

Ovarian Cancer Survivorship Care Plan and Treatment Summary

Name: _____
 DOB: ___/___/___
 Medical Record Number: _____
 Electronic Health Care Portal: _____

Your Survivorship Care Plan

Congratulations on completing your treatment for ovarian cancer! Now that you have no evidence of disease (NED), you'll start your survivorship care plan, which is outlined below. Over the next five years, you will continue to be seen by your oncology team to monitor your health. In addition to these screenings, you should also receive other services to help manage the effects of your chemotherapy and surgery.

Your Care Team:

Cancer Surveillance Provider: _____ Contact Info: _____
 Primary Care Provider: _____ Contact Info: _____
 Palliative Care Specialist: _____ Contact Info: _____

Follow-up Surveillance:

At regular intervals, you will need to have a physical exam focused on detecting the recurrence of cancer or to detect any new cancers. The frequency of these exams will depend on your type, stage, and grade of cancer, as well as your other risk factors. It is important that you attend these appointments since there is a chance that your cancer may come back. Although you and your doctor may agree that a different surveillance plan is right for you, a general follow up surveillance plan looks like:

Time from the end of treatment

	0-12 months	1-2 years	2-3 years	3-5 years	>5 years
Review of symptoms and physical examination	Every 3 months	Every 3 months	Every 4-6 months	Every 6 months	Annually
CA-125 blood test	Done directly following end of treatment, then every 2-4 months	Every 2-4 months	Every 3-4 months	Annually	Annually
CT scans/other radiographic imagery	Only if recurrence is suspected	Only if recurrence is suspected	Only if recurrence is suspected	Only if recurrence is suspected	Only if recurrence is suspected



Following your treatment, you should tell your doctor if something doesn't feel right with your body. In particular, you should tell your doctor if you have any of the following symptoms or any other concerns:

- abdominal distension
- new and persistent nausea and vomiting
- vaginal bleeding
- weight loss without effort
- new and persistent fatigue
- new and persistent cough
- feeling full easily
- bloating
- rectal bleeding
- new and persistent pain
- new masses (i.e., bumps in your neck or groin)

If what you are feeling is urgent and you cannot get an appointment with your regular health care team, go to an Urgent Care or Medical Walk-In Clinic. Tell the medical provider you had cancer and show them a copy of your ovarian cancer treatment summary.

Management of Treatment-Associated Effects:

Many women will continue to experience side effects following the completion of their treatment. The management of these symptoms is called “palliative care” and there are medical providers specializing in this area that can help you. We recommend seeking integration of palliative care into your treatment plan and then continuing it into your survivorship to help you manage any new or persistent side effects from treatment. You should discuss any adverse side effects from your cancer treatment with your cancer care team to ensure you are referred the services you need.

Following surgery for ovarian cancer, you may experience:

- Menopause like symptoms such as hot flashes, night sweats and vaginal dryness. These symptoms can be managed with non-medication and medication based treatments.
- Minimal to pronounced lower leg swelling (called lymphedema) can occur. These symptoms can be controlled with compression hose, massage and specialized physical therapy.
- Sexual intimacy issues can occur following surgery for ovarian cancer. Referral to a sexual health specialist, as well as use of lubricants and dilators, can help.
- Numbness and tingling in your extremities (peripheral neuropathy) that worsens in the months after chemotherapy but then may improve. These symptoms may be managed with medications and acupuncture.

Care for the Whole Survivor:

A cancer diagnosis can impact many areas of both your life and the lives of your family. Some women experience financial strain, anxiety, and depression during and following an ovarian cancer diagnosis and treatment. Your treatment team can refer you to resources to help deal with these issues as they arise. If you have or develop any of these issues, ask your care team for referrals or contact information for the following:

- Mental Health Services: _____
- Social Workers: _____
- Financial Counselors: _____
- Nutritionists and Dieticians: _____

The Ovarian Cancer National Alliance stands ready to connect you with the resources they need. Contact us at 202-331-1332 or ocna@ovariancancer.org. For a list of our partner member organizations near you, go to:

<http://www.ovariancancer.org/resources/partners-near-you/>

You can also connect with our online network of ovarian cancer survivors and caregivers:

<https://www.inspire.com/groups/ovarian-cancer-national-alliance/>



Your Treatment Summary

Cancer Treatment Team

Gynecologic Oncologist: _____ Contact Info: _____
Medical Oncologist: _____ Contact Info: _____
Palliative Care Specialist: _____ Contact Info: _____
Navigator / Social Worker: _____ Contact Info: _____
Other: _____ Contact Info: _____

Your Cancer History and Genetic Information

Personal: _____

Family: _____

Genetic Testing Referral: Yes No

Genetic Test Results:

- Gene(s) tested: _____
- Variant or mutation detected: _____
- Test ordered (panel, single gene, etc. and manufacturer): _____
- Date of testing: _____

Note: Clinical practice guidelines state that all women diagnosed with ovarian cancer should undergo genetic counseling and testing for hereditary predisposition to the disease. This information is critically important for you to manage your future risk and for your family's health. If you have not yet been referred for genetic testing you should request that your physician refer you.

Your Cancer Diagnosis and Treatment History

Date of Diagnosis: _____

Stage: _____

Type or Histology: _____

Grade: _____

CA-125 at diagnosis: _____

Any other relevant diagnostic tests and results: _____

Tumor biomarker information: _____

Initial Surgery: Yes No Date: _____ Procedures: _____

Debulking: Optimal Suboptimal Residual disease size: _____ Location: _____

Chemotherapy: Yes No Adjuvant Neoadjuvant

Drugs used: _____

Route of Administration (e.g. IV, IP, oral): _____

Doses: _____

Number of Cycles: _____



Your Treatment Summary, Cont.

Total Lifetime Dosage of Drugs: _____

Start Date: _____ Completion Date: _____

Maintenance therapy: Yes No Drug: _____

Clinical Trial Participation: Yes No

Clinical trials exist for women at every point in their experience with ovarian cancer - during both treatment and into survivorship. Women can explore clinical trials by visiting the Ovarian Cancer National Alliance Clinical Trials Matching Service online (<http://www.emergingmed.com/networks/ocna/>) or by calling (800) 535-1682.

Details of Clinical Trial (please list trial number, arm and regimen if known, etc.):

Date of Completion of Primary Therapy (surgery and chemotherapy): _____

Toxicities of treatment: _____

Disease Status at Completion of Primary Therapy: Complete Response/NED Other

Additional Notes:

*Remember to keep and update this document with your medical records. For additional copies, please visit:
www.ovariancancer.org/survivorship*

