[DATE]

Re: End of Treatment

Dear [Insert name],

You have finished your treatment for non-seminoma testicular cancer at the Cancer Centre.

You are now entering the follow-up phase of your cancer journey. You will continue to attend follow-up appointments at the Cancer Centre until they feel you are ready to have your follow-up with your family doctor.

**Continue to See your Family Doctor**

Continue to see your family doctor for your regular health exams. A summary of your cancer treatment and our follow-up recommendations has been sent to your family doctor so they are aware of what follow-up you will be receiving at the Cancer Centre.

If you do not have a family doctor, call Health Link Alberta by dialing 811, or get a list of family doctors in your area at [www.cpsa.ca](http://www.cpsa.ca). Once you have a family doctor, give his or her contact information to your oncologist’s office. Your oncology treatment team will then send a summary of your cancer treatment and our follow-up recommendations to your new family doctor.

**Side Effects from Treatment**

Your cancer treatment may have side effects. The types of side effects you may have depend on what treatment you had.

- If you had 1 testicle removed and no other treatment, you will probably not have any long-term side effects. In the rare circumstance where both testicles are removed, you will not be able to have children naturally. If you had sperm stored before your treatment, talk to your doctor about your options for having children.
- If you had surgery to remove the lymph nodes in your abdomen (retroperitoneal lymph node dissection or RPLND) you may have difficulty having children naturally. This is because the surgery can damage the nerves that control the release of sperm.
- If you had chemotherapy, there may be long-term effects depending on the kind of chemotherapy you received. For example Bleomycin can cause lung problems (especially if you smoke) or have kidney problems. Cisplatin may affect your hearing and cause numbness and tingling in your fingers and toes.

Most of these side effects from chemotherapy will get better in the next weeks and months as your treatment is now done, but tell your oncology care team about your feelings and side effects — this may help us treat them so they do not get worse.

**Signs and Symptoms of Testicular Cancer Recurrence**

If you have any of these symptoms, tell your oncology care team. They may do tests to see if the cancer has come back.

- Swelling or a new lump in your remaining testicle
- Swelling or lumps in your armpits, groin, or neck
• Unintentional weight loss
• Night sweats
• A new feeling of significant fatigue or a tired feeling that won’t go away

Support and General Recommendations

After you finish your treatment, you may have mixed feelings. You may feel a sense of happiness and relief that some of the difficulties and disruptions of treatment are behind you. At the same time, you may have feelings of fear, anxiety or sadness.

As you adjust to seeing your oncology care team less often, you may want to contact wellness supports. You may also be interested in cancer prevention and screening information.

Available Cancer Resources:

- Information and Resources for Testicular Cancer Survivors in Alberta (booklet provided to patient by oncology care team at end of active treatment)
- Sources of Help (booklet) — pick one up at your Cancer Centre or visit www.ahs.ca and search for Sources of Help
- Helpful websites:
  - American Society for Clinical Oncology (patient site): www.cancer.net
  - Canadian Cancer Society: www.cancer.ca or 1-888-939-3333
  - Cancer and Work: www.cancerandwork.ca
  - Living Well with Cancer-Related Fatigue: www.myhealth.alberta.ca/Alberta/cancer-fatigue
  - Living Your Best Life With and Beyond Cancer: www.myhealth.alberta.ca/Alberta/cancer-lybl
  - Wellspring: Calgary: www.wellspringcalgary.ca / Edmonton: www.wellspringedmonton.ca
  - Young Adult Cancer: www.youngadulcancer.ca

Counselling and Support: Many patients find counselling services or support groups helpful in their adjustment to life after treatment. Counselling and support groups can help with things such as communication, stress management, coping with treatment side effects, mood changes, quality of life, body image, sexual health and/or loneliness. If you would like to set up a counselling appointment please select the closest resource from the list below and call to make an appointment.

- Calgary: 403-355-3207
- Edmonton: 780-643-4303
- Grande Prairie: 780-538-7372
- Lethbridge: 403-388-6814
- Medicine Hat: 403-529-8817
- Red Deer: 403-343-4485
- Other Communities visit www.ahs.ca/Cancer.asp and click: Provincial Cancer Patient Navigation

If you would rather participate in an on-line support group please check out the options listed on these websites:

- Cancer Chat Canada (professional led on-line support group) – www.cancerchat.desouzainstitute.com/
- Cancer Connection (peer support) – www.cancerconnection.ca
- Young Adult Cancer Canada – www.youngadultcancer.ca/
Healthy Lifestyle Recommendations:

AHS Cancer Wellness Clinics provide the following FREE services to all cancer patients and their families who wish to stop using tobacco and/or alcohol, and/or to modify a sedentary lifestyle. Please call if you would like to have an appointment with the Wellness Clinic.

- Edmonton (Cross Cancer Institute) 780-432-8236
- Calgary (Holy Cross Site) 403-476-2988

Here are some other things you can do to improve your health, reduce side effects from treatment, and help lower your risk of the cancer coming back. For more information refer to the Information and Resources for Early Stage Testicular Cancer Survivors that your health care team gave you at the end of treatment. If you have questions, talk to your doctor.

<table>
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<tr>
<th>Modifiable Lifestyle Factor</th>
<th>Recommendations</th>
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<tr>
<td>Body weight</td>
<td>Try to maintain a healthy weight. Talk to your health professional about what a healthy body weight is for you.</td>
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| Physical activity           | - Try to be active for 2.5 hours (150 minutes) every week.  
- Spread out your exercise throughout the day and week, such as 30 minutes 5 days a week.  
- Focus on moderate (brisk walking) to vigorous activity (jogging). |
| Nutrition                   | - Avoid sugary drinks and foods.  
- Try to drink 8 cups (2 litres) of liquids (water, juice, tea) every day.  
- Eat a variety of vegetables, fruits, whole grains, and legumes such as beans.  
- Limit how much red meat you eat (beef, pork, and lamb), and avoid processed meats such as bacon or sausage.  
- Limit foods that contain a lot of salt. |
| Bone health                 | - Vitamin D: 1000 - 2000 IU (international units) per day.  
- Calcium: 1000 mg per day (try to get your calcium from all sources).  
- For more information about bone health, visit www.osteoporosis.ca/ |
| Alcohol                     | Limit alcohol consumption. |
| Smoking                     | If you smoke, try to quit. For help, contact Alberta Quits at 1-877-710-QUIT (7848), www.albertaquits.ca. |
| Sun exposure                | - Avoid being out in the sun for too long.  
- When in the sun use sunscreen (minimum 15 SPF), wear sunglasses and a hat.  
- Do not use indoor tanning beds.  
- Check your skin regularly and tell your doctor if you notice any unusual changes. |
| Immunizations               | Get your flu shot every year. Talk to your doctor about what other immunizations you need (i.e. HPV). |
| Other cancer screening      | Continue to be screened for other cancers such as colorectal cancer. |

Remember that you are still a registered patient at the Cancer Centre. If you have any concerns, contact either us, or your family doctor who can then connect with us.

Sincerely,

The Alberta Provincial Genitourinary Tumour Team