

[Wilms Tumor - Childhood - Follow-Up Care](#) [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [2], 08/2015

ON THIS PAGE: You will read about your child's medical care after treatment for Wilms tumor is finished and why this follow-up care is important. To see other pages, use the menu on the side of your screen.

Care for children diagnosed with a Wilms tumor doesn't end when active treatment has finished. Your child's health care team will continue to check to make sure the tumor has not returned, manage any side effects, and monitor your child's overall health. This is called follow-up care. All children treated for cancer, including Wilms tumor, should have life-long, follow-up care. Learn more about the [importance of follow-up care](#) [3].

Follow-up care for a Wilms tumor includes regular visits to the doctor for physical examinations, blood and urine tests, and imaging tests, such as CT scans, ultrasounds, and x-rays. At first, these visits and tests will be more frequent, such as every three months. The time between checkups will increase until five years after treatment when your child will be scheduled for a follow-up visit once a year.

Watching for recurrence

One goal of follow-up care is to check for a recurrence. A tumor recurs because small areas of cancer cells may remain undetected in the body. Over time, these cells may increase in number until they show up on test results or cause signs or symptoms.

During follow-up care, a doctor familiar with your child's medical history can give you personalized information about the risk of recurrence. The doctor will also ask specific questions about your child's health. Some children may have blood tests or imaging tests as part of regular follow-up care, but testing recommendations depend on several factors, including the

type and stage of tumor originally diagnosed and the types of treatment given.

Managing long-term and late side effects of childhood cancer

The longer the time since treatment ended, the less likely the tumor will return. At this point, monitoring for [late effects](#) [4] becomes an important part of follow-up visits. Late effects can occur almost anywhere in the body and include physical problems, such as heart and lung problems and second cancers, and emotional and cognitive (memory, thinking, and attention) problems, such as anxiety, depression, and learning difficulties.

Based on the type of treatment your child received, the doctor will recommend the examinations and tests needed to check for late effects. Usually, patients will have blood tests to make sure no changes have occurred in their kidney function. This is especially important for patients who have one kidney or had a partial nephrectomy. Follow-up care should also address your child's quality of life, including any developmental or emotional concerns.

The Children's Oncology Group (COG) has studied the physical and psychological effects that childhood cancer survivors face. Based on these studies, COG has created recommendations for long-term follow-up care for childhood, adolescent, and young adult cancer survivors that can be found on a separate website: www-survivorshipguidelines.org [5].

Keeping a child's personal health record

You are encouraged to organize and keep a personal record of your child's medical information. The doctor will help you create this. That way, as your 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. ASCO offers [forms to help create a treatment summary to keep track of the cancer treatment your child received and develop a survivorship care plan](#) [6] once treatment is completed.

Some children continue to see their oncologist, while others transition back to the general care of their family doctor or another health care professional. This decision depends on several factors, including the type and stage of cancer, side effects, health insurance rules, and your family's personal preferences. Talk with your health care team about your child's ongoing medical care and any concerns you have about his or her future health.

If a doctor who was not directly involved in your child's cancer care will lead the follow-up care, be sure to share the cancer treatment summary and survivorship care plan forms with him or her, as well as all future health care providers. Details about the specific cancer treatment given are very valuable to the health care professionals who will care for your child throughout his or her lifetime.

The [next section in this guide is Survivorship](#) [7], and it describes how to cope with challenges in everyday life after a cancer diagnosis. Or, use the menu on the side of your screen to choose another section to continue reading this guide.

Links

[1] <http://www.cancer.net/cancer-types/wilms-tumor-childhood/follow-care>

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

[3] <http://www.cancer.net/node/29386>

[4] <http://www.cancer.net/node/31491>

[5] <http://www.survivorshipguidelines.org/>

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

[7] <http://www.cancer.net/node/33751>