

CANCER SURVIVORSHIP RESOURCE GUIDE

What is cancer survivorship?

There are many definitions used to describe cancer survivorship. A common one is the process of living with, through, and beyond cancer diagnosis. Survivors include those on prolonged therapy, those with chronic cancers (metastatic disease), and long-term survivors.

Why surveillance matters?

Surveillance after cancer treatment allows providers to monitor for cancer spreading or recurring. It also allows providers to monitor long-term effects and detect late effects of cancer or treatment therapy.

Follow-up care after cancer treatment

- Regular follow-up with your primary care physician (PCP)
- Ask about genetic testing to understand your cancer risk
- Screenings for secondary cancer or recurrence may include:
 - Breast Cancer- Mammograms
 - Colorectal Cancer- FIT testing and/or Colonoscopy
 - Cervical Cancer- Pap Smears
 - Prostate Cancer- Physical exam and/or PSA
 - Lung Cancer- if applicable, speak to your provider

Talk to your provider if you notice any of these late or long-term symptoms:

- Attention, memory, and thinking problems
- Bone, joint, and soft tissue problems
- Digestion and swallowing difficulties
- Emotional difficulties including: fear, anger, guilt, fatigue, depression, anxiety, and isolation

- Heart and/or lung problems
- Hormone problems
- Lymphedema (abnormal buildup of fluid in soft tissue)
- Numbness, tingling, pain, or weakness

Healthy Lifestyle Recommendations

As a cancer survivor, it will be important to maintain a lifelong commitment to a healthy lifestyle.

- Maintaining a healthy weight to reduce risk of heart disease and cancer recurrence
- Regular exercise reduces risk of cancer recurrence.
- Limit how much alcohol you consume
- Stop smoking
- Avoid sun over-exposure, use sun screen regularly, especially if have had radiation therapy
- Know your medical history, your family medical history, and your risks of cancer and other illnesses
- Be your mindful of emotional, social, and spiritual health

Resources

Scan this QR code for additional cancer education, support programs, and local community resources for cancer survivors.



[Harrishealth.org/survivorship](https://harrishealth.org/survivorship)

HARRIS HEALTH RESOURCES FOR CANCER SURVIVORS

Cancer Resource Center (CRC)

The Cancer Resource Center (CRC) at Harris Health provide education, support, and assistance to patients and survivors living with cancer. Staff help patients throughout their treatment with emotional support and connect them to beneficial resources such as:

- Monthly Art Therapy Support Group for peer support and social interactions
- Refer and connect patients to social resources
- Head coverings such as wigs, scarves, and hats
- Breast prostheses for after mastectomy
- Look Good Feel Better workshops to address treatment related side-effects

Smith Clinic	LBJ Hospital
5th Floor, Room 5C-5101 Next to Infusion Center 2525-A Holly Hall Houston, TX 77054 (713) 566 – 3508 Mon-Thurs: 8AM-4PM	First Floor, Room 1E-8 Inside Infusion Center 5656 Kelly St Houston, TX 77026 (713) 566 – 4608 Mon-Thurs: 8AM-4PM
CancerResourceCenter@harrishealth.org	

Nutrition Services

After completion of active treatment, it is essential for survivors to eat a balanced diet to improve and or maintain their health status. Some chemotherapies and radiation treatments leave survivors with difficulty tolerating oral intake and or maintaining healthy weight. Nutritional needs such as these may require an individualized plan. Contact your provider for a referral to Nutrition Services.

Culinary Medicine

A program designed to provide survivors with culinary skills for preparing healthy foods while learning healthy recipes and portion sizes. This 3-class series provides hands-on practice in our teaching kitchen at LBJ Food Farmacy. Contact CRC to register.

Food Resources

Harris Health has a partnership with the Houston Food Bank for food assistance. Call 832-369-9390 to locate the nearest food pantry.

Clinical Care Management

Social workers are available to assist with social needs such as transportation, housing, and food resources. Nurse care managers are available to assist with coordination of care and medical supplies as ordered by the provider. Contact your provider for a referral to any Clinical Care Management needs.

	Smith Clinic	LBJ Hospital
Social Worker	(713) 566 – 3445	(713) 566 – 4653
Care Manager	(713) 566 – 3444	(713) 566 – 4262

Rehabilitation Services

Cancer treatment such as radiation and surgery can lead to pain, difficulty with physical activity, performing daily skills, swallowing and/or speaking. The rehabilitation team, made up of skilled physical, speech, and occupational therapists, provide specialized care for patients with different needs. For cancer survivors.

- A physical therapist can improve or restore mobility, as well aid in reducing or eliminating pain
- Lymphedema therapist provide lymphatic drainage and compression therapy for cancer patients who had their lymph nodes removed
- Occupational therapists help with increasing function, comfort, and safety performing daily living activities.
- Speech therapists can assist with swallowing disorders and communication

Contact your provider for a referral. Once you have a referral, please call (713) 526 – 4243 to schedule therapy.

Mental Health

LBJ Psychology Clinic is designated for cancer patients and survivors to address mental health conditions such as: anxiety disorders, depression, and substance use disorders. Contact your provider for a referral.

Active Living After Cancer (ALAC)

Survivors who follow healthy habits after treatment can reduce their risk of cancer recurrence, reduce fatigue and stress, and improve strength. ALAC is a 12-session program designed by MD Anderson Cancer Center doctors and scientists to promote physical activity, provide support and resource for survivors. Survivors must not be receiving chemotherapy and/or radiation for cancer to participate. Contact your social worker or CRC for a referral. Email alac.program@mdanderson.org for additional details.