



Date: \_\_\_\_\_

Dear \_\_\_\_\_:

Dear Patient

You have now completed your treatment for 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 a physical examination once every six months for the first five years, and then once a year for the rest of your life. Please contact your family physician/nurse practitioner to arrange an appointment.
- Have the blood tests CBC and Creatinine every six months for the first five years, and then once a year.
- If you received radiation therapy to the head and or neck area, you need to be monitored for thyroid function abnormalities through a blood test called TSH (thyroid stimulating hormone) once a year. You should also have a dental checkup once a year. Please inform your dentist that you have had radiation therapy to the head and neck area.
- If you are female and received radiation to the neck and chest area, have a mammogram once a year if you are over the age of 40, or at any age 10 years after you completed radiation therapy.
- If you are female, have a Pap test once a year.
- Get the annual influenza vaccine.

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](http://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. \_\_\_\_\_