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NK1-10 Evidence Based Guidelines



**Care Team for**

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| **Radiation Oncologist** | Dr. 719-776-5281 |
| **Medical Oncologist** | Dr. 719-577-2555 (opt 2) |
| **Nurse Practitioner** | NP 719-577-2555 (opt 2) |
| **Primary Care Provider** | Dr. |
| **Breast Surgeon** | Dr. Toni Green 719-571-8840 |
| **Breast Navigators** | Sharon Halla, RN, OCN 719-776-5955Cindy Dalton, RN, OCN 719-577-2555 (opt 2) |
| **Survivorship Navigator** | Elly Peters, RN, MS, OCN 719-776-2510 |
| **Nutritional Counselor** | Teri Meno, RD 719-776-2835 |
| **Oncology Social Workers** | Sherry Martin, LCSW 719-776-5311Carol Forsberg, LCSW 719-577-2555 (opt 2) |
| **Oncology Follow-up** |

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| **Type** | **Timing** | **Provider** |
| **Skin check (if had radiation)** | **4 weeks post-treatment, if needed** | **Radiation oncology nurse** |
| **Physical exam: Years 1-5** | **Every 4-6 months** | **Medical oncologist /****Radiation oncologist/breast surgeon** |
| **Physical exam: Years 5+** | **Every year** | **Medical oncologist /****Radiation oncologist/breast surgeon** |
| **Post-treatment mammography** | **Affected breast: initially 6-9 months after treatment, then every** **6 mo. for 2-3 years, yearly thereafter** **Unaffected breast: yearly** |  |
| **Pelvic examination** | **Every year** | **OB/GYN** |
| **Breast self-examination** | **Every month** |  |
| **Laboratory Tests** |  |  |

*These are guidelines typical for most patients. You may require different tests and/or frequencies depending on your individual needs. Please check with your other providers (specialists, surgeon, Primary Care, etc) for their recommendations for follow-up as well.*

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| **Primary Care Follow-up** |

**It is important for you to follow up with your primary care provider. If you do not have a primary care provider, please establish care now.**

**Talk with your Primary care physician about:**

* **Immunizations:** 🞎 **Pneumovax once at age 65; every 5 years if immunosuppressed** 🞎 **Influenza**

🞎 **TDAP** 🞎 **Hepatitis A** 🞎 **Hepatitis B** 🞎 **Zostavax** 🞎 **Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* **Cancer Screening:** 🞎 **Colonoscopy** 🞎 **Mammogram** 🞎 **PSA test and digital rectal exam**

🞎 **Skin examination** 🞎 **Pap smear** 🞎 **Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Possible Long-Term Effects** |

* fatigue
* body image bladder/bowel problems
* cardiac problems
* dental/mouth problems
* emotional distress
* hot flashes
* lung problems
* lymphedema
* memory/concentration
* osteoporosis
* pain
* sexuality concerns
* second cancer
* skin/nail changes
* trouble swallowing
* other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Wellness** |

**⦁ Smoking Cessation**

**⦁ Limiting Alcohol Consumption**

**⦁ Screening for & prevention of osteoporosis**

**⦁ Screening for & prevention of cardiovascular disease**

**⦁ Vitamin supplements**

**⦁ Nutrition & healthy weight management**

**⦁ Limiting sun exposure**

**⦁ Physical activity**

**⦁ Sex/intimacy**

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| **Symptoms to Report** |

**⏵ Swelling in arms or legs ⏵ New lumps**

**⏵ Unintentional weight loss > 10 lbs ⏵ Loss of appetite**

**⏵ Bone pain ⏵ Chest pain or palpitations**

**⏵ Persistent nausea and vomiting ⏵ Unusual bleeding**

**⏵ Persistent cough ⏵ Shortness of breath or problems breathing**

**⏵ Persistent fatigue ⏵ Change in bowel habits**

**⏵ Numbness ⏵ Fractures**

**⏵ Night sweats ⏵ Unexplained fever**

**⏵ Confusion ⏵ Depression**

**⏵ Change in moles**

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| **Referrals** |

 🞎 **Physical therapy** 🞎 **Dietician** 🞎 **Oncology Rehab** 🞎 **Support Group** 🞎 **Genetic counseling**

🞎 **Social worker** 🞎 **Advanced care planning** 🞎 **Financial Assistance** 🞎 **Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Additional Resources** |

**Handouts: Other Online Resources:**

🞎 **NCI Facing Forward Booklet** 🞎 **www.journeyforward.org**

🞎 **Disease Specific Booklet** 🞎 **www.livestrong.org (Survivorship notebook)**

**Information Programs:** 🞎 **www.oncolink.com**

🞎 **Seven Levels of Healing** 🞎 **www.cancer.gov (Cancer fact sheets)**

🞎 **Creating a Path for Hope**

![MCj04347250000[1]]()**Survivorship**

**Resources**

***Rev. March 2011***

**BreastCancer.org** www.breastcancer.org

Breastcancer.org is a nonprofit organization dedicated to providing the most reliable, complete, and up-to-date information about breast cancer.Their mission is to help women and their loved ones make sense of the complex medical and personal information about breast cancer.

**Network of Strength** www.networkofstrength.org

Network of Strength has been a trusted resource for 30 years and has helped thousands find the information they need concerning breast cancer. From articles on their website, to the knowledge of their *YourShoes* peer counselors on the 24/7 Hotline, Network of Strength keeps you informed. No matter what the breast cancer topic is, Network of Strength provides information you can trust with a survivor’s touch.

**Colorado Breast Cancer Resources Directory** www.breastcancercolorado.org

This website provides a helpful guide to the broad range of support resources available to people with breast cancer and their loved ones. Information on this website is updated monthly. Many of the resources listed are located in Colorado.

**CancerCare** Call 1-800-813-HOPE or visit the website at cancercare.org

CancerCare is a national nonprofit group that gives free support services to those affected by cancer: people with cancer, caregivers, children, loved ones and those who have lost loved ones. These programs include counseling, education, financial and practical help. They are given at no cost by trained social workers.

**Cancer.net**

Cancer.Net brings the expertise and resources of the American Society of Clinical Oncology (ASCO), the voice of the world’s cancer physicians, to people living with cancer and those who care for and care about them. All the information and content on Cancer.Net was developed and approved by the cancer doctors who are members of ASCO, making Cancer.Net an up-to-date and trusted resource for cancer information on the internet.

**CureToday.com**

Through its unique and award-winning products, CURE Media Group has become the source of information and inspiration for those on the cancer journey. CURE Media Group's flagship product, CURE magazine, is the indispensable guide for every stage of the cancer experience. Through the magazine, educational forums, a resource guide for the newly diagnosed, a national nursing award, books, and a variety of online tools, CURE Media Group combines science and humanity to make cancer understandable. To access survivorship articles and materials from homepage, go to “the cancer journey” tab to “survivorship”.

**Facing Forward Series** www.cancer.gov (click on NCI publications tab, then on survivorship heading)

Written by the National Cancer Institute, this series of three booklets provides support and resources to cancer survivors and their loved ones. You may download, print, or order copies from their website.

**National Coalition for Cancer Survivorship (NCCS)**

Call 1-888-650-9127 or visit website at www.canceradvocacy.org

The National Coalition for Cancer Survivorship is the oldest survivor-led cancer advocacy organization in the country, advocating for quality cancer care for all Americans and empowering cancer survivors. NCCS offers education to survivors and loved ones at no cost, including their award-winning Cancer Survival Toolbox®.

**The Wellness Community** Call 1-888-793-WELL or visit website at www.thewellnesscommunity.org

The Wellness Community is an international non-profit organization dedicated to providing free support, education and hope to people with cancer and their loved ones. Through participation in professionally-led support groups, educational workshops, nutrition and exercise programs, and stress-reduction classes, people affected by cancer learn vital skills that enable them to regain control, reduce isolation and restore hope regardless of the stage of their disease.