



# Your Unique Story: Seasons of Survivorship

## RESOURCES PAGES

Thank you for joining today's webinar. In the following two sections, we would like to provide you with additional information to help you along your survivorship journey.

### SECTION 1

Here is a list of references and resources. This list is not exhaustive and is subject to change. You may find organizations in the area where you live if you ask your gynecologic oncologist or medical team for assistance. We encourage you to add resources to this list as your needs and journey evolves.

#### Navigating Survivorship

\*Foundation for Women's Cancer:

<https://www.foundationforwomenscancer.org/gynecologic-cancers/survivorship/>

- Survivorship Plans
- Survivorship Calendar
- Documents in Spanish
- Wellness Plans
- Education Courses and Webinars

\*Survivorship: During and After Treatment / American Cancer Society: <https://www.cancer.org/treatment/survivorship-during-and-after-treatment.html>

\*Survivorship / Cancer.Net: <https://www.cancer.net/survivorship>

\*Cancer Guide: After Treatment / Cure Today: <https://www.curetoday.com/journey/cancer-guides/after-treatment>

\*Cancer Survival Toolbox / National Coalition for Cancer Survivorship:

<https://canceradvocacy.org/resources/cancer-survival-toolbox/>

<https://canceradvocacy.org/resources/care-planning-for-cancer-survivors/>

\*Oncolife Survivorship Care Plan / Penn Medicine: <https://oncolife.oncolink.org/>

\*Imerman Angels One-On-One Cancer Support: <https://imermanangels.org/>

#### Cancer Risk Reduction Strategies

\*World Health Organization: [https://www.who.int/health-topics/cancer#tab=tab\\_2](https://www.who.int/health-topics/cancer#tab=tab_2)

\*American Cancer Society:

<https://www.cancer.org/latest-news/more-than-4-in-10-cancers-and-cancer-deaths-linked-to-modifiable-risk-factors.html>

## Oncofertility Care Resources

\*Cincinnati Children's Hospital Fertility Care and Preservation:

<https://www.cincinnatichildrens.org/service/f/fertility-preservation/females>

\*Stanford Children's Health Fertility and Reproductive Health Care Team: <https://www.stanfordchildrens.org/en/service/fertility-and-reproductive-health/careteam>

\*Stanford Reproductive Endocrinology and Infertility:

<https://obgyn.stanford.edu/divisions/rei.html>

\*UCLA Obstetrics and Gynecology Oncofertility: <https://www.uclahealth.org/obgyn/oncofertility>

\*MD Anderson Cancer Center Oncofertility Program:

<https://www.mdanderson.org/research/departments-labs-institutes/programs-centers/oncofertility-program.html>

\*Memorial Sloan Kettering Cancer Center Fertility Preservation: Options for Females Starting Cancer Treatment:

<https://www.mskcc.org/cancer-care/patient-education/fertility-preservation-females-starting-treatment>

## Minority Community Resources

\*Mental Health Survivorship / Latino community resources / Nueva Vida: <https://www.nueva-vida.org/services>

\*Latina cancer support / Latinascontracancer: <https://latinascontracancer.org/>

\*Minority Resources / CancerCare:

<https://www.cancercare.org/blog/resources-for-national-minority-cancer-awareness-week>

\*Undocumented survivors financial management:

<https://www.ils.org/managing-your-cancer/finances-and-insurance-coverage/insurance-coverage/healthcare-undocumented>

\*Undocumented survivors health care rights: <https://tragecancer.org/quickguide-immigrants>

## LGBT Community Resources

\*LGBT Cancer Information / National LGBT Cancer Network: <https://cancer-network.org/cancer-information/>

\*National LGBT Cancer Project: <https://www.lgbtcancer.org/>

## Symptom Assessment Tool

\*Edmonton Symptom Assessment Scale: [http://www.npcrc.org/files/news/edmonton\\_symptom\\_assessment\\_scale.pdf](http://www.npcrc.org/files/news/edmonton_symptom_assessment_scale.pdf)

## Managing Fatigue

\*Beating Cancer Fatigue Together / Untire: <https://untire.me/>

\* Cancer Fatigue / Cleveland Clinic: <https://my.clevelandclinic.org/health/diseases/5230-cancer-fatigue>

## Understanding Palliative Care

**\*Palliative Care / American Cancer Society:**

<https://www.cancer.org/treatment/treatments-and-side-effects/palliative-care.html>

**\*What are Palliative Care and Hospice Care? / National Institute on Aging:**

<https://www.nia.nih.gov/health/what-are-palliative-care-and-hospice-care>

## Understanding Prognosis

**\*Understanding Cancer Prognosis / National Cancer Institute:**

<https://www.cancer.gov/about-cancer/diagnosis-staging/prognosis>

## SECTION 2

We would like to provide you with information you can review and share with your medical team throughout your survivorship journey. This may aid you in deciding the best choice for your situation and allow you to talk openly with your provider and discuss your survivorship plans.

Here are a few questions that may be helpful:

### **\*Newly Diagnosed Treatment Questions:**

What is the name of my medication or treatment?

Will I take a pill, or will the medication be given as an infusion?

Will I receive radiation and/or chemotherapy?

Why am I receiving this treatment? What is it expected to do for me?

How often will I have to return to the clinic for treatment?

How long do I have to stay in the clinic while receiving treatment?

What are the alternatives to my treatment?

Are there any special instructions for taking the medication?

Will I have blood work or tumor testing during treatment? How often?

Are my family members at risk for this cancer?

What clinical trials are available for me?

Will this treatment affect my ability to have children?

Will I have to get a chemotherapy port?

### **\*Surveillance or After Active Treatment Questions:**

What will surveillance look like after my active treatment?

Will I have additional tests or blood work? How often?

Who do I call if I have questions between appointments? (Tip: Keep this number handy at all times)

Should I be concerned about any specific body changes or signs that something might be wrong?

What can I do to stay healthy and reduce my risks of cancer coming back?

### **\*Recurrent Treatment Questions:**

What are my current treatment options?

Can I use the same treatments as before or will I need new treatments? Why?

How long will my treatment last?

Can I take my treatment at home, or do I need to visit a cancer clinic?

How will I know if my treatment is working or not working?

Does this treatment increase my risks of a secondary cancer?  
What clinical trials are available for me?  
Am I eligible for palliative care?  
Should I consider hospice?

**\*Self-Care Questions:**

Am I maintaining a healthy body weight and body mass index (BMI)?  
Am I making sure to practice some form of movement every day? (Ultimate Goal: 30 minutes per day for 5 days a week)  
Am I eating well? (Ultimate Goal: Five servings of fruit and vegetables per day)  
Am I keeping my cancer surveillance appointments?  
Am I receiving preventative care health screenings? (Examples include colonoscopy, breast exams, vaccinations)  
Am I exposing myself to cigarette smoke or vaping which can increase my cancer risk?  
Am I managing stress? Am I receiving emotional and spiritual support when I need it?

**\*Side-Effects Questions:**

What are the likely side effects of treatment?  
Which side effects should I call the care team about immediately?  
Do I need to take any medications before each treatment?  
Should I take medications for side effects after treatment? How often? For how long?  
Can I still work while receiving treatment?  
How will my treatment affect me sexually? Should I ask about dilators or Kegel exercises?  
Will treatment side effects be temporary or long-lasting?  
Is there something I can do to lessen potential side effects?

**\*Communication and Emergency Contact Questions:**

Who is on my cancer care team? How does each person help me during my journey?  
Who do I call if I need help with emotional and mental struggles?  
Can my caretaker make calls on my behalf? Are there any restrictions?  
Do you have an on-line portal?  
Who do I call if I have non-emergency questions? Who is my primary office contact person? (Tip: Keep these numbers with you and your caretaker at all times)  
What is considered an emergency? Should I call your office in case of emergency or go to an emergency room?