

End of Treatment Letter

Cervical Cancer

Patient



[DATE]

Re: End of Treatment

Dear [ARIA: Insert Name],

You have had surgery for cervical cancer and may also be nearing the end or have finished other treatments 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.

At your follow-up appointments at the Cancer Centre you will have:

- **A gynecological exam.** This will include a speculum and internal vaginal exam, as well as an internal rectal exam. Some visits will also include pap smears of your cervix or vagina. How often you need this exam depends on your individual circumstance and cancer type. Your oncology care team will notify you of the required schedules for this exam.
- Other tests like blood tests or x-rays are **not needed for your regular follow-up** unless your doctor specifically asks for them.

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.

You will need a family doctor. If you do not have one, 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 <https://www.albertahealthservices.ca/info/cancerguidelines.aspx>.

Manage Side-Effects from Treatment

Most side effects will get better over time, 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 Cervical Cancer Recurrence

Review the list of general symptoms to watch for in the [After Treatment](#) book. Below are some symptoms that, may be specific to cervical cancer. If these symptoms start and do not go away, tell your doctor right away. You may need tests to see if the cancer has come back.

- Unusual vaginal bleeding or discharge
- Abdominal pain that won't go away
- Nausea, vomiting, diarrhea
- Unintended weight loss
- An unusual lump or mass in your abdomen or pelvis
- Urinary symptoms such as difficulty and or pain voiding

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

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: 403-355-3207 | Lethbridge: 403-388-6814 | Other Communities visit www.ahs.ca/cpn 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 will find recommendations and information on ways to improve your well-being in the [After Treatment](#) book.

Ongoing Care

Remember that you are still a registered patient at the Cancer Centre. If there are any concerns about your cancer returning, your doctor will refer you back to us.

Sincerely,

Your Cervical Cancer Care Team