

After Treatment: Self-Care

Healthy Tips & Ideas

There are many emotions you may feel after your cancer treatment ends. Some people expect life to go back to the way it was before the cancer diagnosis. However, your body may take time to recover and you may need to adjust to certain changes.

To make sure you are taking care of your body after cancer treatment, follow these simple tips:



Get follow-up care

The schedule of your follow-up care visits will depend on the type of cancer you had. Talk to your doctor about when to schedule your follow-up visits.

Be positive and look ahead

You just finished your cancer treatment and that is great. Congratulations! Take the time to heal and recover. Reflect on your journey through cancer and how it has changed you, both physically and emotionally.

Beat fatigue Many cancer survivors will still feel tired after treatment. Try to go to bed and wake up the same time every day. Take short naps throughout the day. Let others help you with cooking or errands.

Talk to your health care provider about any problems you may be experiencing after treatment. This may be pain, numbness, trouble with going to the bathroom, intimacy issues or other concerns. Your health care provider can help you address these concerns.

Regain an appetite Some cancer survivors have no appetite or desire to eat food. Try eating more small meals during the day instead of larger meals. Focus on your favorite foods to help improve your interest in food.



Be active If you have gained weight after treatment, try adding exercise in your day. Every little bit of physical activity adds up. Remember, your body has changed and you might have to change what you used to do for exercise.

Improve your focus and memory Try to jot things down to help you remember them or set up notes around the house to remind you to do certain things. It's okay to talk to yourself while doing something to help you remember all the steps.



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Where can I get more information?

The National Cancer Institute (NCI) provides accurate and up-to-date information about cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

Phone: 1-800-4CANCER (1-800-422-6237)

Website: www.cancer.gov

The American Society of Clinical Oncologists provides patient information for those living with cancer and for those who care for those with cancer.

Phone: 888-651-3038

Website: www.cancer.net

The American Cancer Society (ACS) provides literature, information and resources on cancer prevention, detection, treatment, survivorship and end of life.

Phone: 1-800-227-2345

Website: www.cancer.org

Local Notes:



Carbone Cancer Center

UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH



**Cancer Health
Disparities Initiative**

ruralcancernetwork.org

For more local information, please contact:

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