



Survivorship: The Next Phase of Care

Cancer survivorship is more than surviving cancer. It starts from the time of diagnosis, continues after treatment and includes individuals who experience cancer as well as family, friends and caregivers.

More people today are surviving cancer than ever before thanks to advances in detection, diagnosis, treatment and follow-up care.

One in 20 adults in the U.S. is a cancer survivor – numbers that have quadrupled since the 1970s. The need for long-term follow-up care has grown with the numbers to address the ongoing issues that cancer and treatment present.

At Nebraska Medicine, we will see patients in the Survivorship Clinic who have completed all active treatments (such as surgery, chemotherapy, and/or radiation). Our goal is to help patients transition from treatment back into their life as a cancer survivor and to stay as healthy as possible.

SURVIVORSHIP CLINIC LOCATIONS

Fred & Pamela Buffett Cancer Center

(Midtown Omaha)
505 S. 45th St.
Omaha, NE 68105

Village Pointe

(West Omaha)
111 N. 175th St.
Omaha, NE 68118

Bellevue Medical Center

2500 Bellevue Medical Center Dr.
Bellevue, NE 68132

Ask your physician about the
Survivorship Clinic or call,
402.559.5600 to make an appointment.

[NebraskaMed.com/Cancer](https://www.NebraskaMed.com/Cancer)



Helping cancer patients
transition from **treatment**
to **survivorship care**



Survivorship 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 a patient's visit, our medical staff will work to understand how to assess and manage late complications or issues one may be experiencing, and develop a plan to support future health needs. That plan is also shared with the primary health care provider.



Frequently Asked Questions

What is the benefit of this clinic?

The knowledge gained from reviewing a patient's cancer treatment with our Survivorship Clinic team will assist with understanding future health risks, best next steps in connecting with a primary care physician and/or other medical team members. We can also address current physical or social concerns patients may be facing as a result of cancer treatments.

What can a patient expect?

Once treatment ends, we understand the cancer experience continues. The Survivorship Clinic includes a visit with a provider whose expertise includes cancer care and the specific issues survivors may face years after treatment. We offer methods to maintain and promote health during the transition from cancer treatment to wellness and work in conjunction with oncologists and other team members to provide the best possible care after treatment.

The Survivorship Clinic visit will consist of:

- A review of medical history and symptoms
- A physical exam
- An evaluation for long-term effects of treatment
- Health education regarding prevention of new problems with healthy lifestyle recommendations and cancer risk reduction
- Screening guidelines for other cancers

- Presentation of survivorship care plan
- Follow-up test recommendations based on the treatments received
- Any needed referrals to specialists, resources or services

What is a treatment summary and survivorship care plan?

A treatment summary and survivorship care plan is an outline of a patient's cancer history including important details of the diagnosis and treatment as well as a plan of action for moving forward. Long-term, follow-up guidelines include:

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

Will insurance cover this visit?

Most insurance plans consider this a necessary visit for those who have received treatment for cancer. Prior to making an appointment, we recommend patient's check with their insurance company to review and understand coverage options.