



# Passport to Wellness



World-class care. Closer than you think.



# Welcome to Survivorship

At MarinHealth, we define “survivorship” as the period from diagnosis through life after treatment. Our goal is to provide you with the tools you need to manage the transition from cancer treatment toward recovery. This booklet includes an overview of many common questions and concerns, as well as links to additional information. We strive to offer guidance, support, practical solutions, and emotional reassurance. We hope this information will support and empower you to optimize your quality of life after treatment and to thrive.



## Clinical Follow Up in Survivorship

While you have completed your cancer treatment, you may still need to get routine imaging, lab tests, and follow up with your doctors. These appointments are important to help you manage the side effects of your cancer treatment and help you catch signs of your cancer recurring. Talk to your oncologist about your individualized follow-up care plan.

A survivorship care plan is a cancer treatment summary that is used to help you organize information about your recommended follow-up plan. Patients can create their survivorship care plan online and bring the plan with them to their doctor's appointments.



[MyMarinHealth.org/followupcare](https://www.marinhealth.org/followupcare)



## Side Effects of Cancer

Patients can encounter side effects during and/or after treatment. Symptoms may range anywhere from mild to strong. They may last for only a few days, or for some, certain symptoms may become chronic. We hope to provide education and resources to help our patients with side effects at the end of treatment and beyond.



[MyMarinHealth.org/cancersideeffects](https://www.marinhealth.org/cancersideeffects)



## Emotional Wellness

The emotional rollercoaster of a cancer experience can be taxing, and transitioning out of active treatment can be its own unique emotional stressor. Many people can experience anxiety, frustration, or even feel overwhelmed at all they've been through during treatment. Two key elements of supporting emotional wellness in survivorship is first identifying how you're feeling, and then seeking out emotional support when managing it on your own is too much. Connecting with other survivors, finding a mental health provider, seeking productive outlets for stress or even increasing activities that bring you joy – all of these can have profound positive impacts on your emotional wellbeing.



[MyMarinHealth.org/emotionalwellness](https://www.marinhealth.org/emotionalwellness)



## Fear of Recurrence

After going through a cancer diagnosis and treatment, it is natural to have thoughts about the cancer coming back. Fear of recurrence can bring up emotions such as anxiety and sadness. Seeing your doctors on the recommended schedule and following your plan for post-treatment monitoring can help reduce fears of recurrence. There are many resources to help one cope with concerns about recurrence including meeting with an oncology mental health professional, survivorship support groups, peer support, and more.



[MyMarinHealth.org/recurrence](https://www.marinhealth.org/recurrence)



## Nutrition

Eating nutritious foods can help you feel better and stay strong during and after treatment. A healthy diet plays a key role in reducing side-effects, maintaining energy, restoring physical health on the cellular level, supporting the immune system, and recovery. Our experienced team of registered dietitian nutritionists are available to meet with you during and after cancer treatment. Check out our resources for nutrition, including the Healthy Weight for Wellness Program, health coaching, and special nutrition-related events to help you meet your goals.



[MyMarinHealth.org/survivorshipnutrition](https://www.marinhealth.org/survivorshipnutrition)



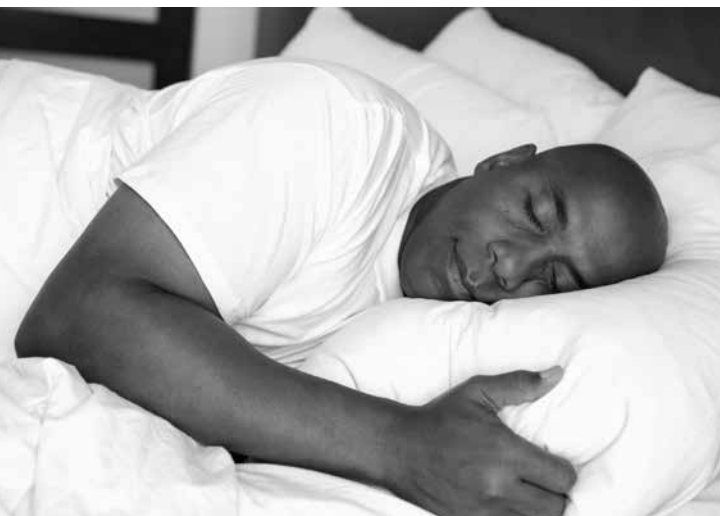


## Exercise

Research has shown many benefits to exercising during and after cancer treatment. Staying active can improve energy, help manage side effects, improve quality of life and reduce the risk of new cancers in the future. It is important to check with your doctor before starting any new exercise program. We invite you to check out our resources for staying active including articles, videos and links to outdoor exercise, group classes, gyms and virtual classes. Exercise can be a key part of your health and wellness plan after treatment.



[MyMarinHealth.org/survivorship/exercise](https://www.marinhealth.org/survivorship/exercise)



# Sleep

Sleeping well is an important factor in your recovery. Cancer survivors can have disruptions in sleep due to physical or emotional effects from treatment or from increased stress. Quality sleep allows your body to replenish and rebuild itself, enhances immune function, mental focus and emotional well-being. Our sleep resources will support you with reducing stress and creating a routine for optimal sleep health.



[MyMarinHealth.org/survivorshipsleep](https://www.marinhealth.org/survivorshipsleep)



# Sexuality and Relationships

Cancer treatments can affect a person's sexual well-being, intimacy and relationships. Sexual problems can occur as a result of physical and psychological effects of surgery, chemotherapy, hormone therapy and medications. It is important to speak with your doctor about any changes in your sexual health during and after treatment. Our oncology mental health professionals are available to support you with coping with changes in sexuality and relationships.



[MyMarinHealth.org/survivorshipsexuality](https://www.marinhealth.org/survivorshipsexuality)



# Lymphedema

Secondary lymphedema is most commonly caused by the removal of or damage to your lymph nodes as part of cancer treatment. Lymphedema occurs when the lymphatic system is unable to adequately drain the lymphatic fluid from an area of the body. This results in an accumulation of protein rich fluid and swelling in that area of the body. Lymphedema can occur weeks, months, or years after cancer treatments have ended. Lymphedema can cause decreased range of motion and increased risk for infection. If you notice signs and symptoms of lymphedema, such as swelling, fullness, heaviness, or aching, it is important to speak with your doctor. Our team of certified lymphedema therapists offer education workshops and resources to keep you informed and proactive in your health.



[MyMarinHealth.org/lymphedema](https://www.MyMarinHealth.org/lymphedema)



## Financial Assistance

Many patients and families are faced with financial barriers during and after cancer treatment. Often treatment and medications are expensive – even with insurance. Insurance is one of the most complex parts of medical care, and becoming familiar with your health insurance plan and insurance benefits is essential. Make sure you know the amounts of your premium, deductible, coinsurance, and co-payments, as well as the limits of your insurance policy, and keep track of your out-of-pocket costs. We can help you find many resources that can provide support and education to help reduce financial concerns.



[MyMarinHealth.org/survivorshipfinancial](https://www.MyMarinHealth.org/survivorshipfinancial)



# We're Here for You

Please feel free to reach out with any questions:

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