

THE LYNN SAGE BREAST CANCER SURVIVORSHIP PROGRAM



The Lynn Sage Breast Cancer Survivorship Program addresses the unique needs of women with

breast cancer as they complete treatment and enter into survivorship. Following your visit with the Survivorship Program you will receive an individualized Survivorship Care Plan to follow and share with your primary care provider.

WHAT IS A SURVIVORSHIP CARE PLAN?

- A Survivorship Care Plan is an outline of your cancer history, providing important details of your diagnosis and treatment, as well as a roadmap for moving forward. Long-term follow-up guidelines include:
 - A schedule for follow-up visits, screening & tests
 - Common side effects of treatment with suggestions and treatment options for managing these effects
 - Screening recommendations for late effects of treatment
 - Wellness recommendations aimed to decrease risk of recurrence, improve quality of life & overall health
 - Referrals to specialists & community resources

WHO IS ELIGIBLE?

Any woman with breast cancer who sees a surgeon or medical oncologist in the Lynn Sage Comprehensive Breast Center AND has completed initial treatment (surgery, chemotherapy or radiation) is eligible to receive survivorship care. If you are currently using tamoxifen or an aromatase inhibitor you are eligible to participate.

WHAT TO EXPECT

You will meet with a nurse practitioner or physician assistant specializing in breast cancer survivorship. During this visit a review of common side effects from treatment such as anxiety, fatigue, hot flashes and sexual health concerns will be discussed. A physical exam will be performed to identify any functional limitations that may impact daily activities or late effects of treatment.

Following your visit, your care plan will be finalized and sent to you and your primary care physician. This document will improve communication between you, your oncology team, and other health care providers as you move forward.

PREPARING FOR YOUR VISIT

Results from tests performed at Northwestern Medical Group (NMG) are already available to us in your medical chart. Please provide a copy of the following tests if they were not completed at NMG: bone density, colonoscopy procedures (including pathology results), cholesterol and Vitamin D. It is also helpful to have a list of all medications (with dosages) you currently take, including vitamins and supplements.

SUPPORTIVE ONCOLOGY PROGRAM

The Lurie Cancer Center offers a wide range of supportive services to our patients and their families. The Survivorship Program will review the available services with you, as well as information about upcoming events and educational programs. In addition, many clinical trials are offered that focus on improving cancer survivors' quality of life. Ask your health care providers if a clinical trial might be right for you.

Clinic Location

Maggie Daley Center for Women's Cancer Care
Prentice Women's Hospital
250 E. Superior St., 4th Floor

TO MAKE AN APPOINTMENT OR LEARN
MORE ABOUT THE BREAST CANCER
SURVIVORSHIP CLINIC:

312.695.0990

cancer.northwestern.edu/breast survivorship