigued)?		Why do I need check ups?
	How can I best manage my fatigue?		What happens during check ups?
	Will my sleeping habits be affected?		How often will I need to come for check-ups?
	Is there an exercise programme I should follow?		Are check-ups effective?
	Is there a special diet I should follow to stay healthy		What tests will I have?
	following treatment?		Who will be responsible for my follow-up care?
	What is a safe amount of alcohol to consume?		Will my GP be involved?
ш	Are there any complementary / alternative medicines I		

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Concerns about recurrence		Impact on family and friends		
	What can I do to reduce the chance of my cancer returning?		What should I do if the people around me do not understand	
	What symptoms should I look out for?		the way I am feeling?	
	How likely is it that my cancer will come back?		How do I cope with my children's needs after completing treatment?	
	How can I check myself for signs of a new cancer?		Are my children at risk of inheriting my cancer?	
	Who do I contact if I have worries about recurrence?		Do I need genetic counselling?	
	How can I best manage my worries about recurrence?			
	-111-	Inf	formation and support	
Fe	rtility, pregnancy and menopause		Can you recommend websites / further reading about survivorship?	
	Did my cancer and treatment affect my fertility?			
	Is early menopause likely?		Where can I find information about support groups?	
	What changes can happen?		How can I join a support group?	
	How will I deal with these?		How about telephone support from a cancer survivor?	
	What treatments are available?			
	Are there complementary therapies that I may find helpful?	My	My other questions	
Sexuality				
	Who can I speak to about any issues with sexuality?			
	What can I do if I can't get an erection?	-		
	I have vaginal dryness. What would you recommend?	_		
De	ealing with practical issues			
	How can I get my finances back on track?			
	Who can I speak to about my financial issues?	-		
	What advice do you have about returning to work?			
	What do I do if I feel I am discriminated against because of my cancer?			
	Who can I speak to about insurance issues?			
	Who can I talk to about benefits for disability / childcare?			
	Who can I talk to about in-home services?			

The Peter Mac DVD, "Just Take it Day to Day – A Guide to Surviving Life After Cancer" and Cancer Council booklet "Living well after cancer – A guide for cancer survivors, their family and friends" have been developed to help you understand the common issues cancer survivors report in the first year following treatment, and how you can best manage these. Further information can be found in the general answers to the 'Frequently asked questions'.

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