



## PATIENT EDUCATION

Survivorship and Screening Clinic  
Phone: **716-845-3184**

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### Why Should I Follow-up with the Survivorship Center?

- Each patient receives:
  - an individualized custom **Care Plan\*\***
  - a brief summary and the contact info for support groups
- Consult with our clinic for your customized **Care Plan** at **any** point in your cancer journey.
- By continuing to follow up with a Roswell Park provider, you stay an active Roswell patient.

### Our Services (See back for details)

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| ✓ <b>Long-term Follow-up and Surveillance for your Cancer</b> | ✓ <b>Evaluation and Management of Long-term and Delayed Side Effects of your Cancer Treatment</b> |
| ✓ <b>Cancer and Disease Prevention</b>                        | ✓ <b>Cancer Screening</b>   |
| ✓ <b>Support Services for Your Quality of Life</b>            | ✓ <b>Genetics</b>   |
| ✓ <b>Health Promotion</b>                                     | ✓ <b>Health Wellness Program</b>  |
| ✓ <b>Men's Sexual Health</b>                                  | ✓ <b>Oncofertility Management</b>   |
| ✓ <b>Adolescent and Young Adult (AYA) Care</b>                | ✓ <b>Acupuncture and East Asian Medicine</b>  |

### How to Find Us

We are located on the 3<sup>rd</sup> floor of the Scott Bieler Clinical Science building in the Supportive Care clinic and in the hematology clinics. We also see patients at our Amherst and Orchard Park offices. Some screening visits are also performed in the GI (gastrointestinal) clinic.

### How to Contact Us

Our staff are available to discuss your concerns and answer your questions. The Center is open Monday through Friday from 8a.m. to 4p.m. Our phone number is **716-845-3184**.

**\*\* Care plan:** Your personal cancer history including your pathology staging; the name of your surgical procedure; names of your drug therapies (chemotherapy, immunotherapy, etc.); signs and symptoms of cancer recurrence to watch for; and the long-term side effects of your treatment.

## Services

- **Long-term follow-up and surveillance:** Thorough physical exam focused on detecting cancer recurrence; checks for treatment side effects; and imaging (mammogram, CT, MRI, etc.) and labs tests, based on the NCCN guidelines. Tests are done at Roswell and are read by Roswell Park's radiologists.
- **Evaluation and management of long-term and delayed side effects from your cancer treatment:** Varies, depending on your treatment. For example, some drug therapies carry known risks for a second cancer, heart damage, or weak bones (osteoporosis). We'll review your history, make sure you are up to date on necessary tests, and treat your side effects appropriately.
- **Cancer and Disease Prevention:** Discussion of the World Cancer Research guidelines and ways to lower your risks of a cancer recurrence or another type of cancer.
- **Cancer Screening:** Review and discuss appropriate screenings for you - breast, lung, colon, prostate, oral, pancreatic, etc. Cancer screening for patients at high risk due to a strong family history of cancer or a gene mutation known to increase cancer risk. One-time consultation for First Responders is available to review their health history and make recommendations to their primary care doctor.
- **Genetics:** Repeat, updated, or new genetic testing in our genetics department for those who qualify. We follow up on the results and discuss the significance of any abnormalities.
- **Support Services for your Quality of Life:** We ask each patient to fill out a Quality of Life survey at each visit and we review the results with you. Depending on your results, we may discuss referring you to our nutritionist, social worker, psychologist, acupuncturist, ostomy nurse, PT /Lymphedema therapist, etc.
- **Health promotion:** We build a relationship with your primary care provider. We review your health history on Healthelink, a website for secure exchange of information between your providers. We can sign you up for Healthelink. We discuss lifestyle changes and ways to live healthier and decrease your cancer risks.
- **Men's Sexual Health:** Dr Aly, a urology surgeon, manages a program for men who have sexual health issues related to their cancer treatment.
- **Adolescent and Young Adult (AYA) Care:** Dr Rokitka, a pediatric oncologist, manages survivors of childhood cancer and young adults undergoing cancer treatment. The AYA program offers support services to help overcome the challenges of a cancer diagnosis at this stage of life - counseling by an AYA psychologist, financial counseling, social support including events, support groups, and more.
- **Oncofertility management:** Fertility consults for men and women through our partnership with Buffalo IVF. For men: Sperm banking at a discounted rate. For women: Cryopreservation of eggs and embryos at a discounted rate. With Livestrong Fertility: Fertility-promoting medication for women at a discounted rate. We offer sperm analysis testing before and after treatment. May be in- or outpatient.
- **Acupuncture and East Asian Medicine:** Acupuncture and Qi Gong are offered, by referral from your provider, as supportive care from diagnosis onward to relieve anxiety, pain, neuropathy, and other side and late effects.
- **Health Wellness Program:** Programs that promote the overall well-being of patients, caregivers, survivors, and employees. Some prior events have included a Paint Night class, a group show at Shea's Theater, and a cooking class. Yoga classes and personal Reiki sessions may be available. Please contact our clinic for up to date information on these sessions.