

Date: \_\_\_\_\_

Dear \_\_\_\_\_:

Dear Patient

You have now completed your treatment and your recommended surveillance for low-grade non-Hodgkin's lymphoma at the cancer centre.

Your follow-up care will be provided by your family physician/nurse practitioner, and information regarding your further care will be sent to them. You are responsible for booking your appointments with your family physician/nurse practitioner.

We recommend the following care for you:

- History, physical examination and blood tests (CBC, Creatinine and LDH) every six months.
- If you have received radiation to the neck or chest area you will need to have a thyroid function blood test done once a year (TSH).
- If you received radiation therapy to your stomach as part of your lymphoma treatment you will need to have an annual endoscopy done (examination of your stomach by scope/camera).
- Yearly influenza vaccine.
- Yearly checkups of your blood pressure, sugar and lipids to detect any abnormalities.

If you develop any of the following symptoms, contact your family physician/nurse practitioner immediately.

- Enlarged lymph nodes
- Feeling of fullness after small meals
- Unexplained weight loss
- Fever of 38 degrees or higher for which there is no explanation.
- Night sweats that soak your clothing even when it is not hot
- Fatigue that prevents you from carrying out regular activities (cooking, bathing, yard work)

We encourage you to have a healthy lifestyle, which includes a healthy diet, exercise and avoiding smoking or excessive alcohol consumption. If you would like help to quit smoking, or if you need other supportive care services or access to any other resources, please contact the Psychosocial Oncology department:

- Allan Blair Cancer Centre: 306-766-2213
- Saskatoon Cancer Centre: 306-655-2662

Guidelines for low-grade non-Hodgkin's lymphoma follow-up care are available on the Saskatchewan Cancer Agency website at [www.saskcancer.ca](http://www.saskcancer.ca) (in the Health Professionals-Clinical Resources section).

Although you have been discharged from follow-up care at the cancer centre, your family doctor or nurse practitioner can refer you back to the Cancer Agency if you need care in the future.

Sincerely,

Dr. \_\_\_\_\_