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COVER ART

donabellas
ANGELS
art heals the soul,
medicine heals the body.



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CAROL G. SIMON CANCER CENTER

ATLANTIC HEALTH

10 Tips...

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ATLANTIC HEALTH

when you have finished treatment

- 1 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.
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- 2 Make a plan for monitoring the long term effects** of cancer treatment and what signs or symptoms to watch out for.
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- 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.
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- 4 Get moving.** Physical activity makes the fastest change in how you feel and potentially reduce cancer related risk.
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- 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.
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- 6 Live a healthy lifestyle.** Don't smoke, limit alcohol to one drink per day, use sunscreen and get sufficient Vitamin D.
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- 7 Reclaim your body.** Weight control is important. Consider joining an exercise program.
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- 8 Manage symptoms.** Don't suffer unnecessarily. Talk to you doctor about fatigue, lack of stamina, aches, pains and chemo brain.
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- 9 Connect with other survivors.** Families and friends are great pillars of support.
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- 10 Make use of resources** in the Cancer Center, community and on-line.

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