

Areas We Will Focus On During Your Prevention Visit (Cancer Surveillance)

Prostate Cancer

- **PSA** every 6-12mos for 5yrs, then yearly
- **Medical Exam** every year
- **Follow-up/Care Plan** documented in medical chart

Breast Cancer

- **Mammogram** every year
- **MRI** every year if at high risk
- **Encourage reporting** of vaginal bleeding if receiving SERMs
- **Medical Exam** every 3-6mos for 3yrs after treatment, then every 6-12mos for 2yrs, then every year
- **Follow-up/Care Plan** documented in medical chart

Colorectal Cancer

- **Colonoscopy** within 1yr of surgery; repeat as indicated or every 5yrs if normal
- **CEA** every 3mos for 5yrs
- **CT Scan** (abdominal and chest) every year for 3yrs
- **Medical Exam** every 3-6mos for 5 yrs (may include Digital Rectal exam)
- **Follow-up/Care Plan** documented in medical chart

Long-term Effects & Symptoms

- See reverse side

Symptoms of Recurrence

- See reverse side

Cancer Surveillance

Mental Health

- Screen for anxiety, depression and distress

Nutrition

- Limit refined sugar intake
- Mediterranean or DASH diet
- Vitamin D 800-1000 IU/day (preferably from food sources)
- Calcium 1000-1200 mg/day (preferably from food sources)

Physical Activity

- Per week:
Aerobic: ≥ 75 -150 minutes (vigorous) or 150-300 minutes (moderate)
AND
 ≥ 2 days of strength training or body weight exercises

Alcohol

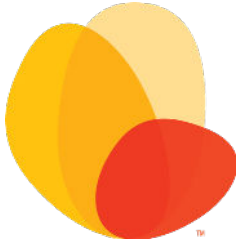
- Avoid alcohol

Tobacco Use

- Set a quit date
- Plan to reduce

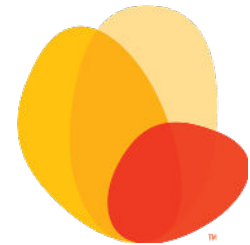
Cannabis Use

- Set a quit date
- Plan to reduce



Long-term Effects & Symptoms

- Anxiety
- Dental problems
- Depression
- Fatigue
- Memory issues
- Pain



Symptoms of Recurrence

For All Cancer Survivors

- Abdominal pain
- New palpable lymphadenopathy
- New persistent bone pain
- New persistent cough, chest pain or shortness of breath
- New enlarged liver or right upper quadrant abdominal pain or jaundice (yellow tone to skin or whites of eyes)
- New onset seizures
- Back pain with limb weakness, change in sensation, change in reflexes or loss of bowel/bladder control
- New persistent pain of any kind
- Nausea
- Loss of appetite
- Anemia (not enough healthy red blood cells)
- Palpable mass
- New persistent headache or new concerning neurological deficits
- Unexpected non-specific symptoms (severe fatigue, unexplained weight loss)

For Breast Cancer Survivors

- New mass in breast or armpit, changes in the contour/ shape/size of the breast, nipple retraction or swelling of the breast or arm
- New suspicious rash, bleeding or nodule on nipple or chest wall, mastectomy scar changes
- Altered level of consciousness, nausea, vomiting and/or pain with symptomatic hypercalcemia

For Colorectal Survivors

- Abdominal pain due to enlarged liver
- Symptoms specific to rectal cancer including pelvic pain, sciatica or difficulty with urination or defecation
- New persistent pelvic pain
- Bleeding from rectum or stoma

For Prostate Cancer Survivors

- Severe and progressive bone pain in the head, neck or torso
- Blood in the urine
- New urinary symptoms including loss of bladder control requiring change of undergarments including pads or diapers or increased urgency
- Obstructive symptoms including discomfort during urination or frequent need to urinate at night
- New bowel symptoms including urgency or rectal bleeding or pain