Cancer Council

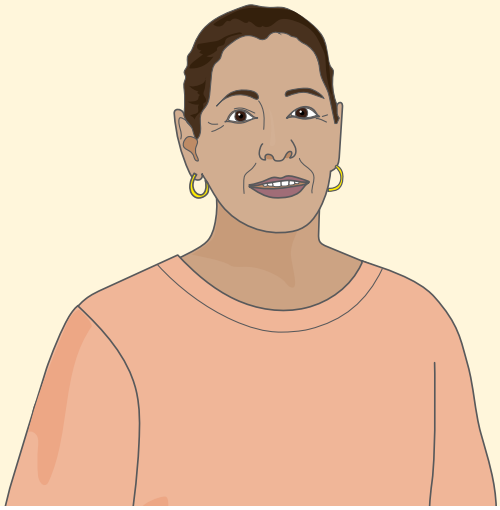
EASY READ

Life after cancer

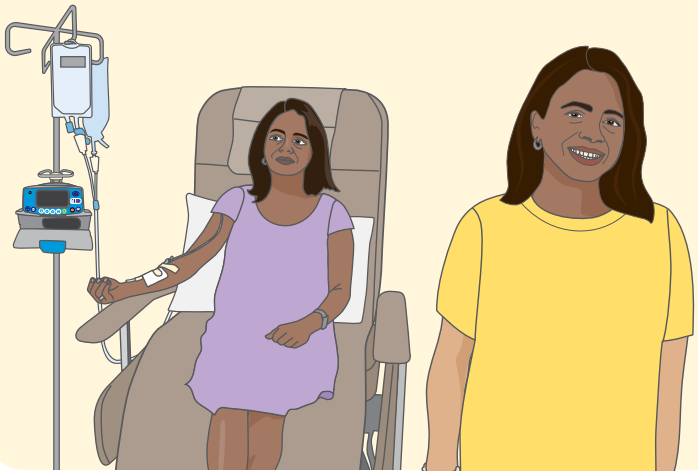


Visit our website: connect.cancer.org.au/easy-read

Introduction



This information is for people who have finished treatment for cancer.



Life after cancer can be different.

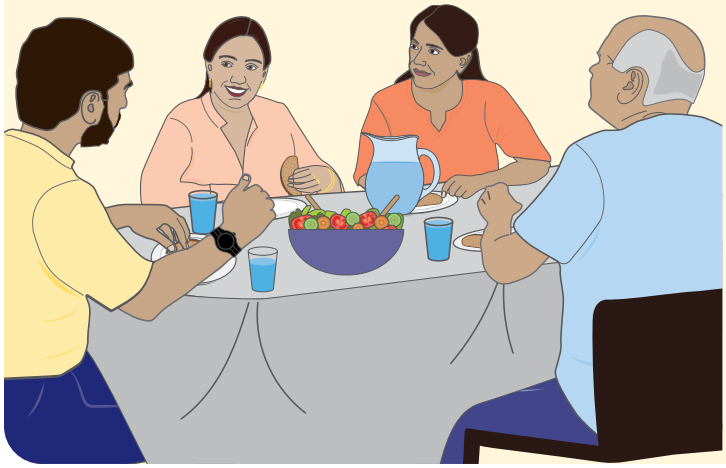


You can ask someone for help to read this information.

How you may feel



After treatment ends, you may have lots of different feelings. This is normal.



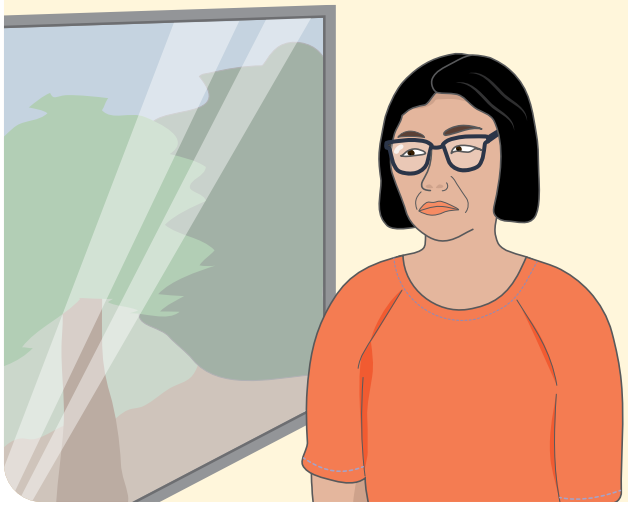
You can talk to someone about how you feel:

- family or friends
- a counsellor
- your doctor
- **Cancer Connect on 13 11 20.**



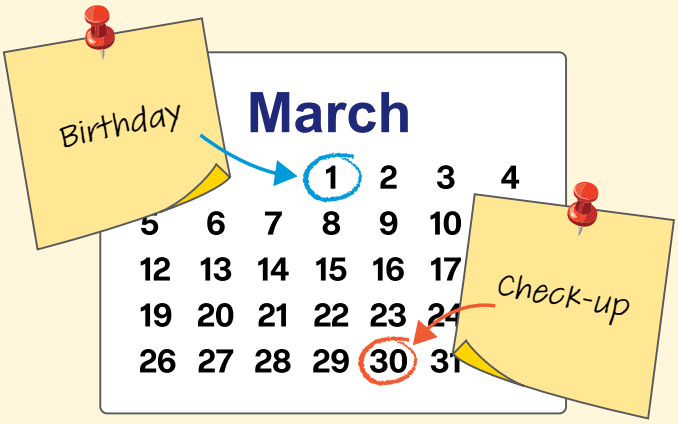
You will not see your cancer doctors as often. This might feel different at first.

Fear of cancer coming back



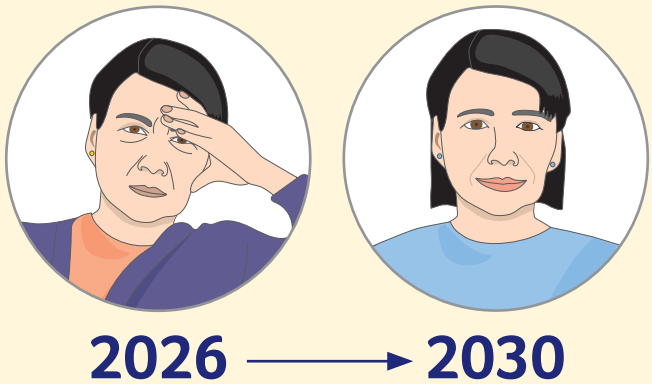
You may worry the cancer will come back.

This is normal.



You may worry more:

- before a check-up
- when you feel sick
- on your birthday
- on the date you found out you had cancer.

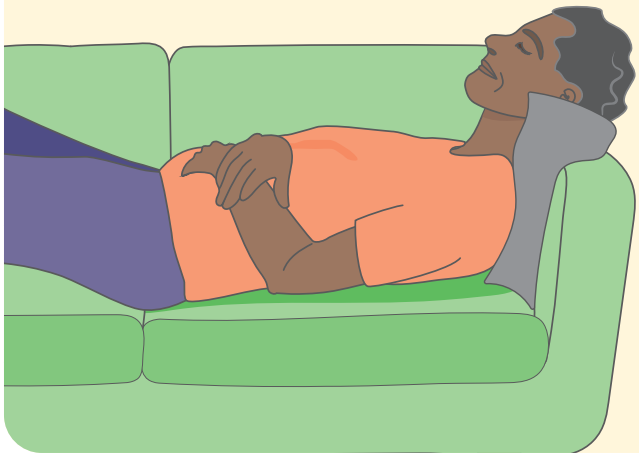


Some people worry less over time. For others, the worry never fully goes away. Talking about it can help.

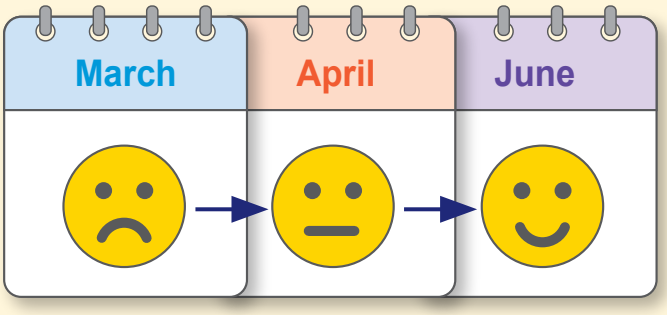
Coping with side effects



Some people feel sick when they have treatment for cancer. We call this a **side effect**.

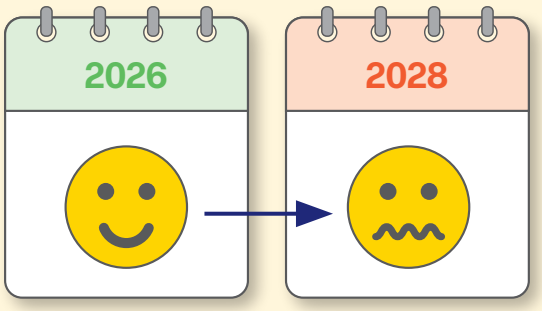


After cancer treatment has finished, you may still feel sick.

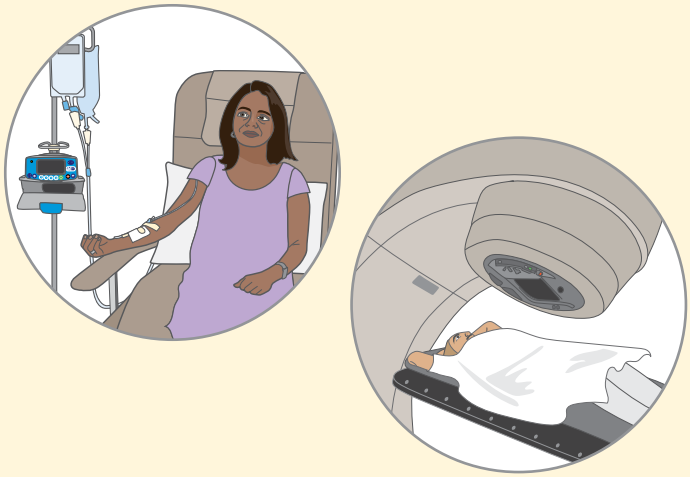


People usually start to feel better 2 to 3 months after treatment stops.

Late effects



Some side effects start months or years after treatment ends. We call these **late effects**.

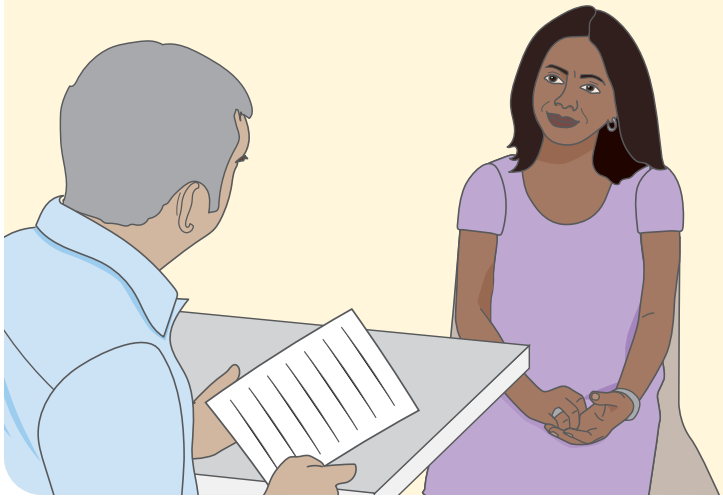


Late effects depend on the type of treatment and how strong it was.



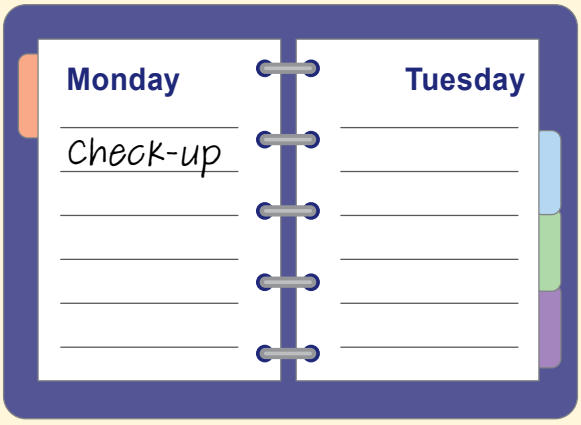
Your doctor or nurse will tell you if this might happen. They can suggest ways you can feel better.

Health checks after treatment

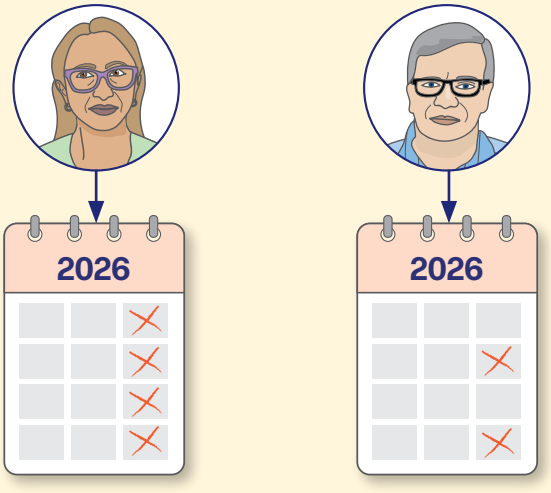


Your cancer doctor may give you a plan for what to do next.

We call this a **survivorship care plan.**



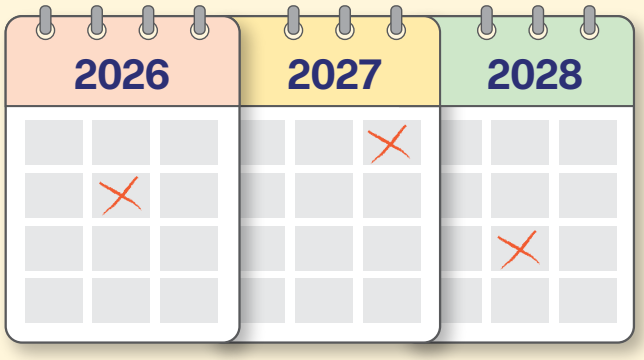
The plan will say how often you need to see your doctor. We call this a check-up.



You may have a check-up every 3 to 6 months. It is different for each person.



You may have check-ups with your cancer doctor, GP or cancer nurse.



You may have check-ups for 2 to 3 years.

Then you will have check-ups less often.



Call your doctor if you feel worried or notice something new.

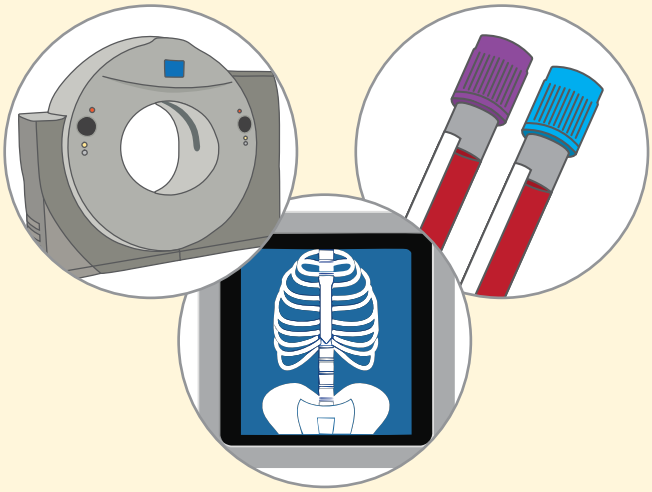
You do not have to wait for your next check-up.

What happens at a check-up



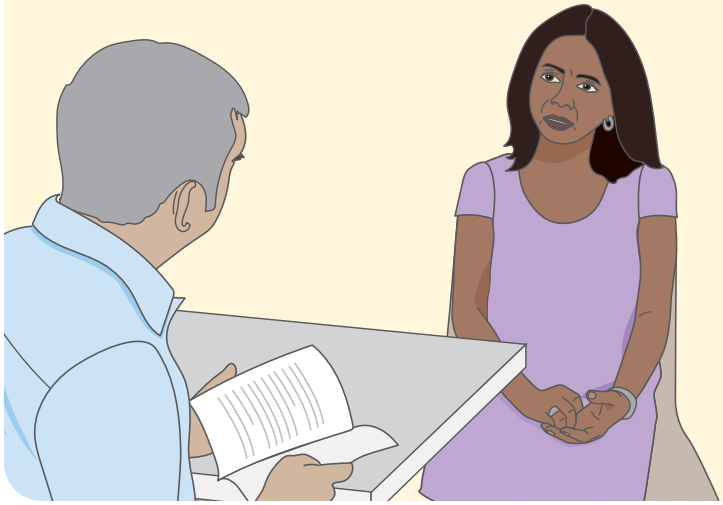
Your doctor will:

- ask how you feel
- ask if you are worried about anything
- check for any new problems.



You might need to have other tests:

- scans
- x-rays
- blood tests.



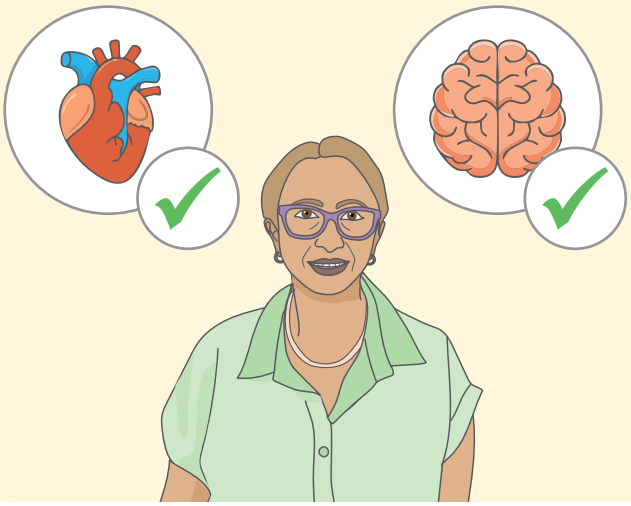
Many people worry about check-ups and tests. This is normal. Your doctor can explain why you need them.

What you can do to stay healthy



It is important to stay healthy after cancer. This can help:

- stop the cancer from coming back
- not get a new cancer.

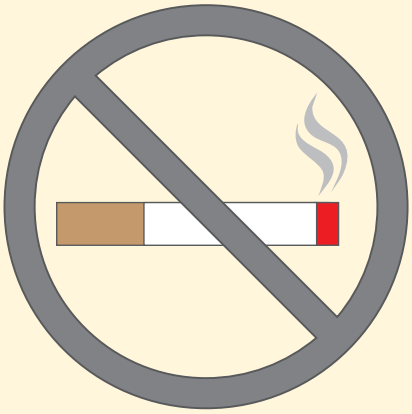


Staying healthy can help stop other problems:

- heart problems
- stroke.



Talk to your doctor about how to stay healthy.



Not smoking helps your body feel better.

Call Quitline on **13 7848** for help to stop smoking.

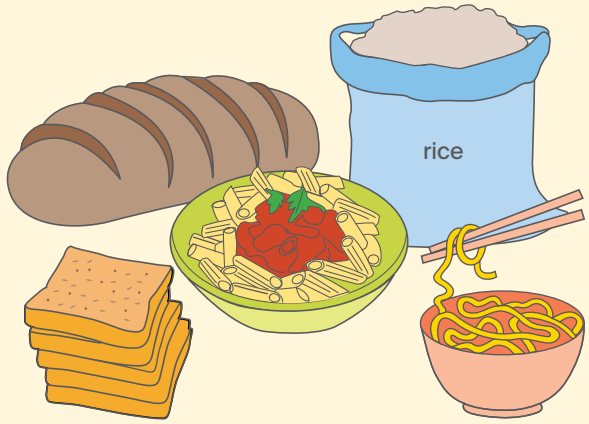


To keep your skin safe from the sun:

- wear a hat
- wear a long-sleeve top
- wear sunglasses
- use sunscreen
- sit under a tree or umbrella.

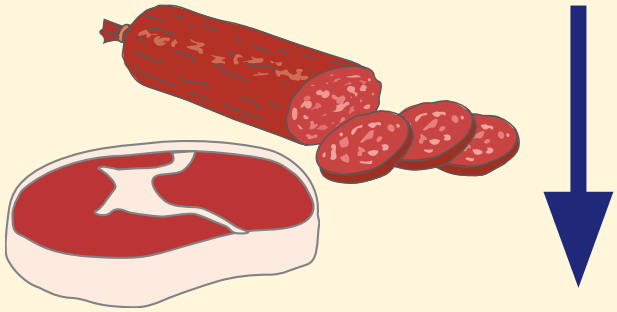


Eat 2 serves of fruit and 5 serves of vegetables or beans every day.



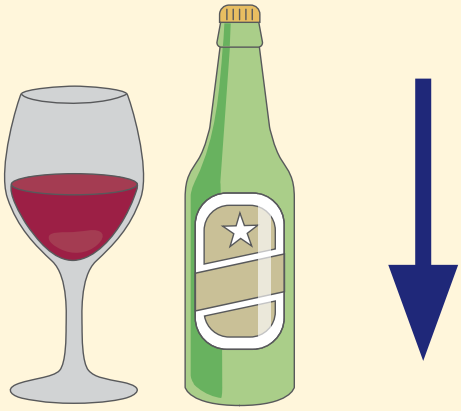
Eat food that helps you go to the toilet:

- brown bread
- brown rice
- wholemeal pasta.

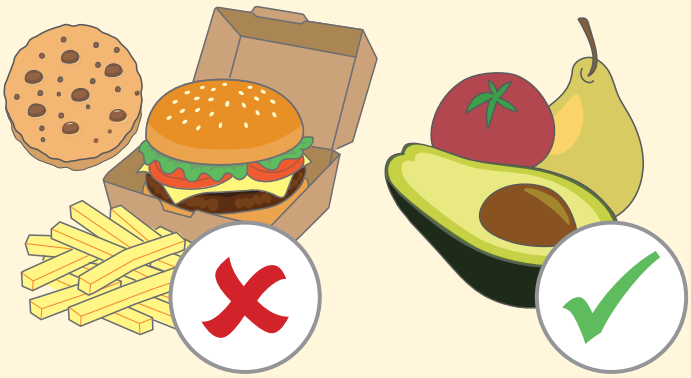


Eat less:

- red meat
- processed meat



Drink little or no alcohol.



Choose healthy foods to stay a healthy weight.



Move your body every day. Examples include:

- walking
- swimming
- mowing the grass.

For family, friends and carers



Life after cancer can be different for family, friends and carers.

It can take time to get used to these changes.

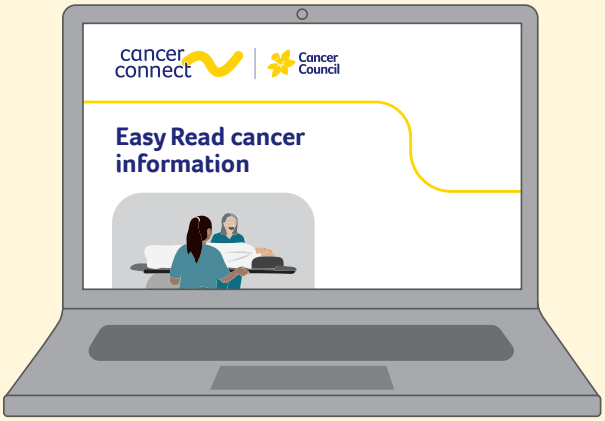


Call **Cancer Connect on 13 11 20** to talk to a qualified professional.

How Cancer Connect can help you



You can speak to us on the phone. We can help you find free cancer information and support. Call Cancer Connect on **13 11 20** Monday to Friday.



You can find fact sheets like this one at our website **connect.cancer.org.au/easy-read.**



We also have:

- booklets and fact sheets
- information in other languages.

You can call **Cancer Connect on 13 11 20** for information and support.

Visit the Cancer Connect website. We have information on cancer, treatment and support. Scan this QR code or go to **connect.cancer.org.au/easy-read.**

If you need information in a language other than English, an interpreting service is available. Call **131 450.**

If you are Deaf or find it hard to hear or speak to hearing people on the phone, you can contact us through the National Relay Service (NRS). **accesshub.gov.au**

Easy Read fact sheet: *Life after cancer*

This information was reviewed by health professionals, other experts, and people affected by cancer. To see a list of reviewers, visit our website **connect.cancer.org.au/easy-read.**

Words: Jenny Mothoneos. Design and illustrations: Caen Clasby, Eleonora Pelosi and Ali Wright, with support from Tracey Nearhos.

This fact sheet is part of a series of Easy Read resources. Cancer Council also has a longer booklet called *Living Well After Cancer.*

Note to reader

Always consult your doctor about matters that affect your health. This fact sheet is intended as a general introduction and is not a substitute for professional medical, legal or financial advice. Information about cancer is constantly being updated and revised by the medical and research communities. While all care is taken to ensure accuracy at the time of publication, Cancer Council Australia and its members exclude all liability for any injury, loss or damage incurred by use of or reliance on the information provided in this fact sheet.

This fact sheet is funded through the generosity of the people of Australia. To make a donation and help change the future of cancer, visit **cancerconnect.org.au** or call **13 11 20.**

Cancer Council acknowledges Traditional Custodians of Country throughout Australia and recognises the continuing connection to lands, waters and communities. We pay our respects to Aboriginal and Torres Strait Islander cultures and to Elders past and present.

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