

## Thymoma - After Treatment [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [2], 05/2014

**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.

The recovery from treatment for thymoma can vary depending on the stage of thymoma and the treatment used. In general, the recovery is faster for people who received only surgery, compared with people who received a combination of treatments.

After treatment for thymoma ends, talk with your doctor about developing a follow-up care plan. Follow-up care depends on the stage of thymoma. Regular visits to the doctor and follow-up CT scans are often recommended, particularly for people diagnosed with later stages of thymoma. Follow-up physical examinations and regular CT scans may be part of lifetime care for some people. 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.

There may be some risk for a second type of cancer particularly for people who received radiation therapy. In these situations, there is a small risk that a new type of cancer will develop many years later in the part of the body that received radiation therapy.

People recovering from thymoma or thymic carcinoma 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.*

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### Links:

[1] <http://www.cancer.net/cancer-types/thymoma/after-treatment>

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

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

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

[5] <http://www.cancer.net/node/24583>