

## Childhood Cancer Survivor 101

Most children diagnosed with cancer become long-term survivors. However, the treatments used to treat childhood cancer can damage healthy tissue and organs. This damage to healthy tissue can cause health problems later in life which are called **late effects**.

Survivors are at risk for late effects based on the type of treatment they received. There are tests that can be done to screen for late effects. In order for survivors to learn about the late effects for which they are at risk, they should visit a childhood cancer survivor clinic.

Survivors should have life-long screening for late effects using a Survivor Healthcare Plan. A **Survivor Healthcare Plan (SHP)** is a document used to help survivors learn about the late effects for which they are at risk and how to screen or look for these late effects. The Survivor Healthcare Plan is customized to each survivor. It is based on national guidelines and has the following information:

### Survivor Healthcare Plan (SHP)

#### 1. Treatment summary, including:

- Cancer diagnosis
- Chemotherapy (if applicable)
- Radiation (if applicable)
- Surgery (if applicable)
- Blood and marrow transplant (if applicable)

#### 2. Late effects of cancer treatment

#### 3. Tests to screen for late effects

If your child does not have a Survivor Healthcare Plan, take him to a survivor clinic.

#### All survivors should:

- Be screened for late effects, as outlined in the Survivor Healthcare Plan
- Have health insurance at all times
- Maintain a healthy lifestyle
  - Eat fruits and vegetables every day
  - Exercise at least five times a week
  - Visit the dentist every six months

#### Take home points:

- Childhood cancer survivors are at risk for health problems after their cancer treatment.
- Lifelong, follow-up care is necessary.
- The Survivor Healthcare Plan is a tool designed to help cancer survivors receive the healthcare they need.