

POST-TREATMENT



Patient
Empowerment
Network

Your treatments are behind you now, and now you can keep moving forward and learn how to self-manage your health, balance your emotions, and live a healthy lifestyle.

[National Cancer Institute's Life After Cancer](#)

Facing Forward: Life After Cancer Treatment is for people who have completed cancer treatment. Family and friends may also want to read this booklet.

Once treatment is over, many cancer survivors feel that although they are happy it's over, they also wonder about what comes next. Many say that they had lots of information and support during their illness, but now there are new questions and concerns to address.

[Mayo Clinic Cancer survivors: Managing your emotions after cancer treatment](#)

Get to know the emotions that are common for cancer survivors and how to manage your feelings. Find out what's normal and what indicates you should consider getting help.

[CancerCare: Post-Treatment Survivorship](#)

CancerCare provides free, professional support services for people who have completed cancer treatment, as well as post-treatment and survivorship information and additional resources.

