

Anal Cancer - After Treatment [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [2], 03/2014

ON THIS PAGE: You will read about your medical care after cancer 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 anal cancer 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.

Regular examinations are important following treatment of anal cancer to find any recurrence of the cancer or spread to other parts of the body. The examinations usually are scheduled in the anus for every few months for the first two or three years following treatment, and then at less frequent intervals. In addition to physical examination, other procedures (such as proctoscopy), imaging scans (such as CT scanning), and blood tests may be done, depending on the treatment given.

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

People recovering from anal cancer 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. For anal cancer survivors who smoke, [quitting smoking](#) [4] is strongly encouraged. 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/anal-cancer/after-treatment>

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

[3] <http://www.cancer.net/survivorship/asco-cancer-treatment-summaries>

[4] <http://www.cancer.net/patient/All+About+Cancer/Risk+Factors+and+Prevention/Tobacco/Quitting+Smoking>

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

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