

My Cancer Survival Plan

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Your life is too important to leave things to chance. You need a thoughtful plan that is holistic (considers all parts of your life), makes wise use of the medical system (doctors and follow-up testing), is proactive (prevents cancer and other diseases), empowers you to become and remain physically and emotionally healthy, and helps you ask for and receive appropriate support.

Physical Health

Your **Cancer Survival Plan Notebook** should contain:

- Medical information about your diagnosis and treatment
(Pathology reports, operative reports, consultations, reports of important blood tests and scans as well as a treatment summary of what radiotherapy (total dose and description of area treated) and/or chemotherapy (medicines and total doses)
- Follow-up schedule of doctor visits and tests
- Information about other health issues or medical problems
- Current list of medications and allergies (updated frequently) including OTC medications, vitamins and supplements

Emotional Health

Emotions result from the interplay of thoughts, behaviors and other emotions. Understanding how your feelings arise, what thoughts and other stimuli trigger them, and how you react to your emotions allows you to use the energy inherent in such feelings constructively. If you commonly react to your feelings unproductively, you should develop a specific plan to become more mindful of your emotional triggers and find new, more effective responses.

Spiritual Health

Being aware of a purpose or meaning in life helps you survive. This may be in a formal religion or spiritual practice, in relationships with loved ones or in a meaningful activity. Engaging in something that brings meaning increases your will to live. Make it part of your daily schedule.

Social Health

Healthy relationships are necessary for survival. They provide material and emotional support when needed. Social roles give meaning. Communicating with others effectively, maintaining personal boundaries without sacrificing intimacy and working with your medical team are important signs of social health.

Buchholz Medical Group is developing a program for cancer survivors that addresses a broad range of needs. In addition to providing comprehensive care for patients with cancer or blood disorders and providing individual and couples counseling, we see patients and families for second opinions, help develop survival plans and schedules of follow-up testing, supplement (not replace) the care already provided by their current oncologist or primary physician, and provide support for developing a higher level of emotional and/or physical health. We will provide periodic free workshops open to the public on various aspects of cancer survival. The Cancer Survivor Program on our website is frequently updated to provide advice and information on survival. Check our website or call our office for information about upcoming programs: www.buchholzmedgroup.com or 650 988 8011.