



# After Treatment

## Living as a Cancer Survivor

For many people, cancer treatment often raises questions about next steps as a survivor.

- [What Happens After Treatment for Soft Tissue Sarcomas?](#)
- [Lifestyle Changes After Having a Soft Tissue Sarcoma](#)
- [How Does Having a Soft Tissue Sarcoma Affect Your Emotional Health?](#)

## Cancer Concerns After Treatment

Treatment may remove or destroy the cancer, but it is very common to have questions about cancer coming back or treatment no longer working.

- [Can I Get Another Cancer After Having Soft Tissue Sarcoma?](#)
- [If Treatment for Soft Tissue Sarcoma Stops Working](#)

# What Happens After Treatment for Soft Tissue Sarcomas?

For some people with soft tissue sarcoma, treatment may remove or destroy the cancer. Completing treatment can be both stressful and exciting. You may be relieved to finish treatment, but find it hard not to worry about cancer coming back. (When cancer comes back after treatment, it is called *recurrence*.) This is a very common concern in people who have had cancer.

It may take a while before your fears lessen. But it may help to know that many cancer survivors have learned to accept this uncertainty and are living full lives. [Living With Uncertainty: The Fear of Cancer Recurrence](#) gives more detailed information on this.

For other people, the cancer may never go away completely. They might get regular treatments with [chemotherapy](#), [radiation therapy](#), or other therapies to try to help keep the cancer in check. Learning to live with cancer that does not go away can be difficult and very stressful. It has its own type of uncertainty. [When Cancer Doesn't Go Away](#) has more about this.

## Follow-up care

When treatment ends, your doctors will still want to watch you closely. It is very important to go to all of your follow-up appointments. During these visits, your doctors will ask questions about any problems you have and might do exams and lab tests or x-rays and scans to look for signs of cancer or treatment side effects. Almost any cancer treatment can have side effects. Some may last for a few weeks to months, but others can last the rest of your life. This is the time for you to talk to your cancer care team about any changes or problems you notice and any questions or concerns you have.

It is important to keep health insurance. Tests and doctor visits cost a lot, and even though no one wants to think about their cancer coming back, this could happen.

Should your cancer come back, [When Your Cancer Comes Back: Cancer Recurrence](#) can give you information to help you manage and cope with this phase of your treatment.

## Seeing a new doctor

At some point after your cancer diagnosis and treatment, you may find yourself seeing a new doctor who does not know anything about your medical history. It is important that you be able to give your new doctor the details of your diagnosis and treatment. Gathering these details soon after treatment may be easier than trying to get them in the future. Make sure you have the following information handy:

- A copy of your pathology report(s) from any biopsies or surgery
- If you had [surgery](#), a copy of your operative report(s)
- If you were hospitalized, a copy of the discharge summary that doctors prepare when a patient is sent home
- If you had [radiation](#), a copy of your radiation treatment summary
- If you had drug treatment (such as [chemotherapy](#) hormone therapy, or [targeted therapy](#)), a list of your drugs, drug doses, and when you took them
- Copy of recent imaging studies (such as x-rays, CT scans, and MRI scans) on a

DVD plus the radiology reports.

The doctor may want copies of this information for his records, but always keep copies for yourself.

- [References](#)

[See all references for Soft Tissue Sarcoma](#)

Last Medical Review: December 29, 2014 Last Revised: February 9, 2016

---

---

American Cancer Society medical information is copyrighted material. For reprint requests, please contact [permissionrequest@cancer.org](mailto:permissionrequest@cancer.org).

## Can I Get Another Cancer After Having Soft Tissue Sarcoma?

Cancer survivors can be affected by a number of health problems, but often their greatest concern is facing cancer again. If a cancer comes back after treatment it is called a “recurrence.” But some cancer survivors may develop a new, unrelated cancer later. This is called a “second cancer.” No matter what type of cancer you have had, it is still possible to get another (new) cancer, even after surviving the first.

Unfortunately, being treated for cancer doesn’t mean you can’t get another cancer. People who have had cancer can still get the same types of cancers that other people get. In fact, certain types of cancer and cancer treatments can be linked to a higher risk of certain second cancers.

Survivors of soft tissue sarcoma can get any type of second cancer, but they also have an increased risk of:

- A second soft-tissue sarcoma (this is different than the first one coming back)
- [Bone cancer](#)
- [Stomach cancer](#)
- [Thyroid cancer](#)
- [Melanoma of the skin](#)
- [Acute myeloid leukemia \(AML\)](#)

Some second bone cancers may be due to treatment with radiation therapy. Radiation

and chemotherapy likely contribute to the cases of leukemia.

### **Follow-up after treatment**

After completing treatment for soft tissue sarcoma, you should still see your doctor regularly. You may have tests to look for signs the cancer has come back or spread. Experts do not recommend any additional testing to look for second cancers in patients without symptoms. Let your doctor know about any new symptoms or problems, because they could be caused by the cancer coming back or by a new disease or second cancer.

Patients who have completed treatment should follow the [American Cancer Society guidelines for the early detection of cancer](#).

The Children's Oncology Group has guidelines for the follow-up of patients treated for cancer as a child, teen, or young adult, including screening for second cancers. These can be found at [www.survivorshipguidelines.org](http://www.survivorshipguidelines.org).

All survivors of soft tissue sarcoma should avoid tobacco smoke, as smoking increases the risk of many cancers.

To help maintain good health, survivors should also:

- Achieve and maintain a [healthy weight](#)
- Adopt a [physically active lifestyle](#)
- Consume a [healthy diet](#), with an emphasis on plant foods
- Limit consumption of [alcohol](#) to no more than 1 drink per day for women or 2 per day for men

These steps may also lower the risk of some cancers.

See [Second Cancers in Adults](#) for more information about causes of second cancers.

- [References](#)

[See all references for Soft Tissue Sarcoma](#)

Last Medical Review: December 29, 2014 Last Revised: February 9, 2016

---

---

American Cancer Society medical information is copyrighted material. For reprint requests, please contact [permissionrequest@cancer.org](mailto:permissionrequest@cancer.org).

# Lifestyle Changes After Having a Soft Tissue Sarcoma

Having cancer and dealing with treatment can be time consuming and emotionally draining, but it can also be a time to look at your life in new ways. Maybe you are thinking about how to improve your health over the long term. Some people even begin this process during cancer treatment.

You can't change the fact that you have had cancer. What you can change is how you live the rest of your life — making choices to help you stay healthy and feel as well as you can. This can be a time to look at your life in new ways. Maybe you are thinking about how to improve your health over the long term. Some people even start during cancer treatment.

## Making healthier choices

For many people, a diagnosis of cancer helps them focus on their health in ways they might not have thought much about in the past. Are there things you could do that might make you healthier? Maybe you could try to eat better or get more exercise. Maybe you could cut down on [alcohol](#), or [give up tobacco](#). Even things like keeping your stress level under control may help. Now is a good time to think about making changes that can have positive effects for the rest of your life. You will feel better and you will also be healthier.

You can start by working on those things that worry you most. Get help with those that are harder for you. For instance, if you are thinking about [quitting smoking](#) and need help, call the American Cancer Society for information and support. This tobacco cessation and coaching service can help increase your chances of quitting for good.

## Eating better

Eating right can be hard for anyone, but it can get even tougher [during and after cancer treatment](#). Treatment may change your sense of taste. Nausea can be a problem. You may not feel like eating and lose weight when you don't want to. Or you may have gained weight that you can't seem to lose. All of these things can be very frustrating.

If treatment caused weight changes or eating or taste problems, do the best you can and keep in mind that these problems usually get better over time. You may find it helps to eat small portions every 2 to 3 hours until you feel better. You might also want to ask

your cancer team about seeing a dietitian, an expert in nutrition who can give you ideas on how to deal with these treatment side effects.

One of the best things you can do after cancer treatment is to start healthy eating habits. You may be surprised at the long-term benefits of some simple changes, like increasing the variety of healthy foods you eat. Getting to and staying at a healthy weight, eating a healthy diet, and limiting your alcohol intake may lower your risk for a number of types of cancer, as well as having many other health benefits. For more information, see [Nutrition and Physical Activity During and After Cancer Treatment: Answers to Common Questions](#).

## **Rest, fatigue, and exercise**

Extreme tiredness, called *fatigue*, is very common in people treated for cancer. This is not a normal tiredness, but a "bone-weary" exhaustion that doesn't get better with rest. For some people, fatigue lasts a long time after treatment, and can make it hard for them to exercise and do other things they want to do. But exercise can help reduce fatigue. Studies have shown that patients who follow an exercise program tailored to their personal needs feel better physically and emotionally and can cope better, too.

If you were sick and not very active during treatment, it is normal for your fitness, endurance, and muscle strength to decline. Any plan for physical activity should fit your own situation. If you haven't exercised in a few years, you will have to start slowly – maybe just by taking short walks.

Talk with your health care team before starting anything. Get their opinion about your exercise plans. Then, try to find an exercise buddy so you're not doing it alone. Having family or friends involved when starting a new exercise program can give you that extra boost of support to keep you going when the push just isn't there.

If you are very tired, you will need to balance activity with rest. Sometimes it's really hard for people to allow themselves to rest when they are used to working all day or taking care of a household, but this is not the time to push yourself too hard. Listen to your body and rest when you need to. (For more information on dealing with fatigue, please see [Fatigue in People With Cancer](#) and [Anemia in People With Cancer](#).)

Keep in mind exercise can improve your physical and emotional health.

- It improves your cardiovascular (heart and circulation) fitness.
- Along with a good diet, it will help you get to and stay at a healthy weight.
- It makes your muscles stronger.

- It reduces fatigue and helps you have more energy.
- It can help lower anxiety and depression.
- It can make you feel happier.
- It helps you feel better about yourself.

And long term, we know that getting regular physical activity plays a role in helping to lower the risk of some cancers, as well as having other health benefits.

- [References](#)

[See all references for Soft Tissue Sarcoma](#)

Last Medical Review: December 29, 2014 Last Revised: February 9, 2016

---

---

American Cancer Society medical information is copyrighted material. For reprint requests, please contact [permissionrequest@cancer.org](mailto:permissionrequest@cancer.org).

## How Does Having a Soft Tissue Sarcoma Affect Your Emotional Health?

When treatment ends, you may find yourself overcome with many different emotions. This happens to a lot of people. You may have been going through so much during treatment that you could only focus on getting through each day. Now it may feel like a lot of other issues are catching up with you.

You may find yourself thinking about death and dying. Or maybe you're more aware of the effect the cancer has on your family, friends, and career. You may take a new look at your relationship with those around you. Unexpected issues may also cause concern. For instance, as you feel better and have fewer doctor visits, you will see your health care team less often and have more time on your hands. These changes can make some people anxious.

Almost everyone who has been through cancer can benefit from [getting some type of support](#). You need people you can turn to for strength and comfort. Support can come in many forms: family, friends, cancer support groups, church or spiritual groups, online support communities, or one-on-one counselors. What's best for you depends on your situation and personality. Some people feel safe in peer-support groups or education groups. Others would rather talk in an informal setting, such as church. Others may feel more at ease talking one-on-one with a trusted friend or counselor. Whatever your

source of strength or comfort, make sure you have a place to go with your concerns.

The cancer journey can feel very lonely. It is not necessary or good for you to try to deal with everything on your own. And your friends and family may feel shut out if you do not include them. Let them in, and let in anyone else who you feel may help. If you aren't sure who can help, call your American Cancer Society at 1-800-227-2345 and we can put you in touch with a group or resource that may work for you. You can also read more about the emotional issues common to people with cancer in our booklet [Distress in People With Cancer](#).

- [References](#)

[See all references for Soft Tissue Sarcoma](#)

Last Medical Review: December 29, 2014 Last Revised: February 9, 2016

---

American Cancer Society medical information is copyrighted material. For reprint requests, please contact [permissionrequest@cancer.org](mailto:permissionrequest@cancer.org).

## If Treatment for Soft Tissue Sarcoma Stops Working

If cancer keeps growing or comes back after one kind of treatment, it is possible that another treatment plan might still cure the cancer, or at least shrink it enough to help you live longer and feel better. But when a person has tried many different treatments and has not gotten any better, the cancer tends to become resistant to all treatment. If this happens, it's important to weigh the possible limited benefits of a new treatment against the possible downsides. Everyone has their own way of looking at this.

This is likely to be the hardest part of your battle with cancer — when you have been through many medical treatments and nothing's working anymore. Your doctor may offer you new options, but at some point you may need to consider that treatment is not likely to improve your health or change your outcome or survival.

If you want to continue to get treatment for as long as you can, you need to think about the odds of treatment having any benefit and how this compares to the possible risks and side effects. In many cases, your doctor can estimate how likely it is the cancer will respond to treatment you are considering. For instance, the doctor may say that more



chemo or radiation might have about a 1% chance of working. Some people are still tempted to try this. But it is important to think about and understand your reasons for choosing this plan.

No matter what you decide to do, you need to feel as good as you can. Make sure you are asking for and getting treatment for any symptoms you might have, such as nausea or pain. This type of treatment is called *palliative care*.

[Palliative care](#) helps relieve symptoms, but is not expected to cure the disease. It can be given along with cancer treatment, or can even be cancer treatment. The difference is its purpose—the main purpose of palliative care is to improve the quality of your life, or help you feel as good as you can for as long as you can. Sometimes this means using drugs to help with symptoms like pain or nausea. Sometimes, though, the treatments used to control your symptoms are the same as those used to treat cancer. For instance, [radiation](#) might be used to help relieve bone pain caused by cancer that has spread to the bones. Or [chemo](#) might be used to help shrink a tumor and keep it from blocking the bowels. But this is not the same as treatment to try to cure the cancer. You can learn more about the changes that occur when curative treatment stops working, and about planning ahead for yourself and your family, in [Nearing the End of Life](#) and [Advance Directives](#).

At some point, you might benefit from hospice care. This is special care that treats the person rather than the disease; it focuses on quality rather than length of life. Most of the time, it is given at home. Your cancer may be causing problems that need to be managed, and hospice focuses on your comfort. You should know that while getting hospice care often means the end of treatments such as chemo and radiation, it doesn't mean you can't have treatment for the problems caused by your cancer or other health conditions. In hospice the focus of your care is on living life as fully as possible and feeling as well as you can at this difficult time. You can learn more in [Hospice Care](#).

Staying hopeful is important, too. Your hope for a cure may not be as bright, but there is still hope for good times with family and friends — times that are filled with happiness and meaning. Pausing at this time in your cancer treatment gives you a chance to refocus on the most important things in your life. Now is the time to do some things you've always wanted to do and to stop doing the things you no longer want to do. Though the cancer may be beyond your control, there are still choices you can make.

- [References](#)

[See all references for Soft Tissue Sarcoma](#)

Last Medical Review: December 29, 2014 Last Revised: February 9, 2016

---

---

American Cancer Society medical information is copyrighted material. For reprint requests, please contact [permissionrequest@cancer.org](mailto:permissionrequest@cancer.org).

**2016 Copyright American Cancer Society**

For additional assistance please contact your American Cancer Society  
1-800-227-2345 or [www.cancer.org](http://www.cancer.org)