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Leukemia - Acute Myeloid - AML - After Treatment [1]

This section has been reviewed and approved by the Cancer.Net Editorial Board [2], 08/2013

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 AML 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 [3] to help keep track of the cancer treatment you received and develop a survivorship care plan once treatment is completed.

People in remission should receive regular follow-up examinations for several years to watch for a recurrence of the AML or late effects [4] of chemotherapy. Patients are also encouraged to tell the doctor about new symptoms they have.

People recovering from AML 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/leukemia-acute-myeloid-aml/after-treatment
[2] http://www.cancer.net/about-us
[3] http://www.cancer.net/node/25394
[4] http://www.cancer.net/node/25396
[5] http://www.cancer.net/node/22
[6] http://www.cancer.net/node/24582