

This is your survivorship care plan

For survivors of cancer and their health care providers it is desirable and useful to have a summary of the given treatment and an aftercare plan.

After successful treatment of testicular cancer regularly checks will be in place for a number of years. This period of controls is also called follow-up. The follow-up is primarily intended to ensure early detection of testicular cancer coming back so that a new treatment can be started in good time.

In addition, the aftercare is of importance for promoting the recovery and control of any late effects of therapy. Previous research has shown that survivors of testicular cancer have a somewhat increased chance of heart disease. Good control and treatment of obesity, blood pressure and cholesterol can potentially decrease the risk of heart disease.

The course of events during the follow-up

Chest x-ray or CT scan during the follow-up

The purpose of a chest x-ray or CT scan is early detection of any coming back from testicular cancer. During a check at the Oncology Center the result is discussed. These checks consist of a conversation with the doctor, physical examination and blood tests.

Control of hormonal changes

At start of follow-up and 1 and 5 years afterwards a study into hormonal changes and risk factors for heart disease is recommended. In addition to a consult the study consists of determination of the blood pressure, cholesterol levels, blood sugar, hormones, weight and abdominal and hip circumference. These checks can be performed by the oncologist, nurse specialist or the family doctor.

Profile and diagnosis

Institution	UMCG Groningen
Survivor ID	NL1G001306
Gender	Male
Tumor Type	1
Diagnosis	Extragenadal
Teratoma	Yes
AFP	101
HCG	55
LDH	300

Treatment

Orchidectomy date	04-02-2025
Orchidectomy	Bilateral
Chemotherapy start date	05-02-2025
Chemotherapy type	TIP
Radiotherapy	Yes
Radiotherapy start date	11-02-2025
Total doses radiation	2 Gy
RPLND (abdominal surgery)	Yes
PA RPLND	Teratoma
Date RPLND	19-02-2025
Cardiovascular event	CHD
Trombo-embolic event	Yes
Bleomycin	Yes

Follow-up

Follow-up schedule	S – Radiotherapie
Start of follow-up	03-02-2026
Plan generation date	20-02-2025



Metabolic syndrome

Metabolic syndrome	Yes
Date metabolic syndrome	20-02-2025
Paresthesia	Yes
Medication	<ul style="list-style-type: none"> • Anti diabetic • Testosterone • Statin • Antihypertensive

Total doses Chemotherapy

Cisplatin	110 mg
Etoposide	100 mg
Ifosfamide	2000 mg
Paclitaxel	30 mg

Relapse

Date relapse	09-04-0003
Relapse treatments	<ul style="list-style-type: none"> • Chemotherapy
Chemotherapy relapse	VIP

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2026		Start			Radiothe CT-scan Result			Radiothe CT-scan Result			Nurse Pr CVRM+LE	
2027		Radiothe CT-scan Result			Radiothe			Radiothe CT-scan Result			Radiothe	
2028		Radiothe CT-scan Result						Radiothe				
2029		Radiothe CT-scan Result						Radiothe				
2030		Radiothe						Nurse Pr CVRM+LE				
2031		Radiothe CT-scan Result										

1. This plan is valid until the next appointment.
2. No rights may be derived from this plan. The plan serves as a guideline during follow-up and will be adjusted if needed.
3. For using the QR code please install the app "Survivor Care" from the iPhone Apple store and choose the scan symbol. Find out more on the website: <https://survivorcare.umcg.nl>.