

→ **As a survivor,**
you have overcome many challenges. Now that you are done with treatment, the Lance Armstrong Foundation (LAF) Adult Survivorship Clinic at Dana-Farber Cancer Institute aims to help you stay healthy, in both body and mind. We care for, support, educate, and learn from adults who have finished treatment for cancer.

The clinic can help with problems that some survivors may face after therapy, such as:

- infertility
- lymphedema
- cardiovascular disease
- osteoporosis
- future cancer risk
- emotional changes

By offering comprehensive care, the LAF Clinic can help with the many issues that are important to survivors.

Online Resources

For more helpful survivorship information, visit our:

Survivor Stories

www.dana-farber.org/survivorstories

Watch videos of cancer survivors who share their insights on:

- maintaining a healthy lifestyle
- being an advocate for yourself and others
- adjusting to changes in plans and goals after cancer
- balancing relationships with loved ones

Survivorship Topics

www.dana-farber.org/livingwellbeyondcancer

Watch videos of survivorship experts who share their insights on:

- fear of recurrence
- care plans for maintaining health after cancer
- coping with fatigue, anxiety, depression, and more

Adult
Survivorship
Clinic

Living Well
Beyond Cancer

A PROGRAM OF THE
LANCE ARMSTRONG
FOUNDATION

 DANA-FARBER
CANCER INSTITUTE

(617) 632-4LAF (4523)
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Clinical Services

Every cancer survivor's story is not the same, so their care shouldn't be.

The LAF Clinic starts by evaluating your needs as a survivor. This evaluation focuses on any ongoing and late effects of your cancer treatment.

When you come to the LAF clinic, you will:

- meet with a nurse practitioner or physician who has special expertise in post-treatment and survivorship care
- receive a comprehensive treatment summary and follow-up plan (the LAF Clinic team will work with your oncologist to create the plan)
- have the chance to ask about getting referrals to other specialists
- learn about clinical trials for cancer survivors
- meet with LAF Clinic specialists (such as endocrinologists and radiation oncologists), if necessary

Psychosocial Services

At the LAF Clinic, we realize that the cancer experience doesn't just change your body—it may change emotional, mental, social, and spiritual parts of your life, too.

Our psychologists and clinical social workers offer a variety of services, including:

- one-on-one consultations to talk about your emotions and needs as a survivor
- sessions with patients and family members that offer support and information about mental health issues for cancer survivors
- screening for depression and anxiety
- support groups and skill-building programs that focus on survivors' needs

Meeting with an LAF counselor is a supportive, interactive experience. It offers a chance to:

- talk about your experiences as a cancer survivor
- discuss any worries you have about being a survivor and work on a plan to address these worries
- learn how to integrate the cancer experience into your daily life

Other Resources for Survivors

Many cancer survivors may need a helping hand as they navigate health insurance, employment issues, and other day-to-day matters. A Community Resource Specialist can help by directing you to local resources right in your area. Contact us to learn more about:

- support groups
- employment rights
- health insurance
- financial support
- transportation resources
- advocacy
- fertility resources
- retreats

We also offer educational programs and workshops for cancer survivors and their family members.

For more information or to schedule an appointment, please call **(617) 632-4LAF (4523)** or email **LAFClinic@dfci.harvard.edu**.

For general information about survivorship programs at Dana-Farber Cancer Institute, please visit www.dana-farber.org/livingwellbeyondcancer.