The image features a grid of 12 squares. Six squares contain close-up portraits of diverse young adults, including a man with a slight smile, a woman with glasses, a man with a wide smile, a woman with a gentle smile, a man with a slight smile, and a woman with a wide smile. The other six squares are solid yellow or light yellow. Some squares also feature a pattern of overlapping yellow circles of varying sizes on a grey background.

Planning for Life After Cancer

A Guide to Survivorship for Teens and Young Adults



I AM ANGELA
I LIVE STRONG
CANCER SURVIVOR

Finishing treatment can be both exciting and scary. Many survivors want to focus on returning back to normal. As a cancer survivor, taking charge of your health and preparing for life after cancer treatment can help make the transition easier. You have the right to take an active role in your future by reaching out to others or asking the questions you have. This booklet can help you think about how to prepare for your life after treatment.

How to use this booklet:

Use this booklet to identify questions or concerns that you have and the things that you would like to know more about. This booklet can help you find the support that you need.

- 1.** Go through this booklet and check the physical, emotional and day-to-day questions or concerns you have.
- 2.** Take this booklet with you the next time you see your doctors, nurses or counselor.
- 3.** Contact the resources and support groups listed on pages 16–20 to get the help you need.
- 4.** Use this booklet to help ask the questions you have and to find more information about the services that you need.

A close-up, high-angle portrait of a young man with dark hair and blue eyes, smiling warmly. The lighting is soft and natural, highlighting his features. The background is dark and out of focus.

**I AM PEYTON
I LIVE STRONG**
CANCER SURVIVOR

Physical Concerns

Pain, Body, Lifestyle

After you finish treatment, you may have changes in your body. You know your body better than anyone else. Talk to your doctors or nurses about the changes to expect.

Do you have concerns about changes in your body after cancer?



Make a check next to the questions or concerns that you have, or write down your own concerns.

Pain or Swelling

- Will I have pain after treatment?
- Will I have swelling in parts of my body after treatment?

Body Changes

- Will I always feel tired after I finish treatment?
- Will I have a hard time sleeping at night?
- How will the medicines I am taking or will take affect my body?
- Will my treatment affect my memory?
- Will I be able to focus on school or work like I did before?

Lifestyle

- How do I stay healthy through diet and exercise?
- I have concerns about my sexual health after treatment.

Other Concerns:

Take care of yourself and
**remember that you are a
person and you are not
the illness.**

— **Tenise**, cancer survivor

Physical Needs

Pain, Body, Lifestyle

Your doctors, nurses or counselor can help you deal with any body changes you may have. They can also point you to resources and services that can help.



Check the box next to the services or information that you need.

Pain or Swelling

- I want to know how services like yoga, massage or other therapies can help me feel better.
- I want to learn how to deal with pain.

Body Changes

- I want help restoring my strength and ability to be active.
- I would like to know more about how my treatment may have affected my fertility and sexuality.

Lifestyle

- I would like to go to exercise classes.
- I would like to talk to someone about how I should eat to stay healthy.



I AM LINDSAY
I LIVE STRONG

CANCER SURVIVOR

Emotional Concerns

Feelings, Relationships, Life Changes

Now that you are finishing treatment, you may feel confused or have many different emotions. One day you may feel happy and the next day you may feel sad. This is normal.

Relationships with family, friends and your significant other may change. Some survivors find that different things are now important to them.

Do you have emotional concerns about life after cancer?



Make a check next to the questions or concerns that you have, or write down your own concerns.

Feelings

- How do I deal with the fear that my cancer may come back?
- What kind of emotions can I expect?

Relationships

- How do I talk to my friends, family or significant other after treatment?
- How do I tell others that I am a cancer survivor?

Life Changes

- Will my cancer change my outlook on life?
- How can I use my cancer experience to help other cancer survivors?

Other Concerns:

Why did I get this disease that older people get? I was really upset about that, so **meeting other people who were my age was a really important thing for me to do.**

— **Jessica**, cancer survivor

Emotional Needs

Feelings, Relationships, Life Changes

You are not alone. There are many other cancer survivors your age living in the United States today.

You can lean on your friends, family or significant other to find support during these times. You can also talk to a counselor and other cancer survivors.



Check the box next to the services or information you need.

- I want to talk to other cancer survivors my age who understand what I am going through.
- I want to know where I can find emotional support.
- I would like help talking to my friends and family about my cancer.
- Where can I find a counselor or social worker to talk to?
- I would like my friends and family to talk to a counselor about the feelings they are having.
- Is there someone I can talk to about how cancer may change my outlook on life?



I AM JANIA
I LIVE STRONG
CANCER SURVIVOR

Day-to-Day Concerns

Money, Job, School

As you finish treatment, you may have questions about returning to school or work. You may also have concerns that you didn't have before, like managing your follow-up care, figuring out health insurance or keeping track of medical records.

Do you have concerns about day-to-day issues after treatment?



Make a check next to the questions or concerns that you have, or write down your own concerns.

Money and Insurance

- Will I have bills and medical expenses after treatment?
- How do I find health and life insurance as a cancer survivor?

School and Job

- What should I expect when I return to school or work?
- What can I do if my teacher or boss doesn't understand what I am going through?

Finding Resources

- How often should I see my doctors for follow-up visits?
- What kind of information do I need to give my primary care doctor about my cancer or my treatment?

Other Concerns:

I didn't know how [cancer] was gonna change things. I didn't know if I was going back to school. Will I have to move back home? **It really puts the plans for the rest of your life into question.**

— **Jeff**, cancer survivor

Day-to-Day Needs

Money, Job, Resources

As you finish treatment, there may be resources nearby that can help you plan your transition back to school or work. Talk to your doctors, nurses or counselor, or call one of the resources or support groups in the back of this booklet to find the services you need.



Check the box next to the services or information you need.

Money and Insurance

- I want to know where to go for help with health insurance or money issues.

School and Job

- I want to know how my school can help me return after treatment with services like a tutor or extra time for my class work.
- I want to know how my workplace can help me return after treatment by making my workstation or schedule better fit my needs.
- I want to talk to someone about my rights as a cancer survivor.

Finding Resources

- I want to know what resources or support groups are in my community.
- How do I get a summary of the treatment I received?



**I AM MANUEL
I LIVE STRONG**

CANCER SURVIVOR

To learn more about these services, I can:



- Talk to a doctor, nurse or social worker.
- Talk to other cancer survivors.
- Call one of the groups on the following pages.
- Research on the Internet or at the library.
- Reach out to my teacher or employer.
- Talk to my family, friends and significant other.

Talk to your doctors about the information you find.

What do I do now?

Now that you have checked off the physical, emotional and day-to-day concerns you have, it is time to set a plan of action. Follow these steps to get the help you need.

- 1.** Make sure you have gone through this booklet and checked off all the concerns you have.
- 2.** Think about where you will look for help and support.
- 3.** Discuss the concerns you checked off in this booklet with your doctor or someone on your healthcare team.
- 4.** Call the toll-free numbers on the following pages, or visit the websites to help you find the services you need.

Resources

These groups can help you with your physical and emotional needs. They can also help you with day-to-day issues such as insurance and money matters.

Fertile Hope

Toll-free: 1.888.994.HOPE (1.888.994.4673)
www.fertilehope.org

Fertile Hope provides reproductive information, support and hope to cancer patients whose medical treatment may cause infertility.

LIVESTRONG SurvivorCare

Toll-free: 1.866.235.7205
www.livestrong.org

LIVESTRONG SurvivorCare will provide you, your family, friends and caregivers with information, education, counseling services and referrals to other resources. You can also speak with a case manager Monday – Friday, 9AM – 5PM EST.

National Coalition for Cancer Survivorship

Toll-free: 1.877.622.7937

www.canceradvocacy.org

As the oldest survivor-led advocacy organization, NCCS is a highly respected authentic voice at the Federal level, advocating for quality cancer care for all Americans and empowering cancer survivors.

Surviving And Moving Forward: The SAMFund for Young Adult Survivors of Cancer

1.617.780.9606

www.thesamfund.org

The SAMFund is a nonprofit organization created to help young adult cancer survivors by providing financial support through grants and scholarships.

Teens Living with Cancer

www.teenslivingwithcancer.org

Teens Living with Cancer is an online resource dedicated to helping teens deal with the effects of cancer. The resource provides information on exercise and nutrition. There is also an online support group. The website is available in English and Spanish.

Ulman Cancer Fund

Toll-free: 1.888.393.FUND (1.888.393.3863)

www.ulmanfund.org

The Ulman Cancer Fund provides a network for young adult and adolescent cancer survivors, their parents and other young adults affected by cancer to connect with one another to provide emotional support. They can also help you find support groups in your area.

List local resources here:

Support Groups

Contact these groups to help you find the support you need. Each of these groups can help you connect with other survivors and/or find emotional support in your area.

American Cancer Society

Toll-free: 1.800.ACS.2345 (1.800.227.2345)

www.cancer.org

An information specialist can answer your questions 24 hours a day, seven days a week. They can also help you find support groups in your area.

Gilda's Club® Worldwide

Toll-free: 1.888.GILDA.4.U (1.888.445.3248)

www.gildasclub.org

Gilda's Club Worldwide provides free social and emotional support to men and women with cancer, their families and friends. There are Gilda's Clubs throughout the United States and Canada.

Planet Cancer

1.512.452.9010

www.planetcancer.org

Planet Cancer is an online community of young adult cancer survivors who share their own experiences with others who are facing similar situations.

The Wellness Community

Toll-free: 1-888-793-WELL (1.888.793.9355)

www.thewellnesscommunity.org

and www.grouploop.org

The Wellness Community provides free support groups locally and online for cancer survivors, their loved ones and caregivers. You can also contact them to learn how to start a chapter in your area. TWC also offers the “Group Loop,” which is a free online support group for Adolescent/Young Adult cancer survivors.

Vital Options International: Support for Young Adults with Cancer

Toll-free: 1.800.477.7666

www.youngadultswithcancer.org

or www.vitaloptions.org

Vital Options was the first organization dedicated to supporting young adults with cancer. *The Group Room*® is a weekly radio talk show that’s all about cancer.

Young Survival Coalition

1.212.206.6610

www.youngsurvival.org

The Young Survival Coalition (YSC) is the only international, non-profit network of breast cancer survivors and supporters dedicated to the concerns and issues that are unique to young women and breast cancer.

Was this Brochure Helpful?

Please answer the six questions on the card below and mail the postage-paid card to help the Lance Armstrong Foundation better serve cancer survivors.

Or, complete the survey online at www.livestrong.org/survey.

Thank you for your feedback.

1. What is your ethnic background? (CHECK ALL THAT APPLY)

- African American/Black
- Asian
- Hispanic/Latino
- American Indian/Alaska Native
- Caucasian/White
- Native Hawaiian/Pacific Islander
- Arab American
- Other _____

2. What is your age range?

- 0–14 15–17 18–25 26–39
- 40–64 65 and over

3. My connection to cancer:

- I have or had cancer
- Friend or loved one
- Family member, spouse or partner
- Healthcare provider
- Healthcare professional
- Know someone with cancer
- No connection
- I prefer not to respond
- Other _____

4. Reading the brochure helped me to identify concerns about cancer.

- Strongly agree Agree Somewhat agree
- Somewhat disagree Disagree Strongly disagree

5. I used the brochure...

- When talking with doctors, nurses, social workers or counselors
- When talking with other cancer-related groups
- When talking with friends, family, or loved ones
- When talking with other cancer survivors
- I have not used the brochure yet, but plan to
- None of the above
- Other _____

6. Overall, I thought the brochure was...

- Very helpful Helpful Somewhat helpful
- Somewhat unhelpful Unhelpful Very unhelpful

Was this Brochure Helpful?

1. Answer the questions on the card below.
2. Tear out the card along the dotted lines.
3. Mail the card to the LAF. Postage is paid by the LAF.

Or, complete the survey online at www.livestrong.org/survey.

Thank you for your feedback.

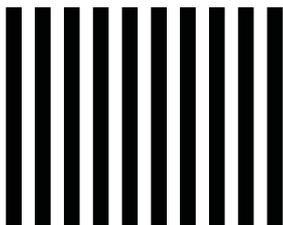


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**Special thanks to the cancer survivors
who made this booklet possible.**



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