

In partnership with

**MACMILLAN**  
CANCER SUPPORT

easy  
read

# What happens after cancer treatment ends





# About this easy read booklet



This booklet is about what will happen after you have treatment for cancer.



You can learn about the different things that may happen after your treatment has ended.



If you are worried about your health, you should talk to a doctor or nurse.



# Your feelings



When cancer treatment ends, many people feel happy.



But many people also feel:

- sad



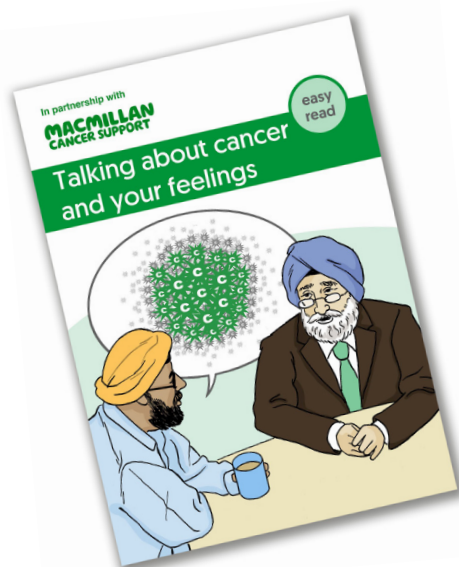
- alone



- worried.



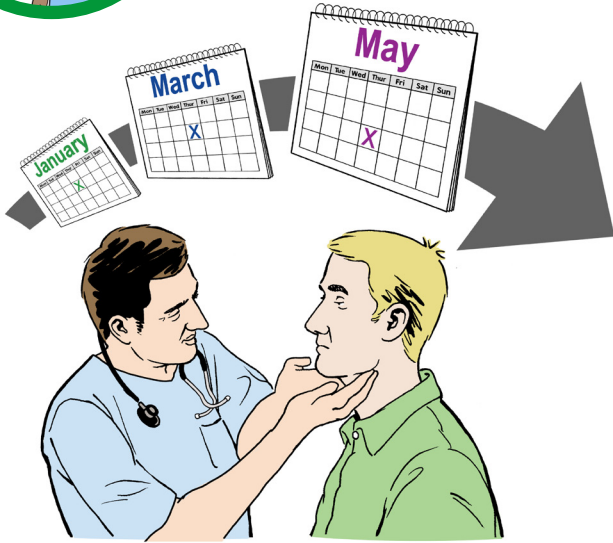
Sometimes it can help to talk about your feelings. There are lots of people you can talk to.



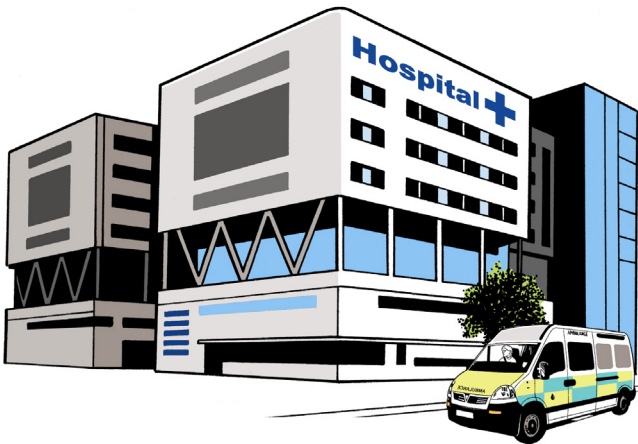
You can learn more about this from our booklet, **Talking about cancer and your feelings**.



# Check-ups



After all your treatments for cancer have finished you will still have regular check-ups to check you are healthy.

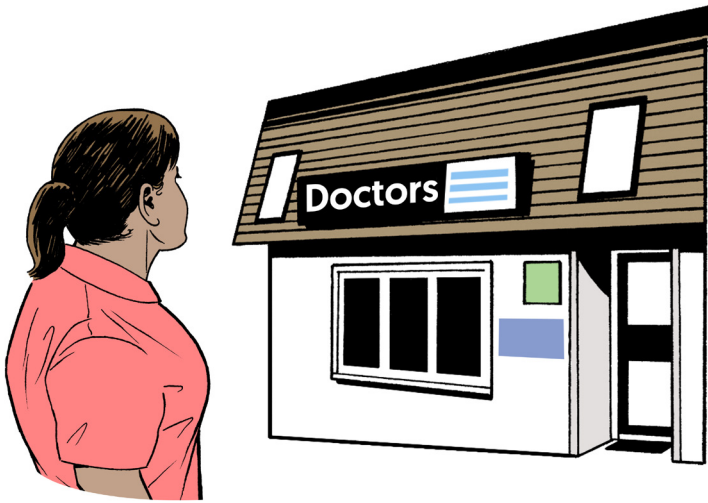


Check-ups might be:

- at the hospital



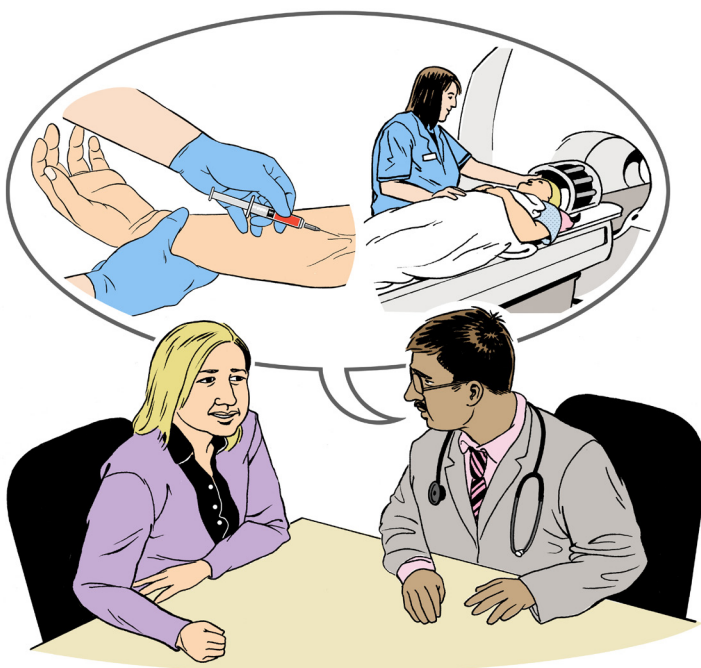
- on the phone



- at your GP surgery.



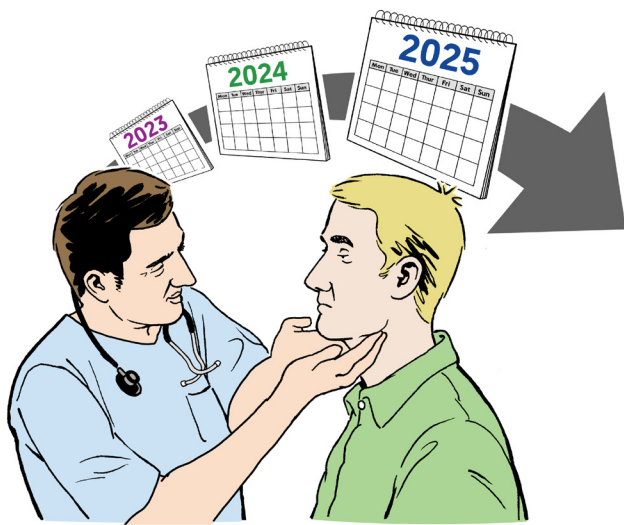
Your doctor or nurse will tell you what type of check-up is best for you.



As part of your check-ups you may have **scans, x-rays** or blood tests. Your doctor uses these to see if the cancer has come back.



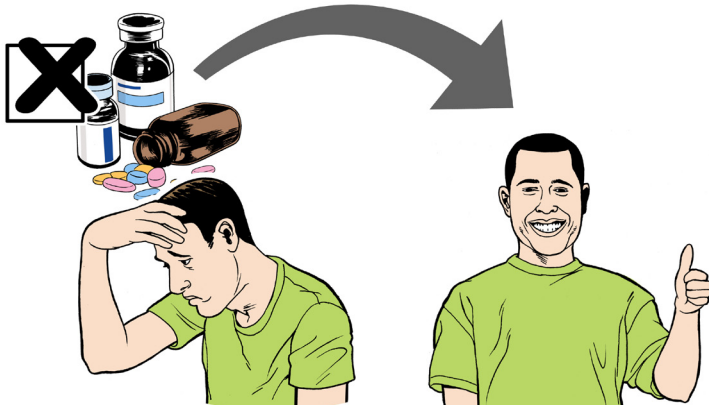
**Scans** and **x-rays** are ways of taking photos of the inside of the body. This helps the doctor check if everything is OK, or find out what is causing a health problem.



You may have check-ups for a few years after you have finished treatment.



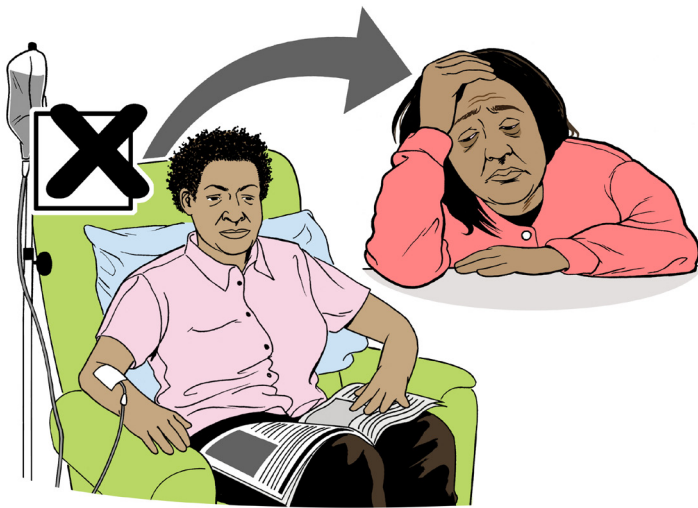
## Side effects



After cancer treatment has finished, you may still have **side effects**. You should slowly start to feel better.



**Side effects** are unwanted effects caused by having treatment, like tiredness or feeling sick.

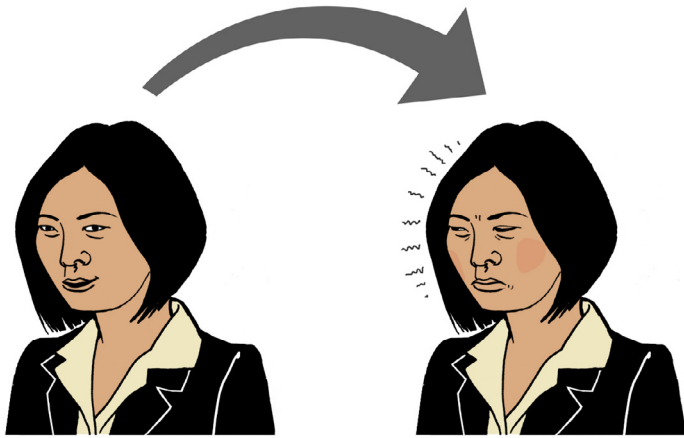


Some treatments have side effects that start after the treatment has finished.



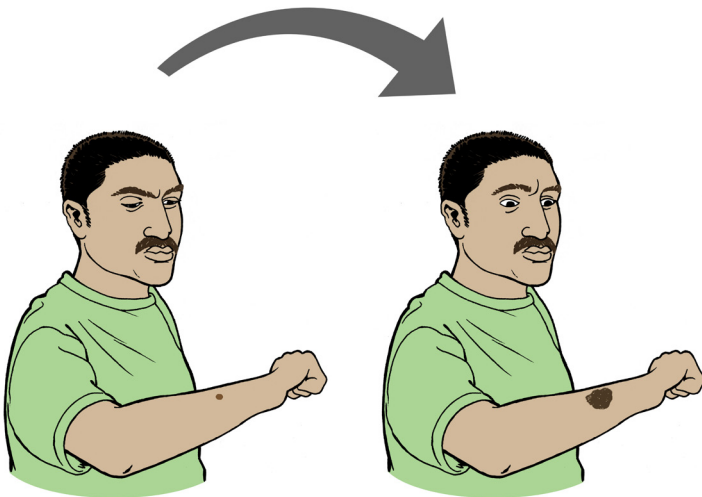
Your doctor or nurse can tell you if this might happen. They can tell you how to get help if you have a side effect after your treatment has finished.





Tell your doctor or nurse if:

- you feel different from how you normally feel



- you notice any changes in your body



- you have the same **symptoms** you had when you first found out you had cancer.



**Symptoms** are signs in your body that tell you something is wrong, like feeling tired all the time.



You do not have to wait until your next check-up to tell your doctor or nurse if you have symptoms.



## Being healthy

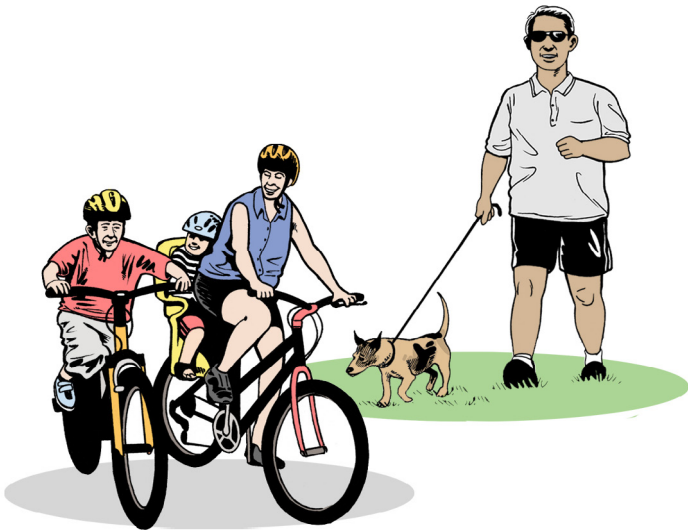


It is important to be as healthy as you can after cancer treatment.

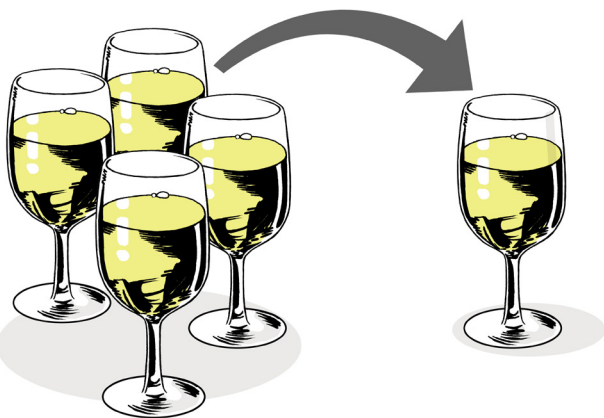


Things you can do to be healthy are:

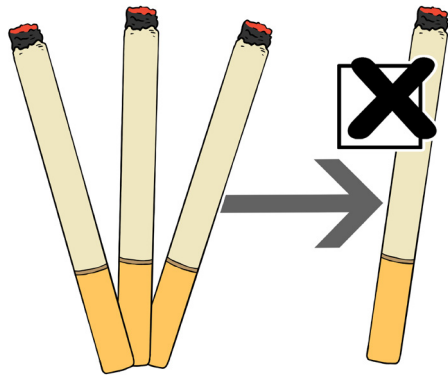
- eating a healthy diet



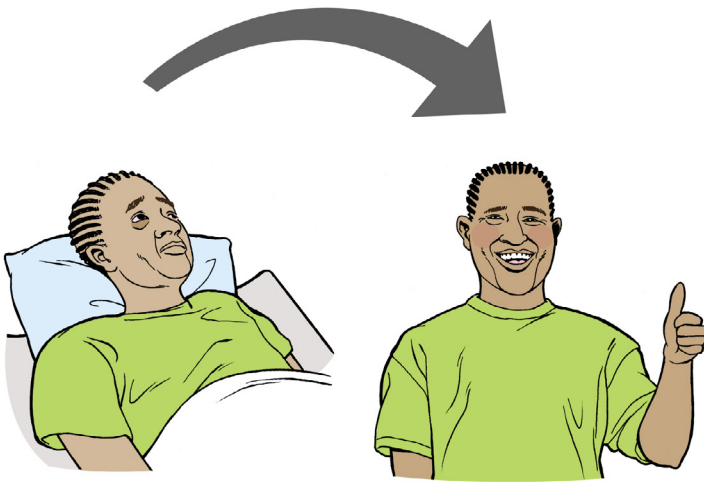
- doing exercise



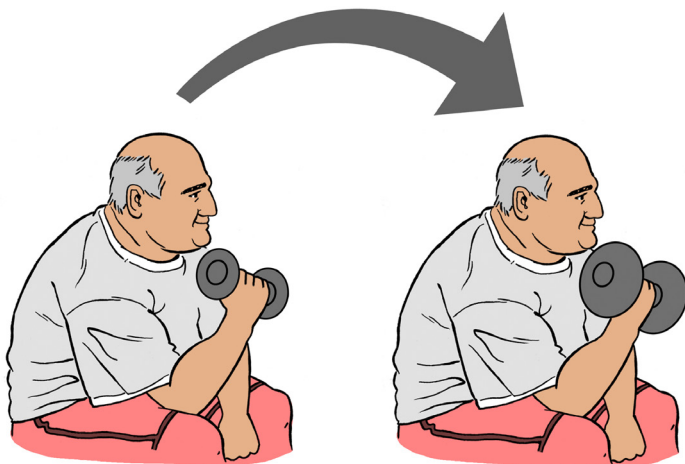
- drinking less alcohol



- not smoking, or getting help to stop smoking.



Doing these things may help you recover better from cancer treatment.



They can also help you:

- get stronger



- feel less tired



- feel happier.



You might need extra help to be healthy after cancer treatment. Your doctor or nurse can tell you about people that can help.



If you want to learn more about any of the things you can do to be healthy, we have booklets you can read. The booklets are listed on page 19.

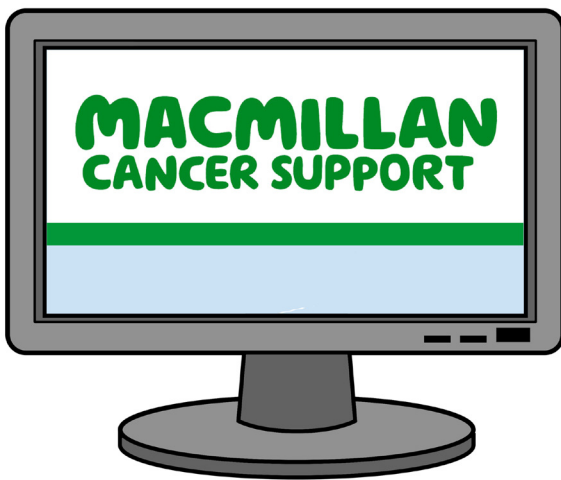


# How Macmillan can help you

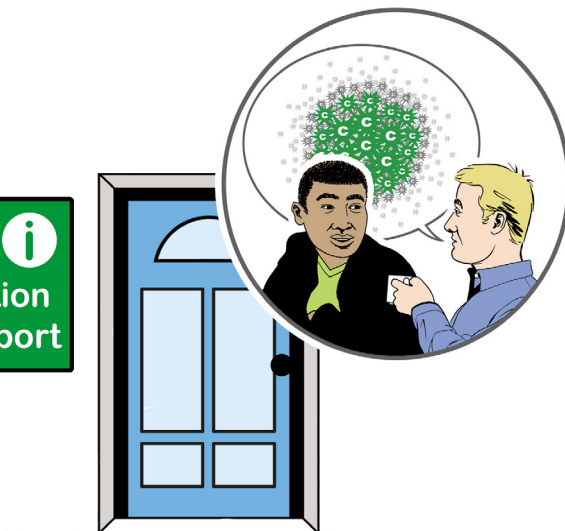


You can get support from:

- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit [macmillan.org.uk](http://macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](http://macmillan.org.uk/talktous)



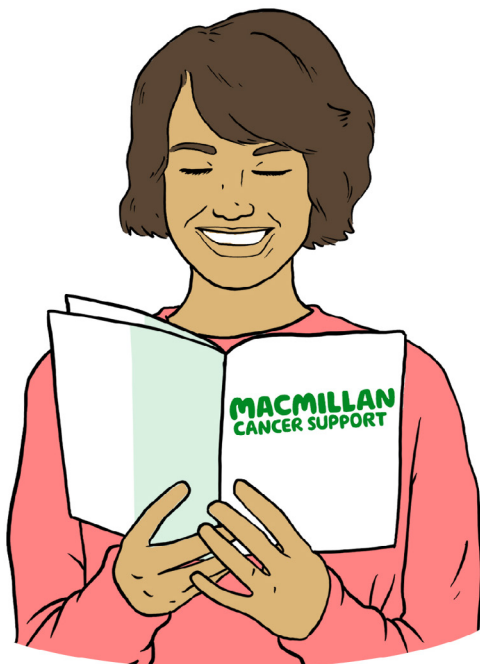
- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) or call us.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

### Booklets about cancer

You can order booklets about cancer from

[be.macmillan.org.uk](https://be.macmillan.org.uk)





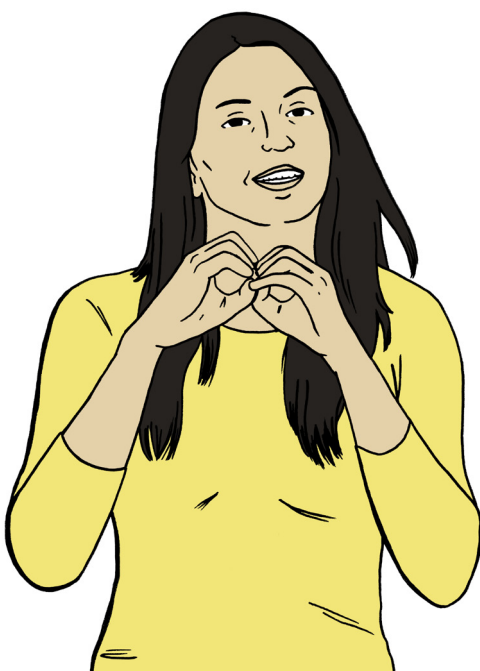
## Videos

You can watch videos about cancer at [macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



## Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



## British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



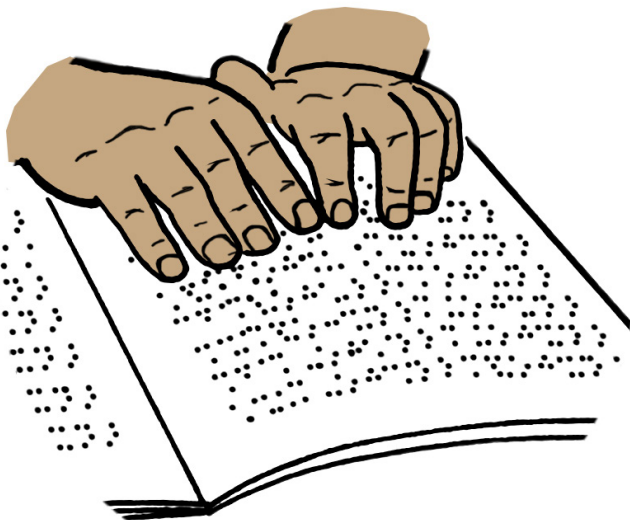
## eBooks

You can get eBooks  
about cancer from  
[be.macmillan.org.uk](https://be.macmillan.org.uk)



## Large print

Tell us if you need  
information in large print.  
Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



## Braille

Tell us if you need  
information in Braille.  
Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



# More easy read booklets



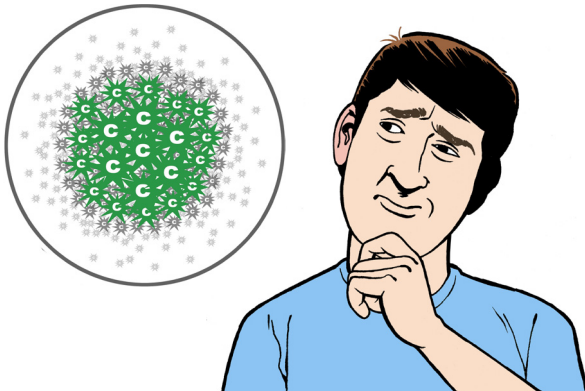
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



## About cancer

- Lung cancer
- What is cancer?



## Signs and symptoms

- Breast care for women
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



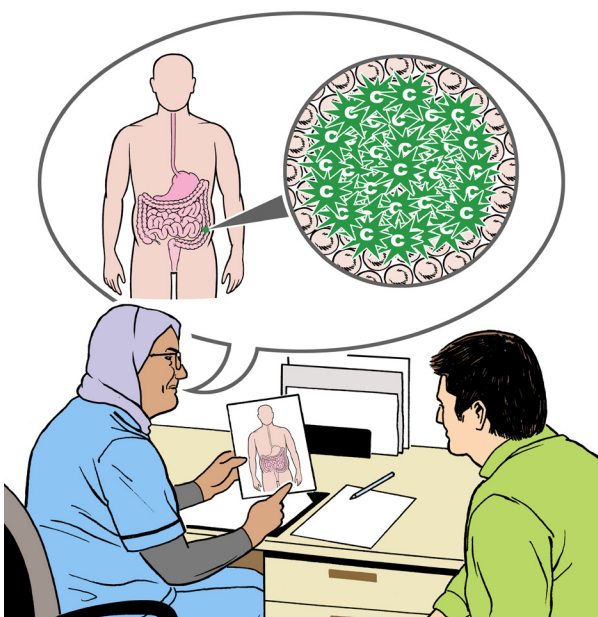
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer

## Living with cancer

- 7 steps to equal healthcare
- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer





## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying



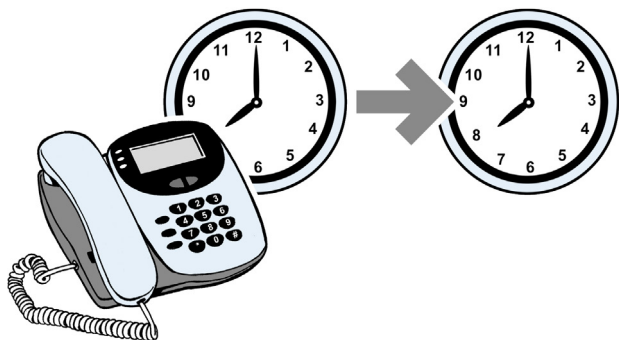
## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about what happens after treatment for cancer.

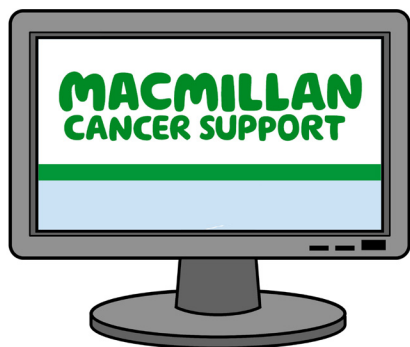
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:  
**18001 0808 808 00 00**



- Or go to the website  
**[macmillan.org.uk](http://macmillan.org.uk)**

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