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PDF generated on July 21, 2016 from <http://www.cancer.net/cancer-types/amyloidosis/follow-care>

[Amyloidosis - Follow-Up Care](#) [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [2], 02/2015

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

After treatment for amyloidosis ends, 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. Your health care team will also focus on controlling the underlying disease, if there is one.

Managing long-term and late side effects

Most people expect to experience side effects when receiving treatment. However, it is often surprising to survivors that some side effects may linger beyond the treatment period. These are called long-term side effects. In addition, other side effects called late effects may develop months or even years afterwards. Long-term and late effects can include both physical and emotional changes.

Talk with your doctor about your risk of developing such side effects based on the type of cancer, your individual treatment plan, and your overall health. If you had a treatment known to cause specific late effects, you may also have certain physical examinations, scans, or blood tests to help find and manage them. For example, long-term follow-up care for amyloidosis usually includes regular and careful monitoring of liver and kidney function.

Keeping personal health records

You and your doctor should work together to develop a personalized follow-up care plan. Be sure to ask about any concerns you have about your future physical or emotional health. ASCO offers [forms to help create a treatment summary to keep track of the treatment you received and develop a follow-up care plan](#) [3] once treatment is completed.

This is also a good time to decide who will lead your follow-up care. Some people continue to see their hematologist, while others transition back to the general care of their family doctor or another health care professional. This decision depends on several factors, including side effects, health insurance rules, and your personal preferences.

If a doctor who was not directly involved in your amyloidosis care will lead your follow-up care, be sure to share your treatment summary and follow-up care plan forms with him or her, as well as all future health care providers. Details about your amyloidosis treatment are very valuable to the health care professionals who will care for you throughout your lifetime.

Making healthy lifestyle choices

People treated for amyloidosis are encouraged to follow established guidelines for good health, such as maintaining a healthy weight, not smoking, eating a balanced diet, and having recommended 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 [making healthy lifestyle choices](#) [4].

The next section offers [Questions to Ask the Doctor](#) [5] to help start conversations with your health care team. Or, use the menu on the side of your screen to choose another section to continue reading this guide.

Links

[1] <http://www.cancer.net/cancer-types/amyloidosis/follow-care>

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

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

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

[5] <http://www.cancer.net/node/18460>