research
treatment
prevention
early detection

Saskatchewan Cancer Agency
A healthy population free from cancer

Date: _____

Dear _____ :

You have now completed your treatment for esophageal cancer at the cancer centre.

Your follow-up care will continue with your family physician or nurse practitioner. They will also receive a copy of this letter. **Please note that it is your responsibility to contact your family physician or nurse practitioner to arrange your follow-up appointments.**

We recommend the following care for you:

- History and a physical examination:
  - Once every three months for the first three years after treatment (four times a year in years one, two and three after treatment), and then
  - Once every six months for the next two years (two times a year in years four and five after treatment), and then
  - once a year for the rest of your life

- Routine CT scans, other imaging (ultrasound, Xray, MRI), blood tests, and endoscopy (a camera examination of the esophagus and stomach) will not be done unless your family physician/nurse practitioner feels it is needed.

If you experience any of the following symptoms, contact your family physician/nurse practitioner immediately:
- Painful swallowing
- Difficulty swallowing
- Loss of appetite and/or unexplained weight loss
- Nausea, vomiting and abdominal pain

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.

We encourage you to have 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 supportive care services or access to other resources:
Allan Blair Cancer Centre: 306-766-2213; Saskatoon Cancer Centre: 306:655-2662

Guidelines for esophageal cancer follow-up care is available on the Saskatchewan Cancer Agency website at www.saskcancer.ca (Health Professionals – Clinical Resources section).

Sincerely,

Dr. _____

Allan Blair Cancer Centre
4101 Dewdney Avenue
Regina, SK S4T 7T1
Phone: 306-766-2213

Saskatoon Cancer Centre
20 Campus Drive
Saskatoon, SK S7N 4H4
Phone: 306-655-2662