Pancreatic Cancer - After Treatment

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After Treatment

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 in this guide, use the colored boxes on the right side of your screen, or click ?Next? at the bottom.

After treatment for pancreatic cancer 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.

ASCO offers cancer treatment summary forms [2] to help keep track of the cancer treatment you received and develop a survivorship care plan once treatment is completed.

For people who have had surgery, follow-up visits every three to six months with the oncologist are typically recommended. Blood tests, including monitoring liver function and the tumor marker CA 19-9, may be done during these visits. CT scans are not needed regularly, but they may be used depending on a person?s symptoms and any changes found during the physical examination or with the blood work. PET scans may be used to look for a recurrence after treatment.

People recovering from pancreatic cancer 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 [3], including making positive lifestyle changes [4].

To continue reading this guide, choose ?Next? (below, right) for a list of questions you may want to ask your doctor. Or, use the colored boxes located on the right side of your screen to visit any section.

Links:
[1] http://www.cancer.net/about-us
[2] http://www.cancer.net/node/25394
[3] http://www.cancer.net/node/22
[4] http://www.cancer.net/node/24583