

Date: _____

Dear _____:

You have completed your treatment for thyroid cancer and have achieved excellent response. You will now be discharged from cancer centre; however, you will require continued follow up for your treated cancer to detect any relapse and monitoring of any side effects of treatment.

If you had low-risk disease, you will need:

- History and physical examination with emphasis on detecting local and regional recurrence once every year.
- Blood thyroglobulin level and thyroglobulin antibody levels.
- Monitoring of blood TSH level every six months.

If you had intermediate or high-risk disease, you will need:

- History and physical examination with emphasis on detecting local and regional recurrence once every six months.
- Serum thyroglobulin level and thyroglobulin antibody levels once every six months.
- Ultrasound of your neck once every six months.
- Monitoring of TSH level every six months.

You will need to be referred back to the cancer centre if thyroglobulin or thyroglobulin antibody levels increase or neck lymph node or other metastatic disease is identified.

Keep TSH level at low normal range (0.5-2 microIU/ml) with thyroid supplements if needed.

You will be at high risk of osteoporosis secondary to thyroid cancer treatment and will need close monitoring. We encourage you to take supplemental Vitamin D 1000 IU once a day and supplemental calcium 1000 mg per day, in addition to muscle strengthening exercises.

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. _____