

SARCOMA SURVIVORSHIP PROGRAM



Sarcoma Survivorship Clinic
U-M Comprehensive Cancer Center
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Ann Arbor, MI 48109

(734) 998-7130

<http://www.mcancer.org/sarcoma-survivorship>

To Learn More

For more information, or to make an appointment at the Sarcoma Survivorship Clinic, please call (734) 998-7130 .

 University of Michigan
Sarcoma Survivorship Program

 @laurencebaker2

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ADDRESSING THE LONG –TERM HEALTH CARE NEEDS OF SARCOMA SURVIVORS

Survivorship: The Importance of Follow-up Care

There are now more than 15.5 million cancer survivors in the United States and close to 30 million cancer survivors worldwide. This number is expected to grow because of improvements in cancer screening and cancer treatment. Survivorship is a priority in cancer care.

The University of Michigan Sarcoma Survivorship Program— believed to be a first in the United States— is dedicated to helping sarcoma survivors live their lives to the fullest after treatment.

The Children’s Cancer Survivorship Study reports more chronic illnesses in sarcoma survivors than other pediatric cancers. Sarcoma survivors, despite being cured, may have a reduced life expectancy and sometimes show signs in their 30s and 40s of heart disease usually seen in older adults.

Damage from chemotherapy and/or radiation puts survivors at risk for developing life-long chronic or life-threatening illnesses, including:

- heart disease
- type 2 diabetes
- high blood pressure
- lipid disorders
- kidney failure
- anxiety, depression and other mental health problems
- sarcoma recurrence
- new cancers

The good news is that these chronic illnesses can often be prevented or minimized.

Sarcoma survivors without symptoms may not realize the importance of ongoing follow-up care. The most common adverse effect of chemotherapy and radiation is coronary artery disease, which has a number of risk factors including hypertension, diabetes, obesity, and dyslipidemia. These risk factors are modifiable with lifestyle changes including diet and exercise and/or medication. By identifying and managing risk factors like hypertension early, we in turn reduce the risk for coronary artery disease and prolong survival.

Sarcoma Survivorship Clinic Visit: What to Expect

The clinic is open to sarcoma survivors who have been off therapy for at least two years and to patients who are moving from pediatric to adult medical care.

During a survivorship clinic visit, you will be seen by oncologist, Larry Baker. Dr. Baker has been treating sarcoma patients for more than 40 years.

The appointment includes a comprehensive health and cardiac exam along with proactive lifelong care including systematic planning for cancer prevention and patient-centered surveillance based on the survivor’s personal risk, cancer therapy, genetic predispositions, lifestyle behaviors, and other comorbid health conditions.

The visit typically includes laboratory blood and urine tests as well as an evaluation and information on preventing the late effects of your cancer and cancer treatment, recommendations and resources for dealing with long-term effects, and suggestions for healthy lifestyle behaviors.

How can the Sarcoma Survivorship Clinic benefit me?

Because of the rarity and complexity of sarcomas, most primary care physicians are not aware of the late effects of sarcoma treatment and what complications to look for in the future. This is the reason the Sarcoma Survivorship Clinic was established.

In the Survivorship Program, you will receive regular thorough screenings and health evaluations.

Dr. Baker will talk to you about what your specific risks are and how you can prevent and manage them. He will also address any current conditions or survivorship concerns you may be facing as a result of your treatment.

We provide individualized Survivorship Care Plans that are updated at each annual visit to empower survivors with their treatment history and knowledge to address the chronic effects of cancer and its therapy, monitoring recommendations of treatment-related issues, and suggest health-protective behaviors.

