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## Living in the Future (LIFE): A Cancer Survivorship Program

### What is LIFE about?

The LIFE Cancer Survivorship Program provides continued care to post-treatment cancer survivors by providing assistance and support in the transition from the oncology specialty-care environment back to their communities, families and primary care settings.

### What can LIFE offer me?

The first step is a personal visit with an oncology nurse – a visit that is tailored to the survivor’s unique needs. Along with this, education is customized to inform the survivor about future risks and medical surveillance guidelines. The nurse also helps the survivor navigate through the many health services that are available and directs to appropriate survivorship resources.

### Where can I meet the oncology nurse and what happens during the visit?

Visits take place in Highland Park Hospital’s Ambulatory Care Center and feature a customized Survivorship Care Plan, which includes:

- A summary of the survivor’s cancer history and treatment is compiled to help them better understand their own medical history;
- A personalized risk assessment with medical surveillance guidelines to instruct the survivor regarding the potential for recurrence, a second malignancy, and long-term/late-effect consequences of their cancer and their specific treatments;
- A preventive practice plan that promotes personal health and lifestyle modifications, such as diet, physical activity and smoking cessation;
- Assistance navigating to appropriate health providers, community-based resources, as well as regional and national programs that address all aspects of survivorship including fertility, lifestyle, psychosocial issues, insurance, employability, and legal protection; and,
- A Survivor Notebook where all records and resources are consolidated. This can be used as a portable detail of records, resources and information that survivors may choose to share with other healthcare providers.

### What does LIFE offer my community?

**The Myra Rubenstein Weis Survivorship 101: Thrivership seminar** is an educational workshop open to everyone in the community and covers major topics of cancer survivorship, as well as ways to understand, select and navigate resources within the community. This forum is open to survivors, friends, family members, healthcare professionals and anyone committed to helping cancer survivors *Live in the Future*.

LIFE also provides the following website:

[www.northshore.org/clinicalservices/cancer/survivorship](http://www.northshore.org/clinicalservices/cancer/survivorship) and other electronic resources. In addition, LIFE provides educational modules, including the “I Can Cope” series offered in collaboration with the American Cancer Society.

### What does LIFE cost?

The personal visit with an oncology nurse and the Survivorship Care Plan are offered at **no charge** to patients who have been or who are under the care of a NorthShore oncologist. The Myra Rubenstein Weis Survivorship 101 seminar is also **free of charge** and open to the public.

To learn more about the LIFE program or to request a referral, please contact the Comprehensive Prostate Cancer Center at (847) 657-5730.

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