

[Sarcomas of Specific Organs - After Treatment](#) [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [2], 07/2014

ON THIS PAGE: You will read about your medical care after treatment for sarcoma is finished and why this follow-up care is important. To see other pages in this guide, use the menu on the side of your screen.

After treatment ends for sarcoma, talk with your doctor about developing a follow-up care plan. This plan may include regular physical examinations and/or medical tests to monitor your recovery for the coming months and years, such as a yearly chest x-ray, CT scan, and blood tests.

ASCO offers [treatment summary forms](#) [3] to help keep track of the sarcoma treatment you received and develop a survivorship care plan once treatment is completed.

Patients who undergo surgery for sarcoma located in an arm or leg, particularly amputation, often need physical therapy and other types of rehabilitative therapies. Follow-up care should also address the patient's quality of life, including social and emotional concerns, especially if amputation was necessary. Learn more about [cancer rehabilitation](#) [4].

People recovering from sarcoma are encouraged to follow established guidelines for good health, such as maintaining a healthy weight, not smoking, eating a balanced diet, and having recommended cancer screening tests. Talk with your doctor to develop a plan that is best for your needs. Moderate physical activity can help rebuild your strength and energy level. Your doctor can help you create an appropriate exercise plan based upon your needs, physical abilities, and fitness level. Learn more about the [next steps to take in survivorship](#) [5], including making [positive lifestyle changes](#) [6].

The next section offers a list of questions you may want to ask. Use the menu on the side of

your screen to select Questions to Ask the Doctor, or you can select another section, to continue reading this guide.

Links

[1] <http://www.cancer.net/cancer-types/sarcomas-specific-organs/after-treatment>

[2] <http://www.cancer.net/about-us>

[3] <http://www.cancer.net/node/25394>

[4] <http://www.cancer.net/node/25397>

[5] <http://www.cancer.net/node/22>

[6] <http://www.cancer.net/node/24554>