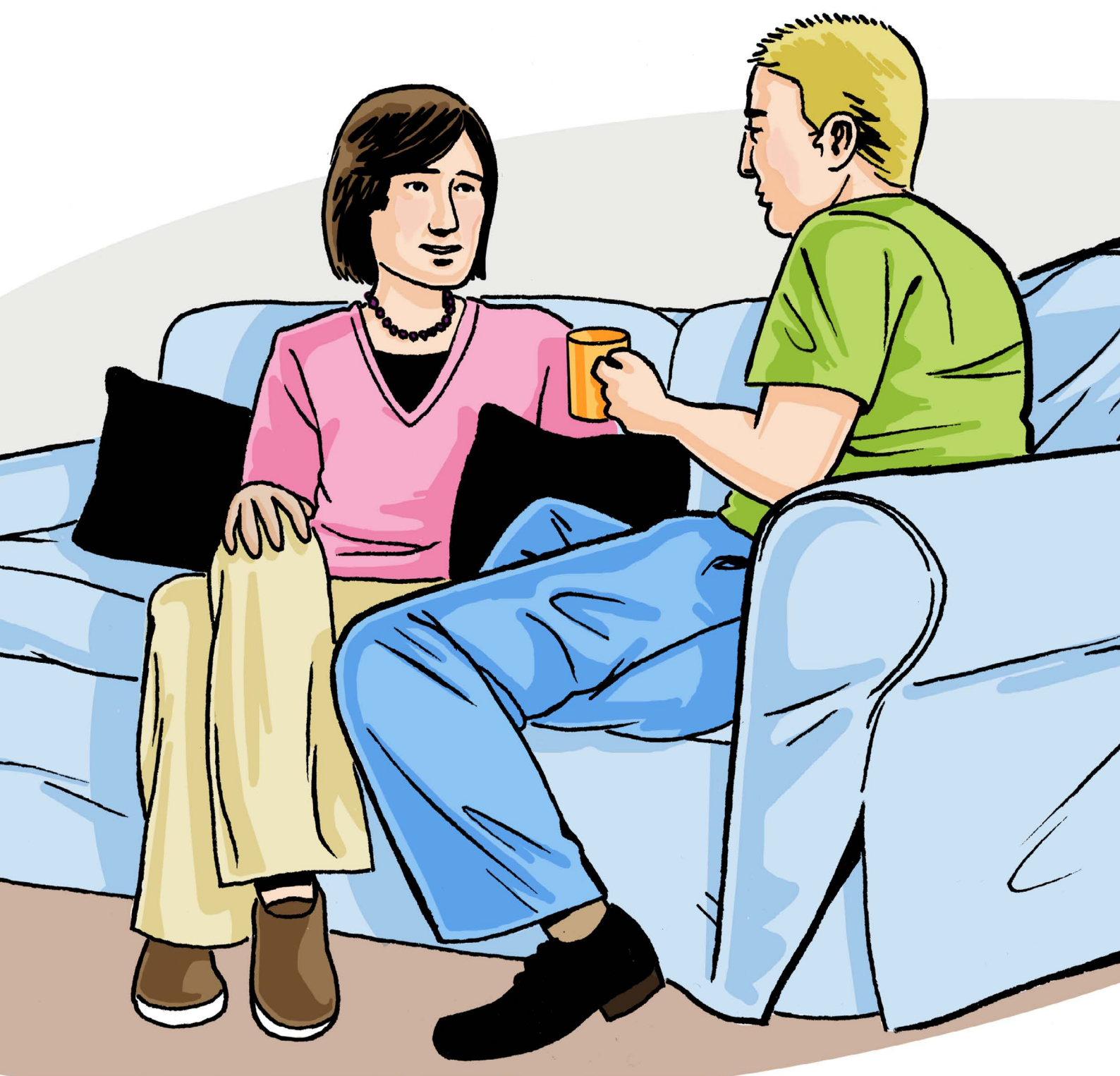


In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

After cancer treatment





About this easy read booklet



This booklet is about what will happen after you have treatment for cancer.



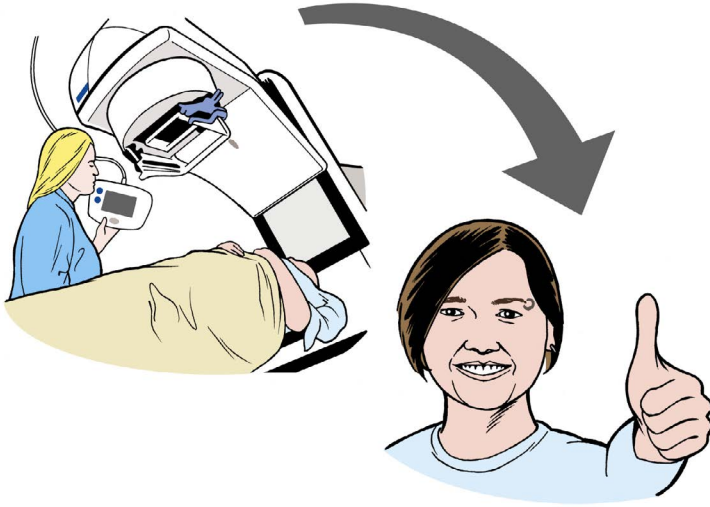
You can learn about what will happen after your cancer treatment has ended.



If you are worried about your health, you should talk to a doctor or nurse.



Your feelings



When cancer treatment ends, many people feel happy.



But many people also feel:

- sad



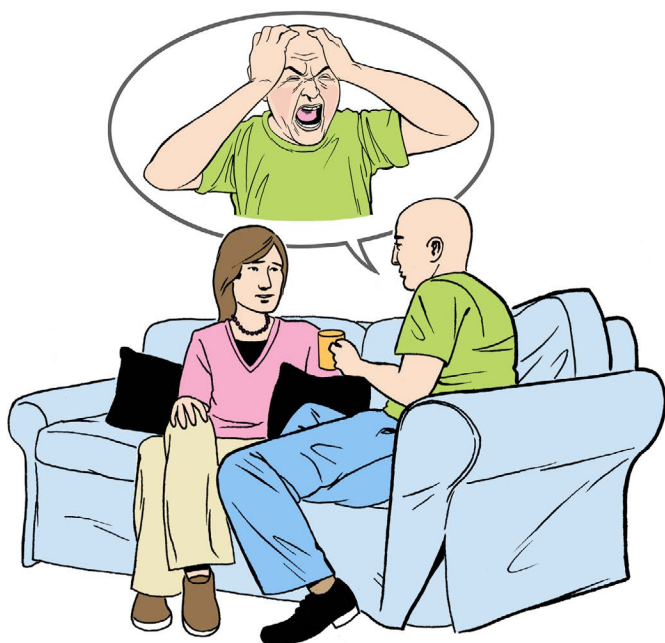
- angry



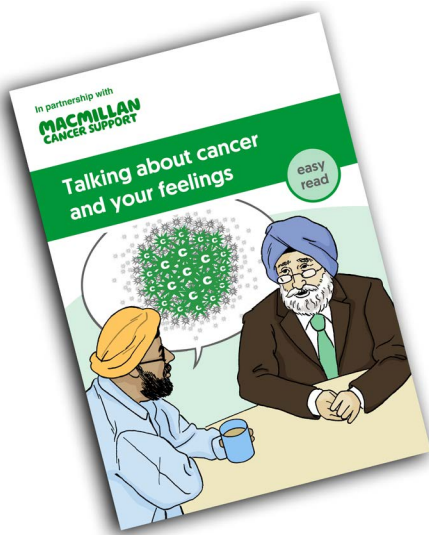
- lonely



- worried.



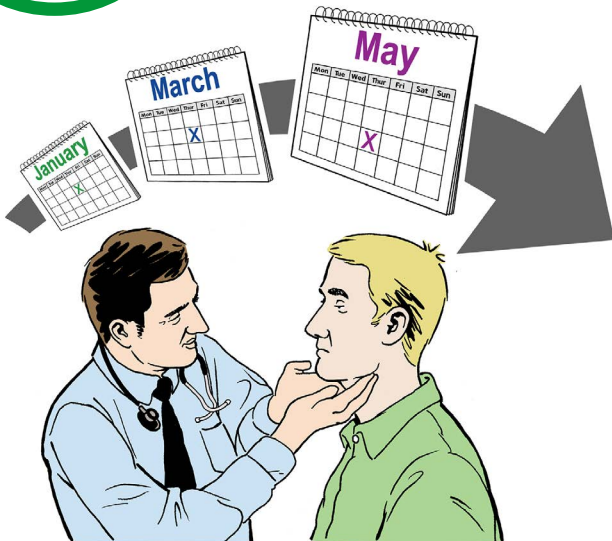
Sometimes it can help to talk about your feelings. There are lots of people you can talk to.



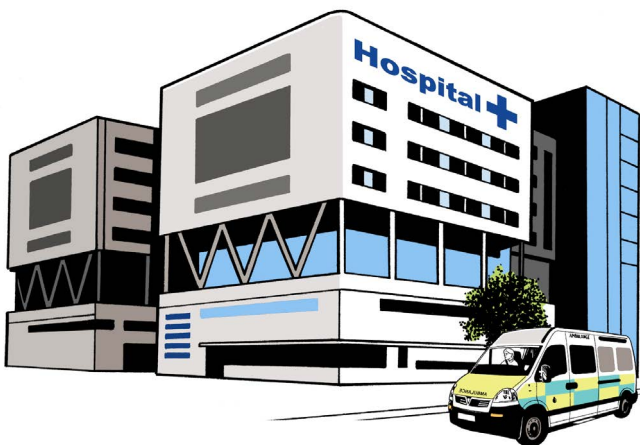
You can learn more about this from our booklet, **Talking about cancer and your feelings**.



Check ups



After all your treatments for cancer have finished you will still have regular check-ups.



Check-ups might be:

- at the hospital



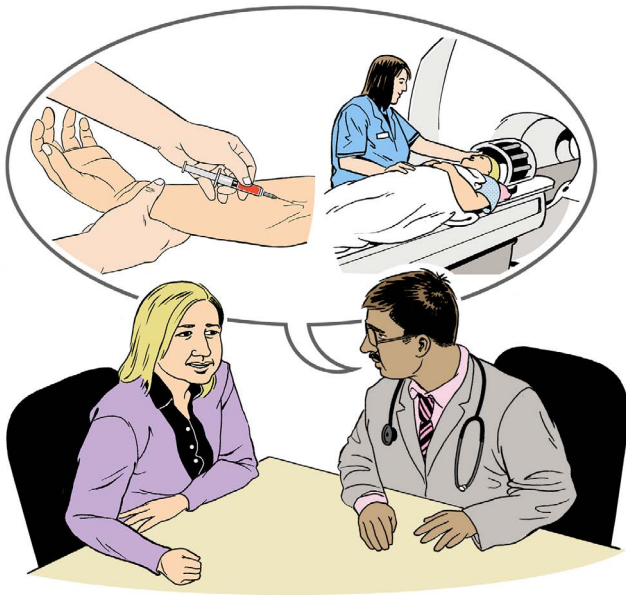
- on the phone



- at your GP surgery.



Your doctor or nurse will tell you what type of check-up is best for you.



As part of your check-ups you may have **scans, x-rays** or blood tests. Your doctor uses these to see if the cancer has come back.



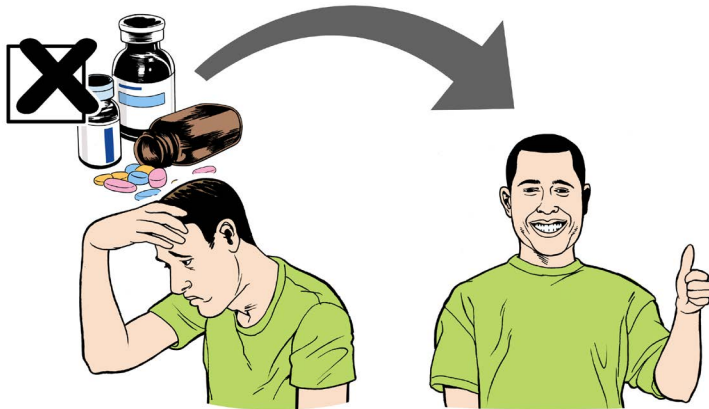
Scans and x-rays are ways of taking photos of the inside of the body. This helps the doctor check if everything is OK, or find out what is causing a health problem.



You may have check-ups for a few years after you have finished treatment.



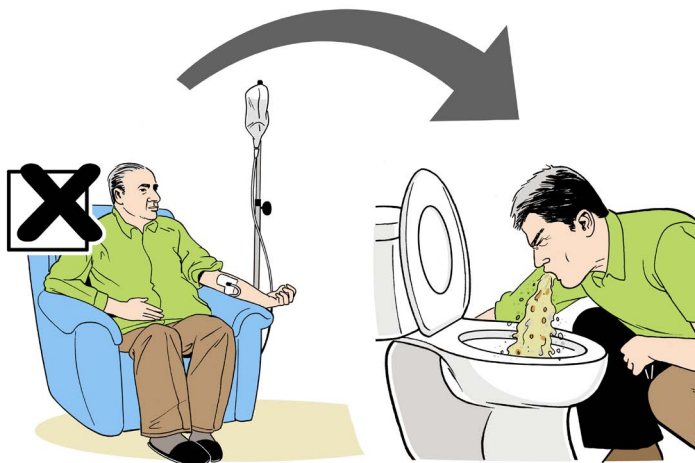
Side effects



After cancer treatment has finished, you may still have **side effects**. You should slowly start to feel better.



Side effects are unwanted effects caused by having treatment, like tiredness or feeling sick.



Some treatments have side effects that start after the treatment has finished.

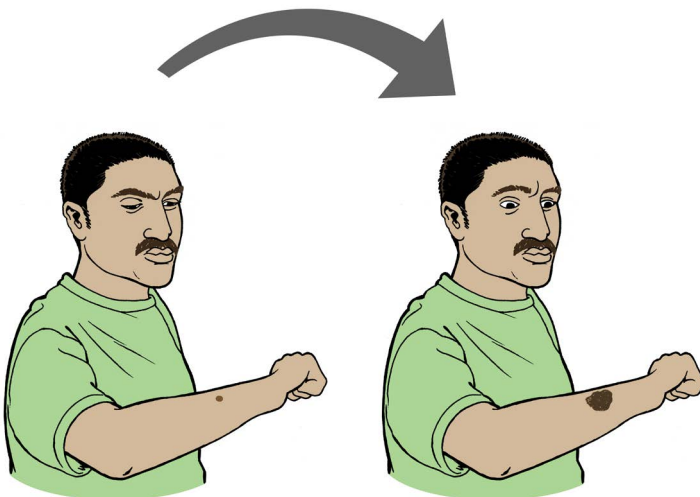


Your doctor or nurse can tell you if this might happen. They can tell you how to get help if you have a side effect after your treatment has finished.



Tell your doctor or nurse if:

- you feel different from how you normally feel



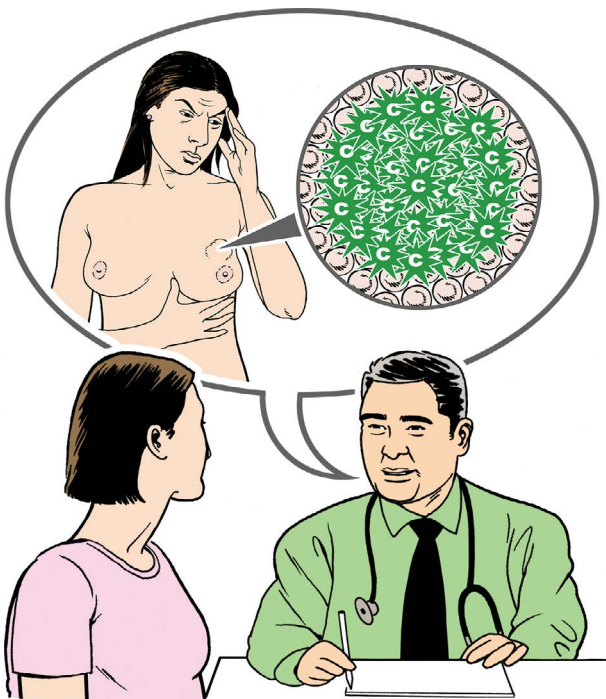
- you notice any changes in your body



- you have **symptoms** like you had when you were **diagnosed** with cancer.



Symptoms are signs in your body that tell you something is wrong, like feeling tired all the time.



A **diagnosis** is finding out whether you have an illness or not.



You do not have to wait until your next check-up to tell your doctor or nurse.



Being healthy

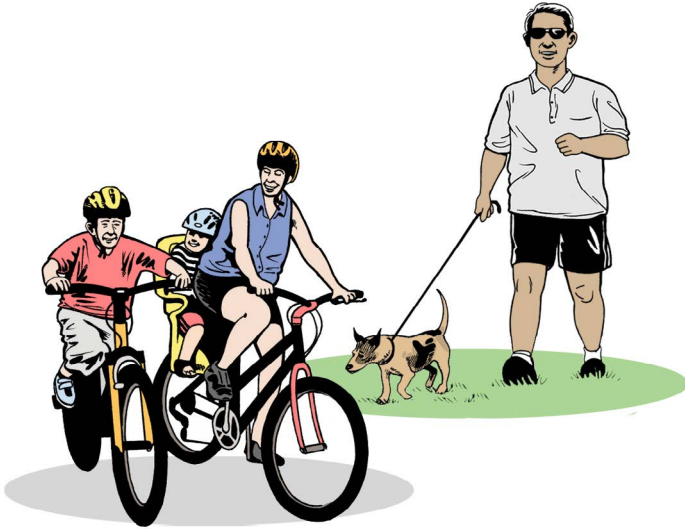


It is important to be healthy as you can after cancer treatment.

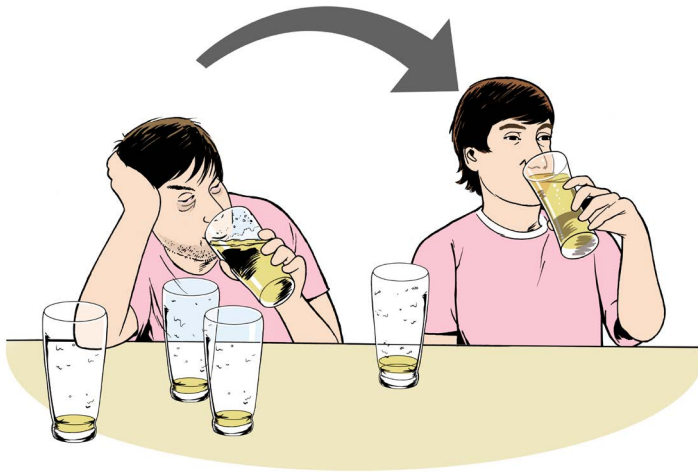


Things you can do to be healthy are:

- eating a healthy diet



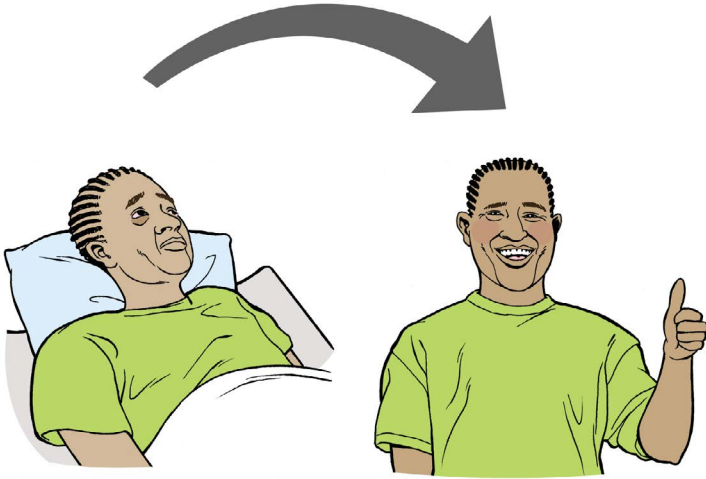
- doing exercise



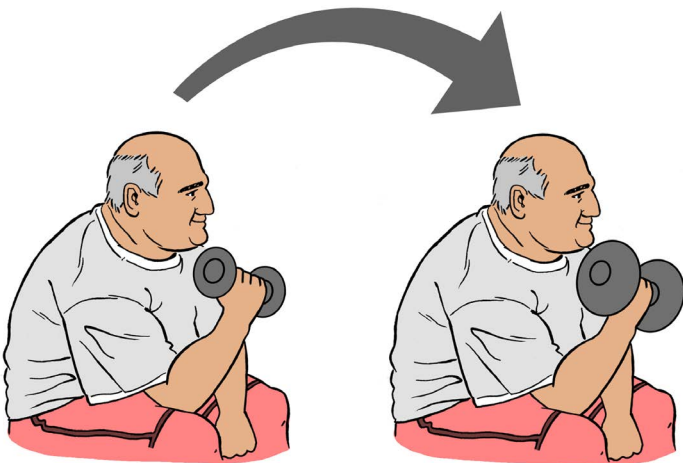
- drinking less alcohol



- not smoking, or getting help to stop smoking.



Doing these things may help you recover better from cancer treatment.



They can also help you:

- get stronger



- feel less tired



- feel happier.



You might need extra help to be healthy after cancer treatment. Your doctor or nurse can tell you about people that can help.



If you want to learn more about any of the things you can do to be healthy, we have booklets you can read. The booklets are listed on page 18.



How Macmillan can help you

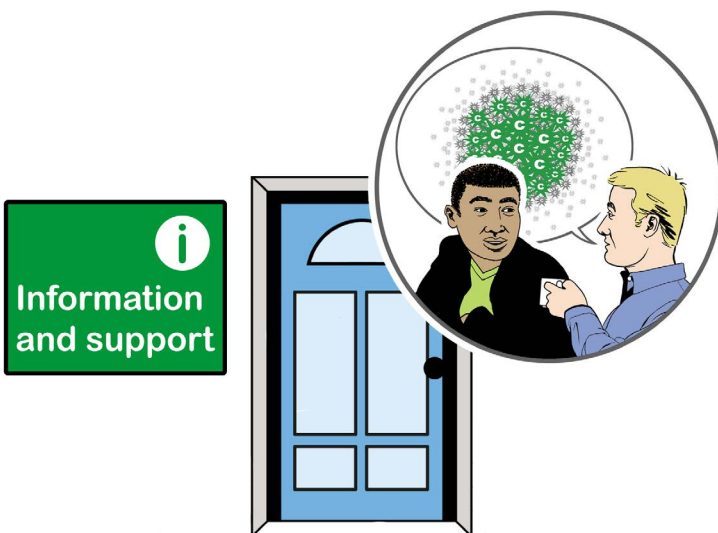


You can get support from:

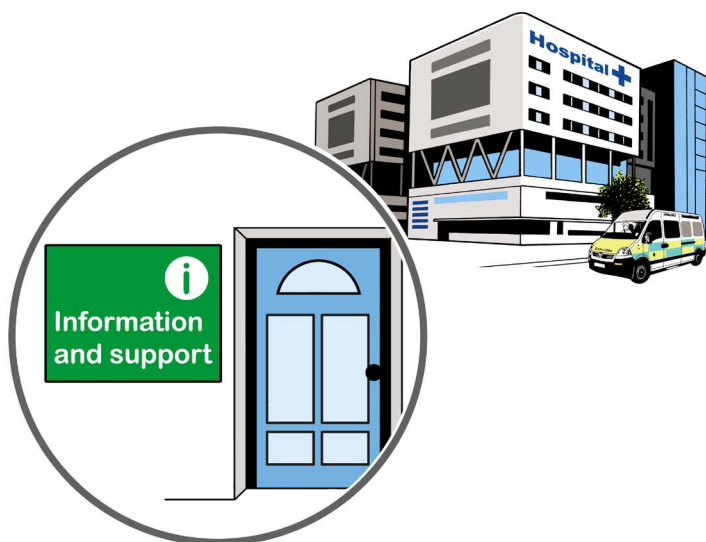
- The Macmillan Support Line.
Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit macmillan.org.uk for lots of information about cancer and living with cancer.



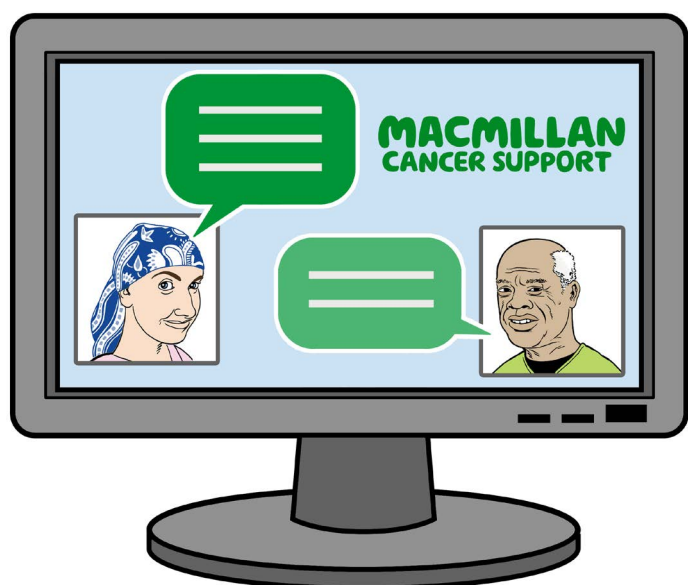
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at macmillan.org.uk/informationcentres or call us. Your hospital might have a centre.



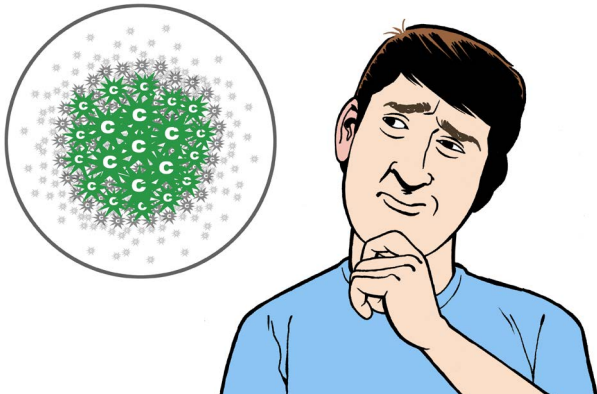
- Local support groups. Find a group near you at macmillan.org.uk/supportgroups or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at macmillan.org.uk/community



More easy read booklets



Order more easy read booklets from macmillan.org.uk/easyread

There are booklets on lots of topics:

About Macmillan

- How Macmillan Cancer Support can help you

About cancer

- Lung cancer
- What is cancer?

Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



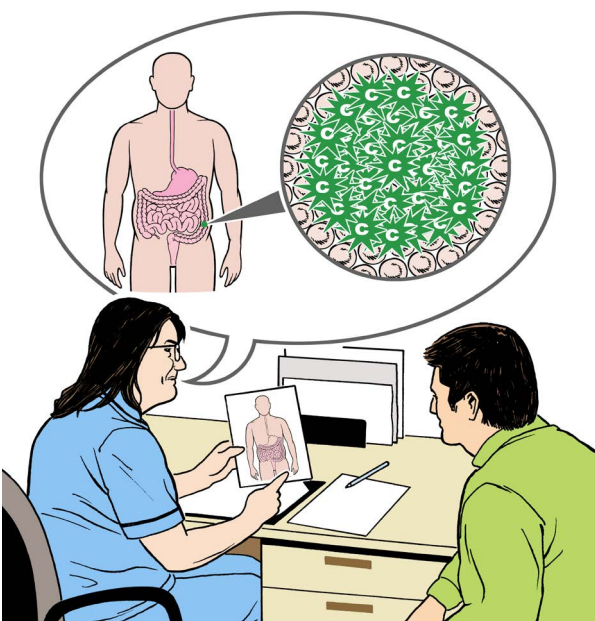
Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking



Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying

After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies



To order easy read booklets like this one go to the website
macmillan.org.uk/easyread or call us on **0808 808 00 00**

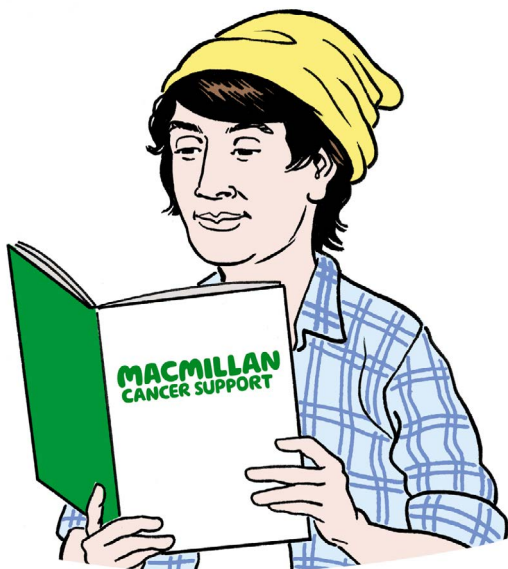


More information and resources



Macmillan website

There is lots of information about cancer at macmillan.org.uk



Booklets about cancer

You can order booklets about cancer from be.macmillan.org.uk



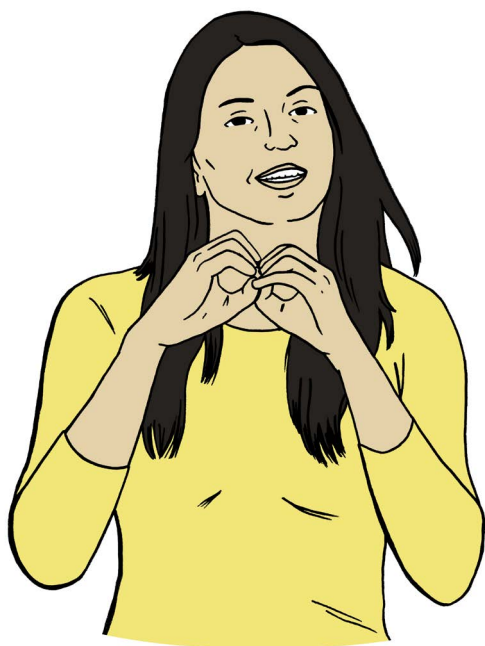
Videos

You can watch videos about cancer at macmillan.org.uk/videos



Audio

You can listen to information about cancer and order CDs from macmillan.org.uk/audio



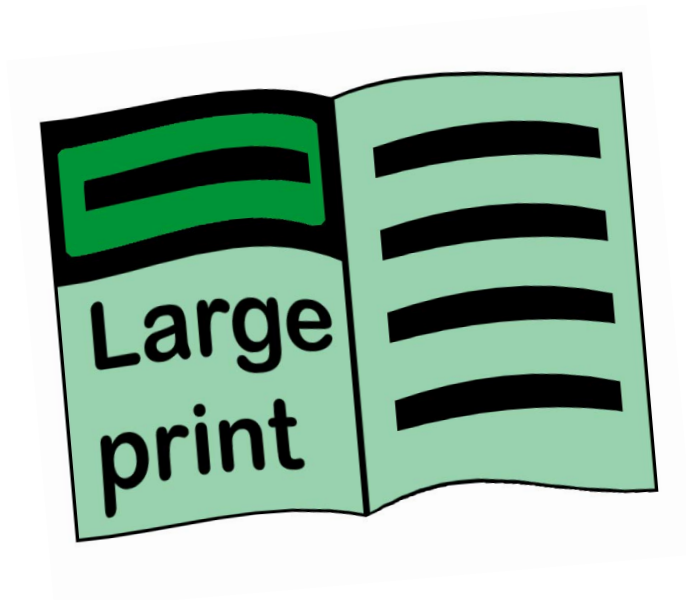
British Sign Language (BSL)

You can watch information in BSL at macmillan.org.uk/bsl



eBooks

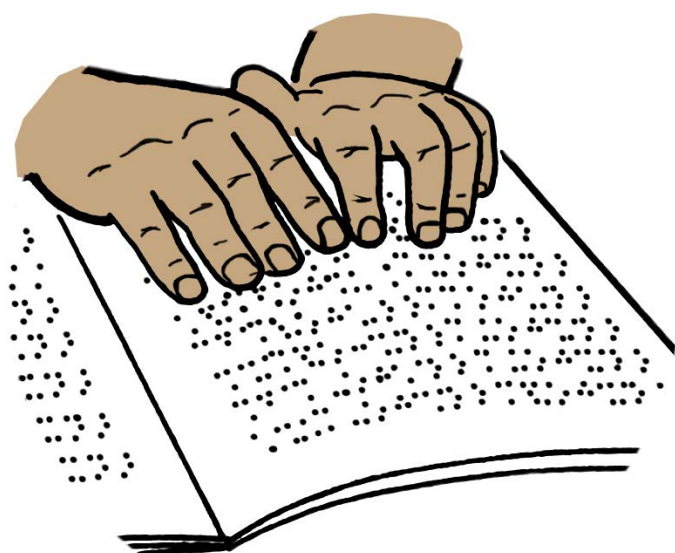
You can get eBooks about cancer from be.macmillan.org.uk



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



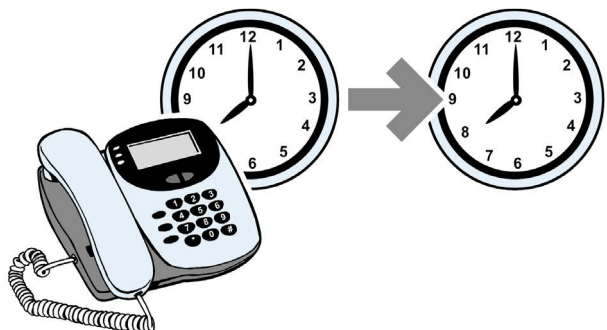
Braille

Tell us if you need information in Braille.

Email: cancerinformationteam@macmillan.org.uk

This booklet is about cancer.

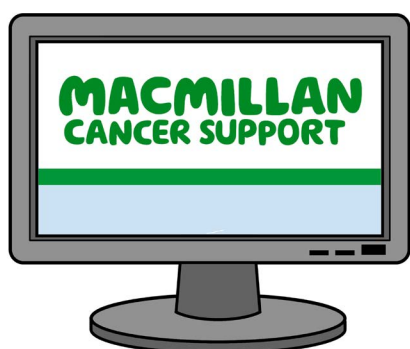
It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling
18001 0808 808 00 00



- Or go to the website
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

MAC16300 _ER_E04 Produced March 2020.

Next planned review March 2023.

© Macmillan Cancer Support. All illustrations © CHANGE.

Macmillan Cancer Support, registered charity in England and Wales [261017], Scotland [SC39907] and the Isle of Man [604].



In partnership with

**MACMILLAN
CANCER SUPPORT**