

Patient Resources

American Society of Clinical Oncology
[society.asco.org/practice-patients/patient-resources](https://www.society.asco.org/practice-patients/patient-resources)
Supports people with cancer and their families with advocacy, research, and patient support.

American Cancer Society
cancer.org/cancer/survivorship.html
Provides cancer-specific survivorship educational resources as well as connections to online communities and support.

Cancer and Careers
cancerandcareers.org/en
Cancer and Careers empowers and educates people with cancer to thrive in the workplace by providing expert advice, interactive tools, and educational events.

Cancer Care
cancercare.org
CancerCare provides free, professional support services and information to help people manage the emotional, practical, and financial challenges of cancer. Their services include resource navigation, counseling, support groups, educational workshops, publications, and financial and co-payment assistance.

Cancer Hope Network
cancerhopenetwork.org
Offers free one-to-one support for individuals with cancer.

CDC Cancer Survivors
cdc.gov/cancer-survivors/index.html
Provides resources and educational readings about healthy living for cancer survivors, shares cancer survivor stories, and supports caregivers.

Bereavement support, and additional resources for cancer survivors and their families free of cost.

Leukemia and Lymphoma Society
lls.org
Leukemia and Lymphoma society is a wealth of resources including free nutritional consultations, support groups, caregiver support, patient community, podcasts, financial support, clinical trials, and comprehensive educational resources regarding blood cancers.

Mary's Place by the Sea
marysplacebythesea.org
Mary's Place by the Sea is a respite home for women who have been diagnosed with cancer or have received treatment in the past 2 years. They provide services, both in-person and virtually, that complement medical treatment. Services include oncology massage, nutrition education, individual counseling, guided meditation, expressive writing, yoga, and more.

National Bone Marrow Transplant Link
nbmtlink.org
National Bone Marrow Transplant Link is a nonprofit organization that helps patients, caregivers, and families cope with the social and emotional challenges of bone marrow/stem cell transplant from diagnosis through survivorship by providing vital information and personalized support services.

National Cancer Institute
cancer.gov
National Cancer Institute equips patients and caregivers with recent news and cancer research updates, options for clinical trials, as well as validated information specific to cancer type.

RWJBarnabas Health Oncology Support Services (Virtual Classes)
rwjbh.org/treatment-care/cancer/oncology-support-services/
Virtual Oncology Support Services including site-specific support groups, disease-specific support groups, free oncology nutrition classes, yoga classes, game nights, meditation, music therapy, and more!

Susan G. Komen foundation
komen.org
Empowers women and men with history of breast cancer with educational resources, podcasts, financial assistance, and more.

Cancer Survivorship and Wellness Program



To learn more visit
cinj.org/survivorship

What is cancer survivorship?

A person who has had cancer is a cancer survivor. The Survivorship Program at RWJ Barnabas Health and Rutgers Cancer Institute, the state’s only National Cancer Institute-designated Comprehensive Cancer Center, focuses on patients who have received treatment and start the journey back to a “new normal” which can be challenging.

The end of cancer treatment is often a time to rejoice. Most likely you are relieved and ready to put the experience behind you and return to normal. Yet at the same time, you may feel sad and worried. It can take time to recover, and you may not be the same as before treatment and must adjust to a “new normal.”

Managing ongoing cancer follow-up care and surveillance, getting your life back on track, returning to work and family duties, coping with worries about the future and social and emotional self-care are only some of the challenges that people face at the end of treatment.

Our approach to life after cancer is to provide care for the whole person, physically, emotionally, and holistically. Our Cancer Survivorship Team will help you to attain a healthy and full life after cancer and we will focus on supporting you and your loved ones during this new phase of your life.

We are committed to providing high quality, comprehensive survivorship care based on national guidelines. We will identify and treat the issues that you might face after receiving treatment.

What do I expect?

- A careful review of your medical history and treatments
- Physical exam and testing as needed
- Management of treatment-related side effects
- Continued surveillance for cancer recurrence
- Screening recommendations for other cancers
- Emotional support
- Counseling on healthy living habits
- Referrals to experts and other resources as appropriate

It is important to see your primary care physician for regular visits. Our team will routinely update your physician on your follow-up plan of care.

What side effects of treatment might I notice and be treated for?

- Chronic pain
- Fatigue
- Changes in memory or concentration
- Anxiety
- Depression
- Fear of recurrence
- Sleep disturbances
- Neuropathy
- Sexual changes
- Osteoporosis
- Skin, hair, and nail changes
- Urinary and digestive changes
- Lymphedema
- Menopausal symptoms
- Changes in heart function

The Cancer Survivorship Team will help you navigate these effects and refer you to appropriate services and programs to address your individualized needs.

What does the program have to offer aside from medical management?

- Support groups to connect you with other people living beyond cancer
- Survivorship Wellness Lecture Series. In these educational workshops, we will share advances in survivorship care, research, and wellness care. These are available virtually at cinj.org/survivorship
- Personal and family counseling and referrals to community mental health resources to cope with life after cancer
- Diet and nutritional advice for healthy habits after cancer treatment with virtual nutrition classes
- Treatment options and referrals for cancer pain and side effects of cancer therapies
- Referral for resources for exercise and healthy movement after cancer treatment while considering any new limitations you may have

Rehabilitation and exercise

Cancer treatment can change how well your body moves and you may have new limitations. Working with our physical, occupational, and exercise therapists can help bring your strength back. Our goal is to restore your energy and physical functioning after your cancer diagnosis and treatment and help you attain healthy exercise habits.

Diet and Nutrition for Life after Cancer

Cancer treatment can change your taste, how you eat, your appetite for food, and digestion. However, it is important to get the nutrients you need after cancer treatment and have help with weight management. We can provide you with resources about what you can and should eat and what to avoid.

Counseling and Support

Life after cancer can feel lonely. You may be fearful of recurrence. You may think no one else can understand what you are going through. You may be feeling stress, anxiety, depression and anger. Many people feel left out from experiences enjoyed by people who have not had to deal with cancer. Counseling is a healthy way to learn coping skills to deal with these emotions. We can refer you to counselors who specialize in helping cancer survivors adapt to this new normal.

Integrative Medicine Therapies

Life after cancer treatment can cause side effects such as chronic pain, fatigue, neuropathy, cognitive changes, nausea, and stress. As a cancer survivor, you may want support to cope with these effects without the use of prescription drugs. Integrative therapies can help improve and control these lasting side effects of treatment. We can provide you with resources to address these issues.

Tobacco Cessation Program

It is hard to give up tobacco. We want to help you with the challenges of quitting tobacco. Our Nicotine and Tobacco Recovery Program has dedicated specialists who can help you quit smoking or stop using tobacco. We use many methods to support you including medications and behavioral methods that are safe and work well.

Cancer Genetic Counseling and Testing Program

Our program offers counseling and testing for people with a personal or family history of cancer. Our genetic counselors provide an assessment of inherited cancer risks, detailed education about cancer prevention and detection, and the opportunity for genetic testing when appropriate.

Cancer Screenings

Follow-up screening for other cancers is an important component of survivorship. Getting your screening tests on time is important for early detection. Your care team will give you a screening schedule. You can schedule your cancer screenings in Robert Wood Johnson locations or you can choose to make these appointments through your primary healthcare provider. Your survivorship team will give you guidance on screening for breast cancer, cervical cancer, colorectal cancer, lung cancer, pancreatic cancer, prostate cancer, skin cancer, or any other cancers you may be prone to due to your particular medical history. We will individualize these recommendations.

To make an appointment with the Cancer Survivorship Team, talk to a member of your oncology team for a referral.

