## Follow Up Care and Recommendations

<table>
<thead>
<tr>
<th></th>
<th>Year 1</th>
<th>Year 2</th>
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</thead>
<tbody>
<tr>
<td><strong>Surgical Oncology (ENT) Appointments</strong></td>
<td>2 weeks after treatment completion, then every 6-8 weeks</td>
<td>Every 2-4 months</td>
<td>Every 4-6 months</td>
<td>Every 6-12 months</td>
<td>Every 6-12 months</td>
<td>Yearly</td>
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<td></td>
<td>• Scope if needed</td>
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<td></td>
<td>• Review side effects of treatment</td>
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<tr>
<td><strong>Medical Oncology Appointments</strong></td>
<td>1-2 weeks after treatment completion, then every 4-6 weeks until PET/CT, then every 3-4 months.</td>
<td>Every 4-6 months</td>
<td>Every 6-12 months</td>
<td>Every 6-12 months</td>
<td>Every 6-12 months</td>
<td>As needed</td>
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<td></td>
<td>• History and physical exam</td>
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<td>• Review side effects of treatment</td>
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<tr>
<td><strong>Radiation Oncology Appointments</strong></td>
<td>6 weeks after treatment completion</td>
<td>As needed</td>
<td>As needed</td>
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<td></td>
<td>• Review side effects of treatment</td>
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<tr>
<td><strong>Dental Appointments</strong></td>
<td>If radiated, every 4 months or as directed by your dentist. Standard is every 6 months.</td>
<td>As needed</td>
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<tr>
<td><strong>Rehabilitation Therapy</strong></td>
<td>As needed</td>
<td>As needed</td>
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</tbody>
</table>
- **Nutrition Support**

**Thyroid Studies**

- If treated with radiation, start at 6 weeks after, then yearly.

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<th>Yearly</th>
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**PET/CT Scans**

- 100 days from the end of treatment

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**Primary Care Physician**

- Yearly

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**Note:** These guidelines are not intended to replace the independent medical or professional judgment of physicians or other health care providers. This multidisciplinary approach may change depending on the stage of the disease. The testing may not be appropriate for medically unfit patients.

**Resources:** NCCN, ASCO, Sanford Guidelines.

It is important for you to follow up with your primary care provider. If you do not have a primary care provider, please establish care now.

Talk with your primary care provider about:

**Primary Care Follow Up**

- **Immunizations:**
  - Pneumovax – once at age 65; every 5 years if immunosuppressed
  - Influenza
  - TDAP
  - Hepatitis A
  - Hepatitis B
  - Zostervax

- **Cancer Screenings:**
  - Colonoscopy
  - Mammogram
  - PSA test and digital rectal exam
  - Skin examination
  - Pap Smear

**Possible Long Term Effects of Treatment**

- Fatigue
- Speech Impairment
- Trouble Swallowing
- Dental/Mouth Problems
- Emotional Distress
- Shoulder & Neck Pain or Weakness
- Skin Changes
- Memory or Concentration Problems
- Dry Mouth
- Pain
- Peripheral Neuropathy (Numbness or Tingling in the fingers and toes)
- Lymphedema (Neck Swelling)
- Hypothyroidism
- Hearing Loss

**Wellness**
- Stop smoking
- Limit alcohol consumption
- Prevent and get screened for cardiovascular disease
- Take vitamin supplements as directed
- Eat healthy foods and manage your weight
- Limit sun exposure
- Exercise regularly
- Sex/Intimacy

**Symptoms to Report:**
- Swelling in your neck
- Unintentional weight loss >10lbs.
- Tooth/jaw pain
- Persistent nausea/vomiting
- Persistent cough
- Persistent fatigue
- Voice changes/hoarseness
- New lumps
- Painful/difficult swallowing
- Coughing/choking while eating or drinking
- Unusual bleeding
- Shortness of breath
- Ear pain
- Throat/mouth pain
- Night sweats
- Confusion
- Change in mole shape, size, color
- Unexplained fever
- Depression/anxiety
- Mouth sores that do not heal in 2 weeks

**Resources**
- Patient Handouts:
  - NCI Facing Forward: Life after Cancer Booklet
  - NCI Facing Forward: Making a Difference in Cancer Booklet
- Informational Programs:
  - Cooking for the Health of It – Cooking Class
    - 2nd Monday of the Month at 6:00 p.m. Call (605) 328-8200 for more information
Embrace Education Cancer Survivorship Series
- 3rd Thursday of the Month at 5:30 p.m. Call (605) 328-3471 for more information

- Online resources:
  - Sanford Head & Neck Cancer
    - www.sanfordhealth.org/headandneck
  - The National Comprehensive Cancer Network
    - www.nccn.com
    - Aims to provide state-of-the-art cancer treatment information in easy to understand language. These guidelines are meant to help patients with cancer talk with their physicians about the best treatment options for their disease.
  - Look good…Feel Better
    - www.lookgoodfeelbetter.org
    - A free program that teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment.
  - Sanford Wellness Center LAUNCH for the Cancer Survivor
    - www.sanfordwellness.com/SpecialPopulations/CancerWellness
    - LAUNCH is based on research showing that exercise reduces fatigue, improves survival rate, and provides better every day function and a better quality of life. Cancer survivors receive 1 month free membership to Sanford Wellness Center.
  - American Cancer Society
    - www.cancer.org
    - The site discusses all of the different services and programs offered to patients diagnosed with cancer, as well as their family members.
  - National Cancer Institute (NCI)
    - www.cancer.gov
    - This site contains information about cancer-related services, facts about cancer, and clinical trials that are available.
  - LIVESTRONG®
    - www.livestrong.org
    - This site is focused on providing education to patients that are currently being treated for cancer or living with cancer and have a desire to look beyond cancer.
  - Cancer Care
    - www.cancercare.org
    - This program offers support, education, and will address financial concerns for patients and their loved ones.
  - Cancer.Net
    - www.cancer.net
    - This site offers information about cancer, coping with cancer, and survivorship.
  - National Lymphedema Network
    - www.lympnet.org
    - This site offers information on the management of lymphedema.
  - Centers for Disease Control and Prevention (CDC)
    - www.cdc.gov/cancer
    - This agency is part of the U.S. Department of Health and Human Services. They have a focus on implementing strategies to prevent and
control cancer. They also provide cancer survivors with information about health topics and preventative cancer screenings.

- **National Institutes of Health (NIH)**
  - [www.nih.gov](http://www.nih.gov)
  - This agency is the primary federal agency that focuses on conducting and supporting medical research.

- **Cancer Survivor’s Network**
  - [www.cancer.org/csn](http://www.cancer.org/csn)
  - This is a free, private, and secure online support community comprised of cancer patients and their loved ones. They offer chat rooms, discussion boards, a resource library, and personal stories.

- **National Coalition for Cancer Survivorship (NCCS)**
  - [www.canceradvocacy.org](http://www.canceradvocacy.org)
  - This site offers educational information on many different cancer-related topics. It offers material on side effects of treatment, controlling pain, learning to understand clinical trials, employment issues, and insurance-related issues.

- **Head and Neck Cancer Alliance**
  - [www.headandneck.org](http://www.headandneck.org)
  - This site provides support to head and neck cancer patients. It supports ongoing research in head and neck oncology and educates children and adults in the disease process, treatment, and prevention of head and neck cancer.

- **Oral Cancer Foundation**
  - [www.oralcancerfoundation.org](http://www.oralcancerfoundation.org)
  - This site will provide you with hundreds of pages of information about the rates of occurrence, risk factors, signs and symptoms, treatments, current research, complications, nutrition, clinical trials, and current news.

- **Support for People with Oral and Head and Neck Cancer (SPOHNC)**
  - [www.spohnc.org](http://www.spohnc.org)
  - SPOHNC is a patient-directed, self-help organization dedicated to meeting the needs of oral and head and neck cancer patients. It was founded in 1991 by an oral cancer survivor.