Congratulations on your graduation to UNM Young Enduring Survivors status. As a long – term survivor of childhood cancer, your chances of remaining free of cancer are excellent. This is a real milestone in your life! You have much to be proud of and much to look forward to in the future.

Of course, it is important for you to keep taking good care of yourself. We recommend that you have yearly exams by an oncologist to check health problems that might be related to your cancer of its treatment. To help your future doctors give you the best medical care an Alumnus Personal Health Record has been organized for you which includes information about your cancer diagnosis, treatment, and other events which occurred during and following your cancer therapy.

Please share the enclose materials with your primary care doctor and medical specialist(s). If you or your doctor need further information about your childhood cancer treatment or any medical complications you might develop, contact the Young Enduring Survivors Clinic at (505) 272-4461 during clinic hours on Monday-Friday from 9:00am to 4:00 pm. Should and emergency arise after clinic hours; contact the Physicians Access Line for the doctor on call at (877)866-7543.
Contact Numbers

University of New Mexico Hospital
Pediatric Hematology/Oncology
2211 Lomas Blvd
Albuquerque, New Mexico 87131
(505) 272-4461

Young Enduring Survivors Clinic
Friday Clinic, 1:00 pm-4:00 pm

Young Enduring Survivors Clinic Staff Office
Monday, Thursday, Friday, 9:00 am-4:00 pm
(505) 272-4461
FAX: (505) 272-8699
Social Work Services

The YES social worker is available for consultation for UNM/Pediatric alumnus patient. If you have questions that you would like to discuss with the social worker, please contact the Young Enduring Survivors Clinic during clinic hours on Monday, Thursday and Friday from 10:00am-4:00pm at (505) 272-4461.
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Important Medical Contact Numbers

Dentist:

Name: _______________________________________________________
Specialty: ____________________________________________________
Address: _____________________________________________________
_____________________________________________________________
Telephone: ___________________________________________________

Insurance Company:

Name: _______________________________________________________
Address: _____________________________________________________
_____________________________________________________________
Telephone: ___________________________________________________
Subscriber ID number: _________________________________________
Group number: ________________________________________________

Insurance Company:

Name: _______________________________________________________
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Subscriber ID number: _________________________________________
Group number: ________________________________________________
I. Young Enduring Survivors (YES) Clinical Summary:

The YES Clinical Summary briefly provides important facts about your cancer history at a quick glance. The information included in most summaries is outlines below. New medical events may be added by sending the information to the YES Office.

- Dates of childhood cancer diagnosis and completion of cancer therapy
- Type of cancer and extent of cancer spread (stage)
- Name of protocol study or treatment plan
- Type of surgery, chemotherapy, radiation therapy or other treatments prescribed for childhood cancer
- Response to treatment and problems with relapses or other types of cancer
- Significant health problems or other events that occurred during and following childhood cancer treatments
- Family history you have provided to UNM doctors.
- Blood transfusion history and antibody test of viruses that can be transmitted by blood transfusion.
- Name of protocol studied in which you have participated, if any
- Special health concerns following treatment
- Recommendations for annual screening evaluations
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II. Copies of UNM Medical Record

In some cases, you or health care provider may want to know the specific details about a surgery or medical event you experienced during your treatment for childhood cancer. Important sections of your UNM medical records listed below have been copied for this purpose. If you would like to have copies of other sections of your medical record, the staff of the UNM will be happy to assist you.

- Hospitalizations/discharge summaries
- Surgical/pathology reports
- Medical reports from specialists
- Laboratory, diagnostic imaging and other test reports

III. Other Medical Reports

We recommend that you put medical reports of summaries provided by your family doctor or specialist in this section
**Medications**

Every health care provider you see should be informed about medications you are taking and drug reactions and allergies you have had in the past. This information will reduce the chances of your doctor prescribing drugs that may interact with your other medicines, or drugs to which you have had allergic or adverse reactions. We have organized a medication list to help you keep a record of currently and previously prescribed medicines. A separate section provides space for you to summarize drug reactions and allergies. We have included information about allergic or adverse medication reactions noted in your UNM medical record. Please ask your doctor, nurse, pharmacist, dentist, and other health care providers to review this section and help you keep this list accurate and current for all prescribed medicines. You may also want to keep note and other information about your medications in this section of your personal health record.
Health Maintenance

Health maintenance improves awareness about physical chances and increase the likelihood that health problems will be detected at earlier stages. Health maintenance involves having regular medical check-ups including cancer screening evaluations. The recommended screening evaluations are based on you age, sex, and specific cancer treatment. Because health screening in childhood cancer survivors is a new area of research, screening guidelines may not exist, or may change over time, as new information becomes available. Your YES Clinical Summary lists the screening test felt to be helpful at the time of your discharge from the Oncology clinic. To keep up to date about changes in recommended health screening, you may contact the Oncology office at (505)272-4461. We have included some educational materials summarized by CURE Search, Children’s Oncology Group. We also included information on free books and helpful survivorship websites and information.
Immunizations

Cancer and its treatment suppress the immune system. As a result, the risk of infection after immunization is increased, and the body’s ability to mount an immune response to the vaccination is reduced. Because of this, childhood immunizations are routinely withheld during and for several months following cancer treatment. Most cancer patients resume the recommended immunization schedule 6 months to 1 year after completing therapy. The majority of patients have immunizations given by their primary care provider, or health department.
Family Medical History

You already know that it is important for you physician to know your medical history. Did you know that it may be just as important for him/her to know the medical history of your close relatives? Many times, this information helps him/her to decide what to tell you about preventing certain conditions. Also, it can let him/her know if you need further information about certain conditions that may “run in your family” and whether any further testing is needed for you or some of your relatives.

When filling out the following list, please circle the conditions that you know affect your close relatives. By that we mean the following people: your parents, brothers, sisters, grandparents, aunts, uncles, first cousins, nieces, nephews, and children. Be as specific as you can and write down who has the condition.

When you have completed this form, take it your primary physician and discuss any concerns with him/her. If it seems that genetic counseling or testing may be needed, we can help to arrange that for you or closer to your home.

Do any of your close relatives have the following:

1. Cancer, tumors, leukemia?_____________________

2. Deafness at an early age?_____________________

3. Blindness at an early age?_____________________

4. Glaucoma?_________________________________

5. Thyroid problems?__________________________

6. Heart attack or bypass surgery?________________
7. High cholesterol?_______________________________________

8. High blood pressure_______________________________________

9. Clotting problems?________________________________________

10. Bleeding problems?________________________________________

11. Stroke?__________________________________________________

12. Seizures?__________________________________________________

13. Asthma?__________________________________________________

14. Cystic fibrosis?____________________________________________

15. Kidney disease?____________________________________________

16. Diabetes?__________________________________________________

17. Sickle cell disease?________________________________________

18. Thalassemia?_______________________________________________

19. Multiple miscarriages or stillborn babies?_______________________

20. Chromosome anomalies?____________________________________

21. Learning disabilities or need for special education?
22. Mental retardation or developmental delay?

23. Arthritis at a young age?

24. Easily broken bones?

25. Any other conditions you think might run in your family?
Exercise and Diet Guidelines

Childhood cancer survivors can reduce the risk of developing health problems following cancer treatment by practicing healthy behaviors. A healthy lifestyle involves maintaining an appropriate body weight, exercising regularly, and eating a nutritious diet. Exercise programs may need to be modified as a result of cancer therapy, but most patients should aim for 20 to 30 minutes of aerobic exercise at least three times a week. Dietary practices can also affect heart disease and cancer risk. The risk of heart disease and some adult cancers, for example, breast and colon cancer, are affected by dietary fat intake. This section will review exercise and diet guidelines that can reduce the risk of heart disease and other cancers. This information should be particularly important for childhood cancer survivors as they get older.
Exercise Guidelines

How will exercise help me?

Exercise is good for us, whatever the reason we do it. Regular exercise will help you to:

♦ Have strong muscle and bones
♦ Have a strong heart and lungs
♦ Have flexible joints
♦ Feel relaxed and confident
♦ Develop coordination and skill
♦ Provide opportunities for social interactions

Can I do any type of exercise I like?

There are many opportunities for an active life for someone who has had cancer. However, your ability to exercise and be involved in sports and other recreational activities may be affected somewhat depending on the type and location of the cancer you had and the treatment you received. Cancer treatments that can affect your ability to exercise include:

♦ Lung surgeries
♦ Amputation or limb-sparing procedure
♦ Radiation to a bone
Nerve damage from tumor or chemotherapy

Brain tumor affecting you balance or coordination

How do I know what’s for me?

It is never too or too early to start improving on your health. Ask you doctor or therapist if you have questions about activities you can or can’t participate in. Usually you can try anything that is of interest to you. As with anyone, a new sport, hobby or activity may require some education or training for safety’s sake.

Are some activities better than others?

Exercise that strengthens your heart, lungs, muscles and bones for overall fitness. Some good examples are:

Swimming

Brisk walking

Biking

Horseback riding

Bowling

Tennis
Are there options for those of us with special needs?

YES! Specialized equipment exists to allow you to participate in most recreational activities. Your therapist can help you choose what you need. Items can be purchased that allow you to:

♦ Fish using only one arm
♦ Golf from a wheelchair
♦ Swim despite any limitation
♦ Bowl regardless of function
♦ Grip a tennis racquet or pool cue hand weakness
♦ Lift weights from a wheelchair

Should children play sports?

Exercise is just as important for children as anyone else, maybe more so!

♦ Be sure your child has plenty of opportunities to play outside.

♦ All children should be encouraged to participate in physical education at school, even if activities need to be modified for special needs.

♦ As always, be aware of safety. Use the right equipment and protective gear.

♦ Seek advice before allowing your child to participate in competitive activities, ask your doctor.
I’m not interested in sports, but I’d like to be stronger. What should I be aware of?

♦ Before you start an exercise program, set some reasonable goals.
♦ Start out slow. Don’t attempt activities that are too strenuous or put you at risk for muscle strain.

♦ Be aware of your posture.

♦ The saying “no pain, no gain” may lead to injury. Exercise until very tired, but not to the point of pain.