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Waldenström's Macroglobulinemia - After Treatment [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [2], 12/2014

ON THIS PAGE: You will read about your medical care after cancer 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 Waldenstrom'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. 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.

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

- Lung damage from certain types of chemotherapy.
- Heart damage in the form of a weakened heart muscle may occur in people who have received a higher dose of doxorubicin.
- [Infertility, which is the inability to have children, as well as premature, or early, menopause](#) [4] can occur in people who have received high-dose cyclophosphamide or other types of chemotherapy.
- Secondary cancers, which are other cancers that develop because of the original cancer treatments, are more common in people who received chemotherapy.

People recovering from Waldenstrom'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](#) [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/waldenstrom%E2%80%99s-macroglobulinemia/after-treatment>

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

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

[4] <http://www.cancer.net/node/25240>

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

[6] <http://www.cancer.net/node/24554>