

Endocrine Tumor - 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 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 an endocrine tumor ends, talk with your doctor about developing a follow-up care plan. Although there are no specific guidelines on follow-up care for an endocrine tumor, this plan may include regular physical examinations, blood tests, and/or a CT scan about three months after surgery. After that, follow-up care should include a physical examination and blood tests approximately every six to 12 months, with additional imaging tests (such as x-rays) performed on an as-needed basis. It is also important to talk with your doctor about any new symptoms you experience. At your check-ups, be sure to ask what types of signs and symptoms to watch for and how quickly you should talk to the doctor about them.

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

People recovering from the successful treatment of an endocrine tumor 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 you 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](#) [4], including making [positive lifestyle changes](#) [5].

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/endocrine-tumor/after-treatment>

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

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

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

[5] <http://www.cancer.net/node/24583>