

A collage of diverse young adults' faces and abstract yellow and grey circles. The collage is composed of a grid of squares. Some squares contain close-up portraits of young people of various ethnicities and ages, all smiling. Other squares contain abstract patterns of overlapping yellow and grey circles of varying sizes, some with white centers. The overall color palette is dominated by bright yellow and grey.

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 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 things you would like help with 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 treatment affect my memory?
- Will I be able to focus on school 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?

A close-up portrait of a young woman with long, dark hair, smiling gently. She is wearing a white top. The background is slightly blurred, showing a Spanish flag and some text.

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 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.

The **LIVESTRONG** Foundation

Toll-free: 1.855.220.7777

www.LIVESTRONG.org/GetHelp

The **LIVESTRONG** Foundation will provide you, your family, friends and caregivers with support, as well as education on treatment options and fertility preservation. Additionally, insurance, employment and financial matters can be addressed through referrals to financial and local resources. Ask for a free **LIVESTRONG** Guidebook. It provides important information and tools to support you through your cancer journey. You can call the **LIVESTRONG** Foundation Monday – Friday, 9am – 5pm CST.

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.

Cancer Support Community

Toll-free: 1.888.793.9355

www.cancersupportcommunity.org

In July 2009, The Wellness Community and Gilda's Club joined forces to become the Cancer Support Community. The Cancer Support Community continues to help optimize patient care by providing essential, but often overlooked, services including support groups, counseling, education and healthy lifestyle programs.

Imerman Angels

Toll-free: 1.877.274.5529

www.imermanangels.org

Imerman Angels matches a cancer fighter or survivor with someone who has fought and survived the same type of cancer (a Mentor Angel). These one-on-one relationships inspire hope and offer the chance to ask personal questions and receive support from someone who is familiar with the experience. The service is free.

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.

Notes

Notes

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

L I V E S T R O N G

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