What happens when I become an adult?

Survivors of childhood cancer have unique medical needs as they get older. This means that you will need more focused care. The LIFE Program was created for this reason because it offers new ways of caring for survivors. When you turn 21, your care will be switched from Children’s Hospital Los Angeles to a health care provider for adults so that you can get lifelong medical monitoring.

Patients at lower risk for later health problems usually continue follow-up care with their own primary care doctor with guidance from the LIFE Program.

Patients at higher risk should be followed in the LIFE Clinic for Adult Survivors of Childhood Cancer. Here the LIFE team works with adult-focused doctors to provide follow-up care in a cancer center for adults.

All adult survivors receive information and support for their physical and emotional health, education, career and health insurance. As a survivor, you will receive care that meets your individual needs.

For more information:
LIFE Cancer Survivorship & Transition Program
Children’s Center for Cancer and Blood Diseases

Children’s Hospital Los Angeles
4650 Sunset Blvd., #54
Los Angeles, CA 90027-6016

Telephone: 323-361-8953
Toll free: 877-222-LIFE (5433)
Email: LIFE@chla.usc.edu
CHLA.org/LIFE

Acknowledging the past … embracing the future

323.361.8953 • CHLA.org/LIFE
Welcome to the Long-term Information, Follow-up and Evaluation (LIFE) Clinic!

You have reached an exciting milestone as a survivor of childhood cancer. The LIFE Cancer Survivorship & Transition Program at Children’s Hospital Los Angeles is dedicated to your well-being. The LIFE Program was created in 1992 and is an important part of the Children’s Center for Cancer and Blood Diseases. The LIFE Clinic is where our patients receive care from a team of doctors, nurse practitioners and social workers who specialize in medical care for survivors of childhood and adolescent cancer of all ages. The LIFE team will help you to acknowledge the past and embrace your future.

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

- Some treatments that cure cancer may cause other health problems that do not start until years later.
- Experts suggest that childhood cancer survivors receive lifelong care to help them stay healthy and achieve their full potential.

When am I ready for the LIFE Clinic?

- Most patients are ready within two years after their cancer treatment is complete. Ask your oncologist about a referral to the LIFE Clinic today, or call us for more information.

What happens during my LIFE Clinic appointment?

Our medical team will meet with you and talk about your health and about the cancer treatment you received. We will talk about current and possible health concerns and create a survivorship care plan just for you.

You may also:

- Get information about resources for survivors
- Have laboratory and other tests done
- Be referred to see other medical specialists
- Be invited to participate in important research studies for cancer survivors

How can the LIFE Clinic benefit me?

The LIFE Clinic can help educate you about your past cancer treatment. It is also a place we can:

- Evaluate your current health status
- Identify health risks
- Help with lowering your risk for another cancer
- Talk about proper exercise and good nutrition
- Talk about infertility concerns
- Talk about common feelings and reactions after cancer
- Advise on education and employment
- Help you work with the health care system
- Encourage regular, lifelong medical follow-up as a survivor

What can I do to help myself?

- Learn about your cancer history and health risks
- Make smart choices about your health and how you live
- Finish school and get a job
- Get health insurance
- See your primary doctor regularly
- Participate in cancer survivorship activities
- Stay positive—you’re a survivor!