



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](http://www.petermac.org/cancersurvivorship).**

### Coping

- Is it normal to feel distressed following treatment?
- Is it normal to find it difficult to concentrate following treatment?
- What things can I do to cope better following treatment?
- How do I go about setting short and long term goals?
- How do I know if I need counselling for my emotional concerns?
- Do I have to pay for counselling?

### Physical consequences of completing treatment/ things I can do to remain well

- What physical effects might I have after finishing treatment?
- What monitoring will I have about these effects?
- How long am I likely to feel tired (fatigued)?
- How can I best manage my fatigue?
- Will my sleeping habits be affected?
- Is there an exercise programme I should follow?
- Is there a special diet I should follow to stay healthy following treatment?
- What is a safe amount of alcohol to consume?
- Are there any complementary / alternative medicines I could take to stay well?

- Will my concentration be affected?
- What can I do to help me feel well?

### Late and long-term effects of treatment

- Am I at risk of getting any late or long-term complications?
- What monitoring can I have?
- Who will manage any long-term side effects?
- Am I likely to have long term problems with pain?
- Are there treatments for any long-term side effects that I have or might develop?
- What can I do to prevent late or long term effects?

### Follow-up appointments

- Why do I need check ups?
- What happens during check ups?
- How often will I need to come for check-ups?
- Are check-ups effective?
- What tests will I have?
- Who will be responsible for my follow-up care?
- Will my GP be involved?



## Questions you may wish to ask about the time after treatment



### Concerns about recurrence

- What can I do to reduce the chance of my cancer returning?
- What symptoms should I look out for?
- How likely is it that my cancer will come back?
- How can I check myself for signs of a new cancer?
- Who do I contact if I have worries about recurrence?
- How can I best manage my worries about recurrence?

### Fertility, pregnancy and menopause

- Did my cancer and treatment affect my fertility?
- Is early menopause likely?
- What changes can happen?
- How will I deal with these?
- What treatments are available?
- Are there complementary therapies that I may find helpful?

### 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?

### Dealing 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?

### Impact on family and friends

- What should I do if the people around me do not understand the way I am feeling?
- How do I cope with my children's needs after completing treatment?
- Are my children at risk of inheriting my cancer?
- Do I need genetic counselling?

### Information and support

- Can you recommend websites / further reading about survivorship?
- Where can I find information about support groups?
- How can I join a support group?
- How about telephone support from a cancer survivor?

### My other questions

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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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