

# Living in the Future (LIFE) Program

## Taking Care of Yourself | Kellogg Cancer Center

While you may just be starting treatment, your goal is to complete treatment and be able to embrace your return to a joyful, rewarding life.

At NorthShore, we know that the end of treatment is not the end of the cancer experience. With progress in treating cancer comes a new and unique challenge—ensuring the long-term health of the nearly 12 million cancer survivors in the United States. That’s why we have the Living in the Future (LIFE) Cancer Survivorship Program.

### About LIFE

LIFE is NorthShore’s cancer survivorship program, designed to create a bridge for continued care of post-treatment cancer survivors back to the community, family and primary care setting. LIFE was uniquely designed by its program director Carol A. Rosenberg MD, FACP, Director of Preventive Health Initiatives for NorthShore, to adhere to the guidelines proposed by the Institute of Medicine. The LIFE program, implemented in part through a Lance Armstrong Foundation Community Cancer Survivorship Program Grant, is the first program of its type in the Northern Lake/Cook County area.

The LIFE program features an individualized risk adapted visit with Carol Flanagan, RN, MSN, OCN, a specialized oncology nurse with expertise in cancer survivorship. You will receive counseling about a customized survivorship care plan following a unique template set forth by the Institute of Medicine. This personalized long-term care plan will include a portable detail of your oncology diagnostic and treatment summary, cite guidelines for continued monitoring, include preventive practice recommendations, and map out available resources and services such as genetics, fertility and integrative medicine consultations. The LIFE-Living in the Future program is located at Highland Park Hospital. Survivorship appointments are available at all NorthShore University HealthSystem Hospitals.

### Survivorship 101

An important aspect of the LIFE program is the Myra Rubenstein Weis Survivorship 101 Seminar: Thrivership! This educational workshop and resource series is available to all in the community. You’ll learn the major topics of cancer survivorship, as well as skills to understand, select and navigate community based cancer survivor resources at any point in your cancer experience.

The Celebrate LIFE series of seminars such as “Eat to Beat Malignancy and Walk Away from Cancer” “Fit For Life: Get Started!”, “Self Esteem and Sexual Intimacy After Cancer,” “How LIFE Events Impact Insurance and Employment” and “Celebrate LIFE! Genetics and the Cancer Survivor” are held at NorthShore University HealthSystem Hospital locations.

**For questions or more information about our program call (847) 926-5818**