



SURVIVORSHIP CARE PLAN

Oncological diagnosis and therapy

Responsible physician for care plan:

Care Plan

Each cancer patient at the German Oncology Center (GOC) receives a personal appointment book after treatment (e.g. chemotherapy or radiotherapy). In this book, all scheduled follow-up visits will be written. If you need any further therapy (for example hormonal therapy for breast or prostate cancer) your healthcare team will guide you with further instructions. In case of any new or progressive symptoms or health issues which might be related to the disease or to the treatment, please contact immediately your care team at GOC.

Any symptoms should be brought to the attention:

1. Anything that represents a persistent or progressive symptom;
2. Anything you are worried about that might be related to the cancer coming back.

Please inform immediately your healthcare provider in case of fever.

Please notice that symptoms vary between patients with different cancers and different treatments.

Please continue to see your primary care provider (GP) for all general health care recommended for your age, including cancer screening tests and any other health related issues. According to your gender, risk factors (e.g. smoking) and age following screening tests might be considered: gastroscopy, colonoscopy, breast cancer screening, prostate cancer screening, skin cancer screening, lung cancer screening, etc. Please ask your GP or your care team at GOC for further information.

Cancer survivors may experience issues with the areas listed below. If you have any concerns in these or other areas, please speak with your health care professionals to find out how you can get help with them.

- | | | | |
|---|------------------------------------|---|---|
| <input type="checkbox"/> Emotional and mental health | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Weight changes | <input type="checkbox"/> Stopping smoking |
| <input type="checkbox"/> Physical Functioning | <input type="checkbox"/> Insurance | <input type="checkbox"/> School/Work | <input type="checkbox"/> Financial advice or assistance |
| <input type="checkbox"/> Memory or concentration loss | <input type="checkbox"/> Parenting | <input type="checkbox"/> Fertility | <input type="checkbox"/> Sexual functioning |

A number of lifestyle/behaviors can affect your ongoing health, including the risk for the cancer coming back or developing another cancer. Discuss these recommendations with your health care professionals:

- | | |
|--|--|
| <input type="checkbox"/> Tobacco use/cessation | <input type="checkbox"/> Diet |
| <input type="checkbox"/> Alcohol use | <input type="checkbox"/> Sun screen use |
| <input type="checkbox"/> Weight management (loss/gain) | <input type="checkbox"/> Physical activity |

Internal Resources you may be interested in:

Patient Advice and Liaison Service (PALS), **25208207**, elena.louroutziati@goc.com.cy

Social workers, **25208259**, maro.antoniou@goc.com.cy

Clinical psychologist, **25208317**, zoi.mitrouska@goc.com.cy

Integrative Medicine, **25208111**, konstantina.stylianou@goc.com.cy

Clinical Nutritionist, **25338020**, info@dietwisecy.com

Please contact them in a case of questions or whenever help or support is needed

External Resources you may be interested in:

In Cyprus several patient representative groups are actively involved in the survivorship and follow-up care of patients with cancer. Below you find a list and contact details.

PASYKAF (all cancer types) – **77771986**
Europa Donna (breast cancer) – **22490849**

Anticancer Society (all cancer types) – **77771080**,
Europa Uomo (prostate cancer) – **22762610**