

# End of Treatment Letter

Tumour Team

Patient



[DATE]

Re: End of Treatment

Dear [ARIA: Insert Name],

You are receiving this letter because you are nearing the end or have finished your treatment at the Cancer Centre. Finishing cancer treatment is a time of change. We want you to know that even when you finish your treatments, you are not alone! Help and support is available.

As you start follow-up after cancer treatment, there are things you can do to manage your health care and improve your well-being. This letter, along with the book [After Treatment: Information and Resources to Help You Set Priorities and Take Action](#), have information, supports and suggestions to help you.

## Follow Up Appointments and Tests

We will use a **Shared Care** model for your follow-up. This means that your cancer care team will book your tests and appointments at the Cancer Centre for your cancer care follow-up, and you will see your primary health care provider (such as your family doctor or nurse practitioner) for all other health concerns.

## Continue to See Your Primary Health Care Provider

Continue to see your primary health care provider (such as your family doctor or nurse practitioner) for your regular health exams. We will send them a summary of your cancer treatment and follow-up recommendations so they are aware of what to do for follow-up.

If you need a family doctor, you can find one by calling Health Link Alberta (811) or going to: <https://www.albertahealthservices.ca/info/Page13253.aspx>. Once you have a doctor, let them know they can view the health care provider follow-up recommendations at [www.ahs.ca/guru](http://www.ahs.ca/guru).

## Managing Side Effects from Treatment

Most side effects will get better over the next several weeks and months, but it is important to tell your care team about any side effects or emotional concerns so they can help you. The [After Treatment](#) book has suggestions for managing common side effects. If you need more information, your Cancer Centre has detailed patient education materials for many different side effects.

## Know the Signs and Symptoms of Cancer Recurrence

Review the list of general symptoms to watch for in the [After Treatment](#) book. If these symptoms start and do not go away, call your primary care provider right away. They may do tests to see if the cancer has come back or refer you back to the Cancer Centre.

## Support and General Recommendations

As you move forward, you may have questions about what is next, what you should do to take care of yourself, or how to improve your well-being. We hope that along with your care team, the [After Treatment](#) book will help you during this time of change, answer your questions, and give you the information and supports you need.

### Recommended Resources:

- [After Treatment: Information and Resources to Help You Set Priorities and Take Action](#) (book)  
— the oncology care team will give you this book at the end of your treatment
  - [www.cancercarealberta.ca](http://www.cancercarealberta.ca) > Patients and Families > After Treatment
- [Newly Diagnosed](#) (book) - has information on resources to help
  - [www.cancercarealberta.ca](http://www.cancercarealberta.ca) > Patients and Families > Just Diagnosed > Newly Diagnosed with Cancer
- Cancer Care Alberta: [www.cancercarealberta.ca](http://www.cancercarealberta.ca)
- Wellspring
  - <http://wellspringalberta.ca/>; 1-866-682-3135 (Toll free)
- Canadian Cancer Society
  - Community Service Locator (find local resources); <https://csl.cancer.ca/en>
  - Talk to an information specialist; <https://action.cancer.ca/en/living-with-cancer/how-we-can-help/talk-to-an-information-specialist>
  - Connect with an online community of survivors and caregivers; <https://cancerconnection.ca/home>

### Counselling and Support:

Many patients find counselling services or support groups helpful when adjusting to life after cancer. They can help with things such as communication, stress management, coping with treatment side effects, mood changes, quality of life, body image, sexual health, or loneliness. If you would like to set up a counselling appointment, please pick the closest location from the list below and call to make an appointment:

Calgary: 587-231-3570	Lethbridge: 403-388-6814	Other Communities visit <a href="http://www.ahs.ca/cpn">www.ahs.ca/cpn</a> and click: Provincial Cancer Patient Navigation
Edmonton: 780-643-4303	Medicine Hat: 403-529-8817	
Grande Prairie: 825-412-4200	Red Deer: 403-343-4485	

## Healthy Lifestyle Recommendations

You are encouraged to lead a healthy lifestyle. Visit [Cancer Care Alberta's supportive care and living well](#) website or the [After Treatment](#) book for more information.

## Ongoing Care

If there are any concerns about your cancer returning, your family doctor will connect you back to us.

Sincerely,

**Your Cancer Care Team**