

Date: _____

Dear _____:

You have now completed your treatment and three years of observation for your testis cancer (seminoma) at the cancer centre. Your CT Scans do not show any evidence that your testis cancer has come back.

Your follow-up care will be provided by your family physician/nurse practitioner. Information regarding further follow up will be sent to your family physician/nurse practitioner.

We recommend the following care for you:

- Physical examination, including an examination of your scrotum, every six months for the next two years.
- Physical examination, including an examination of your scrotum, once a year starting in the third year and every year after that.
- A CT scan in a year and then only if you are having symptoms or your examination shows signs of the cancer coming back.
- Chest x-rays every year for another two years.
- Blood work to check on your serum testosterone.
- You may have testosterone replacement medication prescribed for you if your levels are low.

If you experience any of the following symptoms, contact your family physician/nurse practitioner immediately.

- Swelling in your scrotum or remaining testis.
- Lumps in your groin or neck.
- Persistent (ongoing) cough or shortness of breath.

We encourage you to live a healthy lifestyle, which includes a healthy diet, exercise and avoiding smoking or excessive alcohol consumption.

Please feel free to contact the Psychosocial Oncology Department if you need assistance with quitting smoking or access to other supportive care services or resources.

Allan Blair Cancer Centre: 306-766-2213

Saskatoon Cancer Centre: 306:655-2662

Sincerely,

Dr. _____