

Name:
Birth Date: **Age:**
Sex:
CR#:
PHIN:

Date:
Author:
Printed:
Page:

Date

Dear _____

Family Physician/Nurse Practitioner/Surgeon

Your patient _____ has completed treatment for testicular cancer and has no evidence of recurrent disease. You and your patient have previously received copies of two documents with details about:

- Follow-Up Recommendations
- Personalized Cancer Treatment Summary

The patient has also previously received a folder containing Testicular Cancer Follow-up Care Information and a "Moving Forward after Cancer Treatment" booklet addressing general issues for all cancer survivors, such as diet, exercise, and emotional recovery.

The patient is now being returned to you for supervision and follow-up care, including blood work and physical examination as well as general medical care. He has been asked to make an appointment with you in the next month to discuss follow-up care.

Please note that the "Follow-Up Recommendations" page gives specific direction for you about physical examinations, tests, managing test results and referring the patient back to CCMB if there is a concern of recurrence.

The patient remains welcome to access the support available at CCMB through Patient and Family Support Services (204-787-2109).

More information for health care providers about follow-up care issues and resources for testicular patients can be found on the CCMB website: www.cancercare.mb.ca/followupcare/ Topics include:

Cancer Recurrence	Fertility following testicular cancer
Other Medical Tests & Cancer Screening	Testicular Patient Support and Resources
Moving Forward after Cancer Wellness Program Resources	Testicular Problems, Side Effects and

Thank you very much for your care and commitment to the care of cancer patients and their families.

Sincerely,

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Follow-Up Recommendations

After 5 Years of Follow-Up at CancerCare Manitoba

Dear **Patient Name**,

You have been successfully treated for a testicular cancer, and it is now 5 years since you underwent treatment. At this point we do not feel that routine follow-up with an oncologist is necessary. You do need to continue to have regular follow-up appointments with your family doctor, and you need to be aware of a number of issues that could arise as a result of your testicular cancer and its treatment.

First of all, there remains a very small chance that your cancer could come back. For this reason we are still recommending that if you ever have symptoms that might suggest that cancer is present, these should be addressed early. If you do see a doctor about such symptoms, it is important that you remind the doctor of your prior cancer diagnosis.

Secondly, there is a small risk (about 2%) that you could develop cancer in your remaining testicle. It is very important that you routinely practice testicular self-exam. This is probably best done during a warm shower or after a warm bath, and you should think about examining your testicle at least 3 to 4 times a year. If you notice any change in its size or shape, or if it should become hard or tender for no obvious reason, than you should see your doctor.

Thirdly, we now know that if you have had testicular cancer, there is a slightly higher risk that you could develop a different cancer in your lifetime. This is particularly true if you received chemotherapy, radiotherapy or both. You should pay attention to any recommendations your doctor makes about having screening tests for other cancers. If you get any unusual symptoms (such as outlined above), you should try and see your doctor as quickly as you can.

Finally, you need to know that we now believe that having testicular cancer, particularly if you have needed chemotherapy or radiotherapy, puts you at increased risk of heart and blood vessel problems such as heart attacks, strokes, congestive heart failure, and other circulatory problems. This is particularly of concern if you smoke, if you are overweight, have high blood pressure, have high cholesterol, or develop diabetes. With your family doctor you need to ensure that appropriate steps are being taken to minimize this risk. The most important things you can do yourself are to avoid smoking and to take up a good exercise program to prevent weight gain. We are recommending that your family doctor checks your blood pressure, cholesterol level and blood glucose level at least every 5 years, and possibly more frequently if indicated.

Physician / Nurse Practitioner Visits

- Complete history with special attention to tobacco use, sunscreen use, fertility assessment, psychosocial and sexuality status, cardiovascular risk factors, secondary malignancy, obesity
- Complete physical examination, including: blood pressure, testis examination

Common Symptoms of Relapse/Recurrence

- New lumps or swelling in the remaining testicle
- Lump on neck, armpit or groin
- Swelling in groin, head and neck
- Unexplained or new pain that is persistent or worsening
- Back Pain
- Vomiting that lasts more than a few days
- Shortness of breath or trouble breathing
- Cough or coughing up blood
- Nausea (feeling sick to the stomach)
- Loss of appetite
- Weight loss without trying
- Large change in energy level or ability to be active
- Enlargement of breast (chest area) tissue
- Difficulty urinating or blood in bowel movements

What to do if concerned about cancer recurrence

- Investigate with imaging of the area (CT recommended), complete blood work (HCG and AFP) and full physical exam.
- Please initiate investigations and a surgical referral to confirm pathology (when applicable) and fax a referral to the CCMB Referral Office at 204-786-0621 and indicate if patient is highly symptomatic. Patient will be contacted within 2-3 working days.

Up-to-Date Moving Forward after Cancer Treatment Resources can be accessed at the patient resource center or on our website:
www.movingforwardaftercancer.ca