

Possible long-term consequences of cancer and its treatment

Cancer treatments are advancing and improving at a rapid rate and the future impact of these new therapies is unknown. However there are many people today living with the consequences of current treatments as well as earlier, more rudimentary techniques.

It is important for primary care professionals to be aware of the treatments that have been administered to their patients and the possible long-term consequences they may cause, as some may not present until months or even years after treatment.

Psychological consequences	Isolation; Anxiety; Depression; Fear of cancer recurrence; Changes to body image; Lack of confidence; Memory and concentration problems; Embarrassment or difficulty coping		
Social and practical consequences	Impact on family, friends and carers; Financial problems; Ability to attend work or education; Impact on relationships		
Physical consequences of cancer and its treatment	After Surgery	After Radiotherapy	After/during Systemic treatments (Chemotherapy, hormonal therapies, targeted therapies)
General well being	Fatigue Sleep disturbance	Fatigue Sleep disturbance	Fatigue Sleep disturbance
Brain and nervous system	Neuro-cognitive deficits Pain Numbness	Neuro-cognitive deficits Pain	Neuro-cognitive deficits ('chemo brain') Peripheral neuropathy
Cardiovascular and lymphatic system	Lymphoedema	Heart failure Lymphoedema	Heart failure
Endocrine	Various, depending on which glands/organs are affected by surgery, e.g. thyroid, ovaries, pancreas	Various, depending on which glands/organs are affected by radiotherapy, e.g. hot flushes, metabolic syndrome, growth hormone deficiency	Various, depending on which glands/organs are affected by chemotherapy, e.g. hot flushes, metabolic syndrome

Genitourinary & gynaecological	Urinary incontinence Infertility	Urinary incontinence Bleeding Infertility Erectile Dysfunction Penile shortening Vaginal stenosis and pain	Infertility Vaginal dryness
GI Tract	Fibrosis Obstruction, strictures Fistula Hernia Chronic incontinence, urgency, diarrhoea, constipation, leakage, flatulence Stoma Weight loss, weight gain	Rectal bleeding Nausea, vomiting Chronic incontinence, urgency, diarrhoea, constipation, leakage, flatulence, pain Weight loss, weight gain	Chronic constipation, diarrhoea, flatulence, bloating, pain Weight loss, weight gain
Hearing	Hearing loss	Hearing loss	Hearing loss
Hepatobiliary	Chronic liver dysfunction	Chronic liver dysfunction	Chronic liver dysfunction
Immune system	Asplenia	Asplenia	Asplenia
Kidney	Chronic renal problems	Chronic renal problems	Chronic renal problems
Lung	Breathing problems	Breathing problems	
Musculoskeletal	Loss of limb Numbness	Avascular necrosis Osteonecrosis of the jaw	Osteoporosis Arthralgia
Oral	Eating & swallowing difficulties Speaking difficulties Loss of teeth	Eating & swallowing difficulties Speaking difficulties Dry mouth Loss of teeth	Oral mucositis
Skin	Scarring Facial or body disfigurement	Scarring	Dry skin Nail loss Persistent hair loss
Vision	Sight loss	Sight loss	Sight loss
Other tissues	Loss of breast(s)	Second primary cancer	Second primary cancer