

SURVIVORSHIP PROGRAM BREAST CANCER

SURVIVORSHIP: THE NEXT PHASE OF CARE

At the University of Michigan Comprehensive Cancer Center, our goal is to provide our patients with strategies to optimize their overall health and wellness — now and in the future. To meet this goal, the Cancer Center has established a Cancer Survivorship Program to ease the transition that follows the completion of active cancer treatment.

The program's mission is to provide excellent clinical care to patients while fostering research that will lead to further advances in care for cancer survivors.

A key element in survivorship care is developing an individualized treatment summary and plan of care, which provides information on the treatment patients received and how to manage health care in the future. Resources available in Patient and Family Support Services are an integral part of the transition from active treatment. Nutrition Services, PsychOncology Clinic, Symptom Management and Palliative Care Clinic, the Patient Education Resource Center and Complementary Therapies are just a few of the resources that will continue to be available to patients during this transition phase of care.

Survivorship care is an emerging priority in cancer care. The U-M Comprehensive Cancer Center is pursuing research to better understand the needs of cancer survivors so more effective strategies can be developed to address these needs in the future.

TO LEARN MORE about the U-M Comprehensive Cancer Center Survivorship Program, visit mcancer.org/survivorship.



U-M CANCER CENTER
Breast Cancer Survivorship Clinic
734-936-6000 Appointments
Cancer AnswerLine
800-865-1125
www.mcancer.org/survivorship

Executive Officers of the University of Michigan Health System: Ora Hirsch Pescovitz, M.D., Executive Vice President for Medical Affairs; James O. Woolliscroft, M.D., Dean, U-M Medical School; Douglas Strong, Chief Executive Officer, U-M Hospitals and Health Centers; Kathleen Potempa, Dean, School of Nursing.

The Regents of the University of Michigan: Julia Donovan Darlow, Laurence B. Deitch, Denise Ilitch, Olivia P. Maynard, Andrea Fischer Newman, Andrew C. Richner, S. Martin Taylor, Katherine E. White, Mary Sue Coleman (ex officio).

The University of Michigan, as an equal opportunity/affirmative action employer, complies with all applicable federal and state laws regarding nondiscrimination and affirmative action. The University of Michigan is committed to a policy of equal opportunity for all persons and does not discriminate on the basis of race, color, national origin, age, marital status, sex, sexual orientation, gender identity, gender expression, disability, religion, height, weight, or veteran status in employment, educational programs and activities, and admissions. Inquiries or complaints may be addressed to the Senior Director for Institutional Equity, and Title IX/Section 504/ADA Coordinator, Office of Institutional Equity, 2072 Administrative Services Building, Ann Arbor, Michigan 48109-1432, 734-763-0235, TTY 734-647-1388. For other University of Michigan information call 734-764-1817.

© 2010, The Regents of the University of Michigan.

06404

06/2010-1K/A



THE CLINIC

The Breast Cancer Survivorship Initiative at the University of Michigan Comprehensive Cancer Center is designed for women who have had breast cancer. An overall goal of survivorship is to assist patients in learning more about health issues that may occur following completion of their breast cancer treatment and strategies to address these issues and concerns. Discussion also includes various steps that can be taken to achieve a healthy lifestyle.

A breast cancer specialist oversees the nurse practitioners who staff the survivorship clinic. Visits to the clinic are scheduled once a patient completes multimodality treatment and her oncology physician determines a referral to the clinic would be appropriate.



TO LEARN MORE about the U-M Comprehensive Cancer Center Survivorship Program, visit mcancer.org/survivorship.

A TYPICAL VISIT

During a survivorship visit, the patient meets with a nurse practitioner with extensive education and training in the care of breast cancer patients. Patients receive a comprehensive breast exam followed by open discussion about topics of concern related to their individual breast cancer histories. These discussions include information about:

- Signs and symptoms of breast cancer recurrence;
- Management of side effects from treatment;
- Management of menopausal symptoms;
- Breast cancer prevention;
- Sexual health concerns;
- Bone health recommendations;
- Lifestyle recommendations; and
- Any other questions or concerns patients may have.

To ensure continuity of care, a treatment summary and survivorship care plan is sent following the visit to the patient, her primary care physician and the physician who referred the patient to this program. The patient will return to the care of her original oncology team should she have symptoms of recurrence or if there is a change in her cancer treatment plan.

FOR MORE INFORMATION

To schedule an appointment, call 734-936-6000 or the Cancer AnswerLine 800-865-1125.

All new patients must be referred by one of their breast cancer doctors. Talk to your physician to determine when the time is right for referral to the Breast Cancer Survivorship Clinic.

For more information about breast cancer survivorship, visit www.mcancer.org/survivorship or call the Patient Education Resource Center at 734-647-8626.

