



SURVIVORSHIP: THE NEXT PHASE OF CARE

There are 12 million cancer survivors living in the United States today. The Nebraska Medicine's Survivorship Clinic has been designed to address the needs of the cancer survivor.

At Nebraska Medicine, we will see patients in the survivorship clinic who have completed all active treatments (such as surgery, chemotherapy, or radiation). As you finish treatment, we will continue to follow you carefully, but also hope to refocus you on wellness.

Our goal is to help you with the transition from treatment to survivorship care.

NEBRASKA MEDICINE CLINIC LOCATIONS

Peggy D. Cowdery Patient Care Center

(Midtown Omaha)

4400 Emile St.

Third floor, Lied Transplant Center

402.559.5600

Village Pointe Cancer Center

(West Omaha)

111 N. 175th St.

Just West of Village Pointe Shopping Center

402.559.5600

Nebraska Medicine – Bellevue

2500 Bellevue Medical Center Dr.

Highway 370 at 25th St.

402.559.5600



NEBRASKA MEDICINE Survivorship Clinic



SERIOUS MEDICINE. EXTRAORDINARY CARE.™





FREQUENTLY ASKED QUESTIONS

How can this clinic benefit me?

The knowledge gained from reviewing your cancer treatment can help you understand your future health risks. We can also address current physical or social survivorship concerns you may be facing as a result of your treatment.

What can I expect from my Survivorship Clinic appointment?

During a survivorship visit, patients will meet with an advanced practice provider. Patients will receive a physical exam followed by an open discussion.

We will provide patients with an individualized Treatment Summary and Survivorship Care Plan. This includes an evaluation and information on the prevention of late effects of your cancer, resources for dealing with long-term effects and suggestions for healthy lifestyle behaviors.

To ensure continuity of care, copies of the treatment summary and any recommendations made during the clinic appointment are shared with your health care team, including your oncologist and primary care provider. We will work in partnership with these providers to make sure your survivorship needs are being met.

THE CLINIC

Cancer and its treatment can result in long-lasting or late-onset effects. The Nebraska Medicine Survivorship Clinic addresses various problems cancer survivors may face after therapy ends. These may include but are not limited to:

- Pain
- Fatigue
- Fear of recurrence
- Living with uncertainty
- Neuropathy
- Bone loss
- Sexual dysfunction
- Cardiovascular risks
- Memory issues
- Lymphedema
- Future cancer risk

During your visit, our medical staff will talk with you about how to assess and manage late complications or issues you may be experiencing, and develop a plan to support your future health.

What is a Treatment Summary and Survivorship Care Plan?

A Treatment Summary and Survivorship Care Plan is an outline of your cancer history, providing important details of your diagnosis and treatment, as well as a roadmap for moving forward. Long-term follow-up guidelines include:

- A schedule for follow-up visits, screening and tests
- Common side effects of treatment with suggestions and treatment options for managing these effects
- Screening recommendations for late effects of treatment
- Wellness recommendations aimed to decrease risk of recurrence, improve quality of life and overall health
- Referrals to specialists and community resources

Will my insurance cover this visit?

Most insurance plans consider this a necessary visit for individuals for who have received treatment for cancer. Prior to coming in for an appointment, we recommend that you check with your insurance company to review your coverage and any out of pocket expenses.