

## Oncologist-approved cancer information from the American Society of Clinical Oncology

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## Lymphoma - Non-Hodgkin - Childhood - After Treatment

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After Treatment

After treatment for childhood NHL ends, talk with your child?s doctor about developing a follow-up care plan. This plan may include regular physical examinations and/or medical tests to monitor your child?s recovery for the coming months and years. All children treated for cancer, including NHL, should have life-long, follow-up care.

Long-term, follow-up care is critical for all children with NHL. Even though the risk of recurrence begins to decline after three years, long-term complications are possible. Based on the type of treatment the child received, the doctor will determine what examinations and tests are needed to check for long-term side effects, such as heart problems and/or infertility (inability to have a child). The risk of secondary cancers after treatment of childhood NHL is also possible, although the risks are only 1% to 2%. Yearly follow-up care by an experienced health care team is highly encouraged for survivors of childhood NHL. Follow-up care should also address the child?s quality of life, including any developmental or emotional concerns. Learn more about childhood cancer survivorship [2].

The child?s family is encouraged to organize and keep a record of the child?s medical information. That way, as the child enters adulthood, he or she has a clear, written history of the diagnosis, the treatment given, and the doctor?s recommendations about the schedule for follow-up care. The doctor?s office can help you create this. This information will be valuable to doctors who care for your child during his or her lifetime. ASCO offers cancer treatment summary forms [3] to help keep track of the cancer treatment your child received and develop a survivorship care plan once treatment is completed.

Children who have had cancer can also enhance the quality of their future by following established guidelines for good health into and through adulthood, including not smoking, maintaining a healthy weight, eating a balanced diet, and participating in regular physical activity. Talk with the doctor about developing a plan that is best for your child?s needs. Learn more about the <u>next steps to take in survivorship</u> [4].

Find out 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/25395

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

[4] http://www.cancer.net/node/25400 [5] http://www.cancer.net/node/25380