Morristown

come from the journey, not the destination.

directions are ever the same. Yet our lessons

The road of life twists and turns and no two

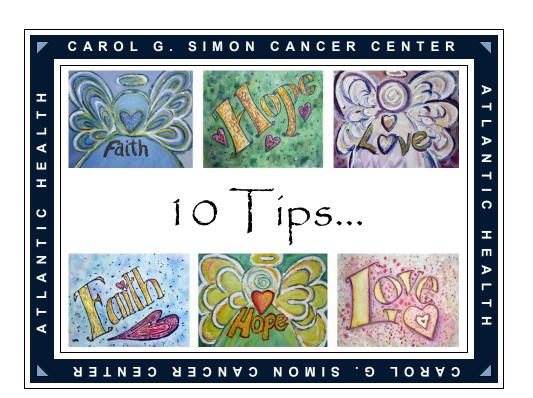
ATLANTIC HEALTH SYSTEM

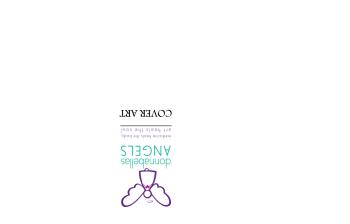
Medical Center

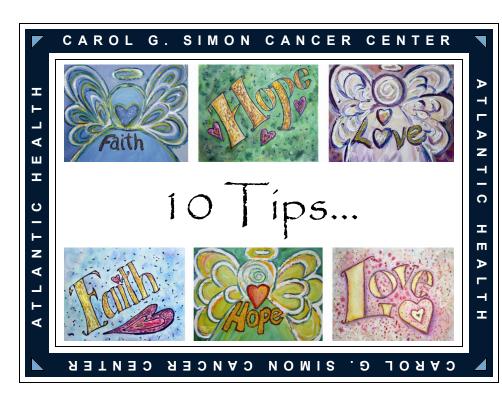


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when you have finished treatment

I Get a summary of your treatment. Keep a list of
surgeries, chemo and radiation doses you received so you
can communicate to your primary care provider.
2 Make a plan for monitoring the long term effects of cancer treatment and what signs or symptoms to watch out for.
3 Learn how to manage the fear of recurrence. Find out your risks and consider counseling to face your fears and help you move forward.
4 Get moving. Physical activity makes the fastest change in how you feel and potentially reduce cancer related risk.
5 Eat well . Fruits, vegetables and whole grain make a difference in how you feel. Talk to a nutritionist about what is healthy for you.
6 Live a healthy lifestyle. Don't smoke, limit alcohol to one drink per day, use sunscreen and get sufficient Vitamin D.
7 Reclaim your body . Weight control is important. Consider joining an exercise program.
8 Manage symptoms. Don't suffer unnecessarily. Talk to you doctor about fatigue, lack of stamina, aches, pains and chemo brain.
9 Connect with other survivors. Families and friends are great pillars of support.
10 Make use of resources in the Cancer Center, community and on-line.
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