Gestational Trophoblastic Tumor - After Treatment

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After Treatment

After treatment for a GTT 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. ASCO offers cancer treatment summary forms [2] to help keep track of the cancer treatment you received and develop a survivorship care plan once treatment is completed.

Follow-up treatment includes measuring the blood's beta hCG levels every one to two weeks until the hormone level is normal for three consecutive tests. After that, beta hCG levels should be monitored monthly for the first year, every four months for the second year, then yearly for the third and fourth years. Women are encouraged to talk with their doctors about the recommended amount of time to wait before becoming pregnant after reaching normal levels of beta hCG. If the woman had either a complete or partial molar pregnancy and no chemotherapy was given, pregnancy may be safe after three to six months. Also, patients with a history of a GTT should have a beta hCG check after each pregnancy, even if the pregnancy was completely normal.

Women recovering from a GTT 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 [3], including making positive lifestyle changes [4].

Learn more about common terms used after cancer treatment is complete [5].

Links:
[1] http://www.cancer.net/about-us
[2] http://www.cancer.net/node/25394
[3] http://www.cancer.net/node/22
[4] http://www.cancer.net/node/24583
[5] http://www.cancer.net/node/25380