

The mission of The Leukemia & Lymphoma Society (LLS) is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Find out more at www.LLS.org.

Visit www.LLS.org/WhatToAsk for the full Communicating With Your Healthcare Team series and printable question guides.



LEUKEMIA &
LYMPHOMA
SOCIETY®

COMMUNICATING WITH YOUR HEALTHCARE TEAM: SURVIVORSHIP

PRIMARY HEALTHCARE PROFESSIONAL CONTACT
FOR SURVIVORSHIP CARE

Name _____

Phone _____

Email _____

TIPS FOR COMMUNICATING WITH YOUR HEALTHCARE TEAM

- Keep a list of your questions in a designated notebook and take it with you to all appointments.
 - Reach out to your healthcare team if you feel like a question cannot wait until your next appointment or a concern causes you anxiety.
 - Use a calendar app on your mobile phone (or other method) to remember all of your follow-up appointments.
 - Keep your healthcare team up-to-date. Share any new diagnoses, symptoms, medications, pregnancy or plans to conceive, or changes to your wellbeing. Share any changes to your health insurance coverage and contact information, too.
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- All cancer survivors should receive a written survivorship care plan. If you have not been given one, talk to your healthcare team.
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QUESTIONS TO ASK YOUR HEALTHCARE TEAM

- Which members of my healthcare team will be responsible for which aspects of my follow-up and survivorship care?
- Who can answer my questions between appointments? How do I contact this person?
- Does my survivorship care plan include maintenance therapy? If so, what is the proposed maintenance therapy, and how long will I receive it? (Not all patients will receive maintenance therapy.)
- What are the signs or symptoms that may indicate a relapse or recurrence?
- What are possible late- and long-term side effects of the treatment I received?
- What can I do to manage these side effects?
- What can I do to promote wellbeing during survivorship?
- Is there an online portal where I can access and view my medical information?

SURVIVORSHIP CARE PLAN CHECKLIST

Work with your healthcare team to compile a list of

- Healthcare providers
- Ongoing monitoring plans
- Possible late- and long-term side effects
- Health and wellness lifestyle recommendations
- Follow-up appointments
- Diagnosis and treatment information

To collect all the information you need throughout diagnosis, treatment, follow-up care and long-term management of a blood cancer, visit

www.lls.org/survivorshipworkbook to view *Navigating Life During and After*

a Blood Cancer Diagnosis. There is a version of the workbook for adults, young adults and children/adolescents.