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Neuroendocrine Tumor - After Treatment [1]

This section has been reviewed and approved by the Cancer.Net Editorial Board [2], 04/2014

ON THIS PAGE: You will read about your medical care after treatment for a neuroendocrine tumor 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 a neuroendocrine tumor 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.

While there are no standard guidelines for follow-up care after treatment of a neuroendocrine tumor, people who have had surgery should be seen by their doctor three months after their operation for a physical examination, blood tests, and a CT scan. After that, follow-up care should include a physical examination and blood tests approximately every six to 12 months, with additional imaging studies, such as x-rays, as needed.

ASCO offers treatment summary forms [3] to help keep track of the treatment you received and develop a survivorship care plan once treatment is completed.

People recovering from a neuroendocrine tumor 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].

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/neuroendocrine-tumor/after-treatment
[2] http://www.cancer.net/about-us
[3] http://www.cancer.net/node/25394
[4] http://www.cancer.net/node/25400
[5] http://www.cancer.net/node/24554