

## HOW CAN OUR CLINICIANS HELP YOU?

- Evaluate your current health
- Identify possible future health risks
- Provide health monitoring recommendations to your oncologist and other doctors
- Make referrals to other services that may benefit you
- Work with you to lower your risk for another cancer
- Teach you about proper exercise and nutrition
- Address concerns about possible infertility
- Help you navigate the health care system
- Summarize information into a detailed and personalized survivorship care plan

## WHAT CAN YOU DO TO HELP YOURSELF?

- Know your cancer history and health risks
- Be physically active, follow healthy eating habits, and manage stress effectively
- Maintain health insurance so you can access the care you need
- Consider getting active in cancer advocacy or joining a service organization that helps people in need
- Maintain an “attitude of gratitude” and stay positive — you’re a survivor!



# USC Norris Comprehensive Cancer Center

Keck Medicine of USC

## LIFE CANCER SURVIVORSHIP CLINIC



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#### USC Norris Comprehensive Cancer Center

1441 Eastlake Ave.  
Los Angeles, CA 90033

To make an appointment or refer a patient, call  
**(323) 865-3300 (option #1)**

Learn more at:  
[cancer.keckmedicine.org/life](https://cancer.keckmedicine.org/life)

## WELCOME TO THE LIFE CANCER SURVIVORSHIP CLINIC

Upon finishing cancer treatment, many patients wonder what happens next. Once you have reached this important milestone, take all the steps you can to hasten and enhance your recovery. We invite you to visit the LIFE Cancer Survivorship Clinic at USC Norris Comprehensive Cancer Center for a medical consultation and support that will help you reach your goals. The LIFE Clinic assists cancer survivors in rebuilding strength, managing symptoms, adopting healthy living practices, finding a new sense of normal and refreshing one's outlook on life. For the LIFE Clinic team, cure means not only being "cancer free," but also being as healthy as possible —body, mind and spirit.

Read on to see if the LIFE Clinic may be right for you. If so, please ask your oncologist for a referral to the LIFE Clinic, or contact the clinic to make an appointment and to find out more.



## WHAT IS THE LIFE CANCER SURVIVORSHIP CLINIC ABOUT?

Though life is always different after experiencing cancer, an important goal for most survivors is resuming life as quickly and fully as possible. The LIFE Clinic at USC Norris Comprehensive Cancer Center offers survivors the information, tools and support they need to maximize their physical health, emotional adjustment and overall well-being.

The LIFE Clinic welcomes adult cancer survivors from throughout Southern California and beyond.

The LIFE Clinic helps cancer survivors deal with the long-term health consequences of radiation, surgery and chemotherapy treatment that was delivered before age 50. Survivors may be seen in LIFE Clinic anytime following completion of conventional cancer treatment. Survivors still receiving limited hormonal or targeted anti-cancer therapy after conventional cancer treatments may also be seen in LIFE Clinic.

One of the most important aids that cancer survivors can have in their toolbox is a survivorship care plan — a written summary of cancer treatment and road map for monitoring and maintaining your health. At your LIFE Clinic visit, you will receive your own personalized survivorship care plan to ensure you understand what cancer treatments you had, how they could affect your current and future health, and what measures can be taken to reduce your risk and improve your quality of life.

Working with your treating oncologist, primary care provider and other specialists, the LIFE team ensures your visit is well-coordinated and adds value to your care.

## WHAT TO EXPECT AT YOUR CLINIC VISIT

- In-depth evaluation with a physician and physician assistant who are specialists in cancer survivorship.
- Lab tests may be done during this appointment.



- Wellness education, because everyday health habits are especially important to cancer survivors. Navigating follow-up treatment, making healthy lifestyle choices, managing stress and keeping up with other general health care appointments are all important parts of your plan.
- Assistance from a dedicated medical social worker who can help connect you with additional resources and sort out challenges you may be facing.
- Referrals can be made to other medical and surgical specialists, physical and occupational therapists and nutritionists.
- The opportunity to participate in research studies to improve outcomes among cancer survivors.