

Date: _____

Dear _____:

Dear Patient

You have now completed your treatment for Hodgkin's lymphoma at the cancer centre. Your follow-up care will be provided by your family physician/nurse practitioner.

We recommend the following care for you:

- Have history, physical examination and blood work (CBC, chemistries, ESR) every three months for the first three years, and then once a year for the rest of your life. Please contact your family physician/nurse practitioner to arrange these appointments.
- If you received radiation to the neck or chest you will need to be checked for thyroid gland function by a blood test (TSH) once a year.
- You should not smoke. If you do smoke, please talk with your family physician/nurse practitioner for help with quitting smoking.
- We encourage you to have a healthy lifestyle, which includes a healthy diet, exercise and avoiding smoking or excessive alcohol consumption.
- Get the flu shot/influenza vaccine every year.
- If you are female and received radiation to the neck, chest or armpit area, have a mammogram once a year in addition to your regular physical exam. Start breast cancer screening 8 to 10 years after radiation therapy or before the age of 40 years, whichever comes first. If you were younger than thirty years at the time of your radiation treatment, you will also need to have a breast MRI scan once a year in addition to your yearly mammogram.
- If you are female, have a Pap test once a year.
- Have your blood pressure, blood sugars and lipids tested regularly to detect any abnormalities that may develop.

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

- Enlarged lymph nodes
- Feeling full after eating small meals
- Unexplained weight loss
- Persistent (continued) fever of 38 degrees Celsius or higher for which there is no explanation

- Persistent (continued) night sweats in the absence of significant heat, resulting in soaking of your clothing
- Fatigue (tiredness) that affects your ability to perform regular daily activities such as cooking, bathing, yard work

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

Guidelines for lymphoma follow-up care are available on the Saskatchewan Cancer Agency website at www.saskcancer.ca (in the Health Professionals-Clinical Resources section).

Although you have been discharged from follow up care at the cancer centre, your family doctor or nurse practitioner can refer you back to the Cancer Agency if you need care in the future.

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

Allan Blair Cancer Centre: 306-766-2213

Saskatoon Cancer Centre: 306:655-2662

Sincerely,

Dr. _____