



# GEORGIA CANCER CENTER

AUGUSTA UNIVERSITY



“Ringing the bell” is a major milestone in a person’s survivorship journey, but for many the effects of the disease and its treatment extend beyond their ceremony. Post-treatment survivors’ unique needs were first explored in the report “From Cancer Patient to Cancer Survivor\*: Lost in Transition” (2005) which recognized that this survivor group had been “...relatively neglected in advocacy, education, clinical practice, and research.”<sup>1</sup> While we’ve come a long way in addressing this neglect, recent research reveals that many post-treatment survivors still experience significant physical, emotional, practical, and spiritual struggles.<sup>2-4</sup>

These findings call us to continue advocating for their needs and to improve awareness about and access to existing resources like information about life after treatment, survivorship plans, and community support.

## General Information

While each survivor’s experience is unique, several resources exist to provide information about life after treatment so that survivors and their caregivers can be informed about common experiences. Examples of these resources include: the American Cancer Society’s (ACS) [Preparing for Life after Cancer Treatment](#), [Living Well after Cancer Treatment](#), and [Survivorship Videos](#); CancerCare’s [After Treatment Ends: Tools for the Post-Treatment Cancer Survivor](#); and the National Cancer Institute’s (NCI) [Facing Forward: Life after Cancer Treatment](#).

## Cancer Survivorship Plan

A Cancer Survivorship Plan is a personalized tool for post-treatment survivors. The “From Cancer Patient to Cancer Survivor” report identified these plans as “...essential so that routine follow-up visits become opportunities to promote a healthy lifestyle, check for cancer recurrence, and manage lasting effects of the cancer experience.”<sup>1</sup> Cancer Survivorship Plans can support survivors against becoming “lost in transition” between their oncology care team and their primary care team. Plans are tailored to each individual and include information on the type of cancer, treatment, and follow-up care; resources to address emotional, social, legal, and financial concerns; and recommendations for supporting a healthy lifestyle. Survivorship Plan templates are available from the National Coalition for Cancer Survivorship (NCCS) [here](#) and the American Society of Clinical Oncology [here](#). To read more about them, check out [this resource](#) from the NCI.

## Community

Finding community with other survivors can be beneficial any stage of survivorship, including for folks post-treatment. CancerCare has two message board support groups specifically for post-treatment survivors including a general [Post-Treatment Survivorship Support Group](#) and a group specifically for [post-treatment breast cancer survivors](#). Other resources that are available to everyone in the survivorship community are the ACS’ [Cancer Survivors Network](#) which offers peer community support via message boards and the NCCS’ [resource page](#) which includes information about joining community groups ranging from specific cancer support groups to CPAT, the NCCS’ Cancer Policy and Advocacy team. To read more about CPAT, check out this [link](#).

We hope you find the resources above helpful but recognize this is not an exhaustive list! If you know of any local or national resources for post-treatment survivors or would like to share your experiences with any of the resources linked here, we would love to hear about them. We are grateful to be in community with you and always appreciate your feedback as well as your readership.



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“The C Word” is a news brief of the Georgia Cancer Center at Augusta University. For cancer information visit our [website](#). To request presentations or other resources, contact Nyree Riley at [nriley@augusta.edu](mailto:nriley@augusta.edu) | 706-721-8353 or Maryclaire Regan at [mregan@augusta.edu](mailto:mregan@augusta.edu) | 706-721-4539 Virtual presentations can be arranged.

## Sources:

1. <https://canceradvocacy.org/wp-content/uploads/2013/01/From-Cancer-Patient-to-Cancer-Survivor-Lost-in-Transition-Summary-.pdf>
2. <https://digitalcommons.georgiasouthern.edu/cgi/viewcontent.cgi?article=1164&context=igpha>
3. [https://d15yi9gnq6oxdl.cloudfront.net/assets/images/content/Survivorship%20Brochure%20\(online\).pdf](https://d15yi9gnq6oxdl.cloudfront.net/assets/images/content/Survivorship%20Brochure%20(online).pdf)
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8910165/>
5. <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/survivorship-care-plan>

\*“Cancer Survivor” has a different meaning now than in the early 2000s- according to the NCI, “In cancer, a person is considered to be a survivor from the time of diagnosis until the end of life.”