



Welcome to the Long-term Information, Follow-up and Education (LIFE) Clinic!

You have reached an exciting milestone as a survivor of childhood cancer! The LIFE Survivorship and Transition Program at Childrens Hospital Los Angeles is dedicated to the well-being of childhood cancer survivors. The LIFE Program was started in 1992 and is a key component of the Childrens Center for Cancer and Blood Diseases. The LIFE Clinic is staffed by a team of specialists including a physician, nurse practitioner and medical social worker who specialize in providing long-term follow-up services to survivors of childhood and adolescent cancer. The LIFE team is here to assist you in embracing the future as a healthy and fulfilled individual.



If I am a survivor, why do I still need follow-up?

Some treatments that cure cancer may cause other health problems, some of which may not become apparent until years later. Experts recommend that childhood cancer survivors receive life-long specialized medical follow-up to help them stay healthy and achieve their full potential.



When are survivors referred to the LIFE Clinic?

Generally, your pediatric oncologist will refer you to the LIFE Clinic when you are five years after cancer diagnosis and two years after completion of cancer treatment. At your first LIFE Clinic visit, you will be seen by the LIFE team in a special clinic space different from where your cancer treatment was given. After that, most survivors are evaluated annually in our clinic by the LIFE team. The LIFE Clinic also provides consultation services for adult survivors of childhood cancer who were treated elsewhere.



What happens during a LIFE Clinic Appointment?

The LIFE Clinic provides a comprehensive assessment, treatment summary and educational resources specific for each cancer survivor. During the clinic appointment, your medical history, cancer treatment and current state of health are reviewed with the LIFE team. Depending on your medical situation, laboratory and other diagnostic tests are usually performed around the same time as the appointment. Following the clinical assessment, an in-depth discussion occurs with you and your family to discuss any current and/or potential health concerns. Recommendations are made for continuing your follow-up care. Sometimes, consultation with other medical specialists may be arranged. You also may be invited to take part in important research studies for cancer survivors.

How will a LIFE Clinic visit help keep me healthy?

A major purpose of the LIFE Clinic visit is to educate you about healthy living as a cancer survivor. This information will include:

- Past cancer treatment
- Current health status
- Health risks due to treatment
- Lowering the risk for another cancer
- Proper exercise and good nutrition
- Infertility (trouble getting pregnant)
- Depression, worry and stress
- Personal relationships after cancer
- Education, employment and health insurance
- The importance of regular, life-long medical follow-up as a survivor



What happens when I reach adulthood?

Currently, cancer survivors continue to receive their life-long follow-up care at the LIFE Clinic even after they become adults. However, beginning between 18-25 years of age, the LIFE Survivorship and Transition Program supports continuation of health care, involving providers and an environment appropriate for adults. Our program is actively developing its transitional care program dedicated to meeting the needs of childhood cancer survivors who are now adults.

What can I do to help myself?

- Learn about your diagnosis, treatment and long-term health risks
(Go to www.survivorshipguidelines.org)
- Make smart choices to lead a healthy lifestyle
- Stay in school and/or seek employment that offers the health insurance you need
- Find and maintain a primary care provider (the LIFE Clinic does not provide routine medical care)
- Get involved in a cancer survivor advocacy group (ask us how)
- Stay positive—you're a survivor!

For more information:

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LIFE Survivorship and Transition Program

Comprehensive services for childhood cancer survivors

*Acknowledging
the past..
Embracing
the future*



Childrens Hospital Los Angeles
International Leader in Pediatrics