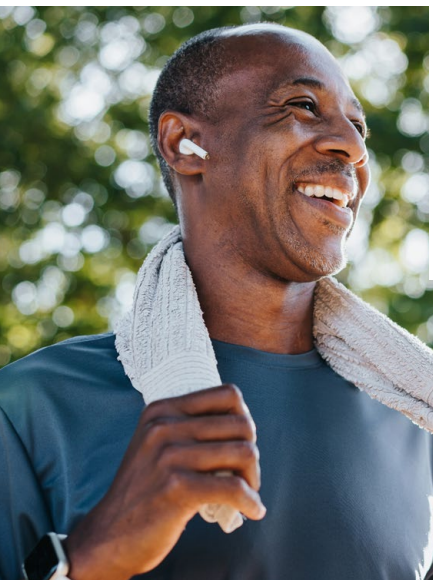




RETURN TO WELLNESS WITH THE

CANCER CARE SURVIVORSHIP CLINIC





Transitioning out of cancer treatment is a major milestone.

If you have completed active treatment (surgery, chemotherapy, radiation), Monument Health's Survivorship Clinic supports recovery back to long-term health and wellness.

A Survivorship visit is a unique, one-time visit with our Survivorship Nurse Practitioner certified in Lifestyle Medicine. Together, you will review your past care, outline clear follow-up plans with your oncology team, address current side effects and physical symptoms, and discuss practical ways to integrate the 6 Pillars of Lifestyle Medicine – nutrition, physical activity, sleep, stress management, social connection, and abstaining from risky substances – to help reduce future cancer risk and empower your return to wellness. You will receive all this information in your Survivorship Care Plan and Treatment Summary document at the end of the visit.

Beyond the Survivorship Visit, you can be referred to the survivorship clinic at any time after completing active treatment to receive personalized support in managing lingering treatment side effects, such as fatigue or hot flashes, or to receive lifestyle education.

Returning to wellness often takes a team. Our clinic serves as a central connector that will guide you to specialized resources such as physical therapy or medical weight management, when helpful.

Through one-on-one education grounded in Lifestyle Medicine, the Cancer Care Survivorship Clinic works collaboratively to connect you with the right specialists so you can return to wellness and thrive after your cancer diagnosis.



Kathryn Wermers, CNP

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