



# TORRANCE MEMORIAL

## CANCER SURVIVORSHIP PROGRAM

A PARTNER WITH THE UCLA-LIVESTRONG™ CENTER OF EXCELLENCE

### My Survivorship To-Do List

- Keep a summary of all your treatment using the **Breast Cancer Treatment Summary**
- We recommend you keep copies of the following records:
  - ❖ Physician dictated history and physicals, discharge summaries and treatment summaries
  - ❖ Dictated operative and procedure reports
  - ❖ Pathology reports
  - ❖ Second opinion reports
  - ❖ Reports of any imaging (mammogram, MRI, CT, PET) from before and after surgery
  - ❖ If available, we recommend copies (either films or disks) of all pertinent radiologic examinations such as x-rays, MRI, PET, CT.
- Review *What to Know: ASCO's Guideline on Follow-Up Care for Breast Cancer* with your physician to develop your follow up plan.
- With your oncology physician determine when it is time to return to the care of your primary care practitioner.
- Participate in a support group
  - ❖ **Cancer Survivorship Support Group for Women** meets every Tuesday from 10 am to 11:30 am.
  - ❖ **Cancer Survivor, Oncology Caregiver & Friends Group** meets every Monday with a focus on adapting and understanding changes that occur because of the cancer diagnosis. The programs are held from 6 – 7:30 pm in the West Tower.
  - ❖ **The Cancer Support Community**, formerly known as The Wellness Community, hosts many support groups and related education programs that are open to cancer patients and their loved ones. All services are free. For more information call 310-376-3550.
- Get survivorship information from the National Cancer Institute (Customer service 800-422-6237) or online at <https://cissecure.nci.nih.gov/ncipubs>
  - ❖ *Moving Beyond Breast Cancer* – a short film in which several women who have completed their breast cancer treatment identify the strategies they use to help move them back into the rhythm of their lives.
  - ❖ *Facing Forward: Life After Cancer Treatment* – filled with information about post treatment issues such as follow-up medical care and practical ways of managing physical and emotional changes, and changes in social and work relationships. Download, order or read at:  
<https://cissecure.nci.nih.gov/ncipubs/searchres.aspx?sid=CgzaVKXdHKqY19ypX7S8rA%3d%3d>
  - ❖ **CANCERcare.org** by calling 800-813-4673 or online at [www.cancer.org](http://www.cancer.org)
    - *After Treatment Ends: Tools for the Adult Cancer Survivor* has information about follow-up medical care and managing potential and actual physical, emotional and social changes. Download at  
[http://media.cancer.org/publications/original/25-ccc\\_survivor.pdf?1302556249](http://media.cancer.org/publications/original/25-ccc_survivor.pdf?1302556249)
- Contact the Cancer Survivorship Program at 310-517-4665 or [miriam.sleven@tmmc.com](mailto:miriam.sleven@tmmc.com) to help you develop your individualized wellness plan of care.