

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

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

I would like to inform you that your care has now been transferred to your family physician/nurse practitioner.

After completing treatment of early-stage pancreatic cancer, follow-up is important to detect any reoccurrence of cancer and to address any treatment-related side effects or survivorship issues you may have.

Information about your follow-up care will be sent to your family physician/nurse practitioner. Please contact them to set up your follow-up appointments.

We recommend the following care for you:

- A physical exam:
  - once every 3 months for the first 3 years after treatment; then
  - once every 6 to 12 months for the next 2 years (this will be year 4 and 5 after treatment); then
  - once a year for the rest of your life.
- A CT scan of your chest/abdomen/pelvis ONLY if you experience any symptoms out of the ordinary. Routine CT scans are not been recommended because they have not shown an impact on survival.
- Lab tests such as a complete blood count (CBC), serum chemistry and liver function test (LFT) as clinically indicated. If carbohydrate antigen 19-9 (CA 19-9) levels were initially elevated, it can be tested for every 3 to 6 months for the first 2 years.

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

- Severe abdominal pain
- Jaundice
- Loss of appetite
- Unexplained weight loss
- Nausea/vomiting

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

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 such as quitting smoking.

Allan Blair Cancer Centre: 306-766-2213

Saskatoon Cancer Centre: 306:655-2662

Guidelines for pancreatic cancer follow up care are available on the Saskatchewan Cancer Agency website at [saskcancer.ca](http://saskcancer.ca) in the Health Professionals – Clinical Resources section.

Sincerely,

Dr. \_\_\_\_\_