Waldenström's Macroglobulinemia - After Treatment

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After Treatment

After treatment for Waldenström?s macroglobulinemia 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. Normally, follow-up visits are most frequent in the first three years after treatment, but patients are encouraged to receive lifelong follow-up care.

Several long-term side effects of cancer treatment may occur:

- People who have received certain chemotherapy to the lungs may develop lung damage.
- Heart damage in the form of a weakened heart muscle may occur in people who have received a higher dose of doxorubicin (Adriamycin).
- Infertility (inability to have children) or premature (early) menopause [2] can occur in people who have received high-dose cyclophosphamide (Cytoxan, Neosar) or other chemotherapy.

Secondary cancers (cancers that develop as a result of the treatment for another type of cancer) are more common in people who were treated with chemotherapy.

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 Waldenström?s macroglobulinemia 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 [4], including making positive lifestyle changes [5].

Find out more about common terms used after treatment is complete [6].

Links:
[1] http://www.cancer.net/about-us
[2] http://www.cancer.net/node/25240
[3] http://www.cancer.net/node/25394
[4] http://www.cancer.net/node/25400
[5] http://www.cancer.net/node/24583
[6] http://www.cancer.net/node/25380