



## Highlights of the Breast Cancer Survivorship Program

- Survivorship Care Plan - a personalized record of cancer treatment and recommendations for ongoing monitoring
- Evaluation for long-term effects of treatment
- Education about methods to prevent new health problems and to stay as healthy as possible
- Screening recommendations for other cancers (such as colon and cervical cancer), according to national guidelines
- An emphasis on healthy lifestyle practices
- Referrals to specialists, resources, or services as needed
- Communication with primary healthcare provider and treatment team



## For More Information or to Schedule an Appointment

**Phone: (205) 638-2155**

**Email: [breastcancersurvivorship@uabmc.edu](mailto:breastcancersurvivorship@uabmc.edu)**

The Kirlin Clinic of UAB Hospital  
2000 6th Avenue South  
Birmingham, AL 35233

Convenient parking is located in the deck adjacent to the Clinic at 2100 6th Avenue South. The deck is connected to the second floor of The Kirlin Clinic of UAB Hospital by a weatherproof skybridge. The fee for parking increases according to time spent in the deck. Valet parking is also available on the second level of the deck.

## The Breast Cancer Survivorship Program



## PATIENT INFORMATION

**UAB MEDICINE**  
HEMATOLOGY ONCOLOGY

## The Breast Cancer Survivorship Program

The UAB Medicine Breast Cancer Survivorship Program offers specialized follow-up care for breast cancer patients focused on their unique healthcare needs. Survivorship care is provided by a nurse practitioner with expertise in breast cancer care and survivorship issues. This long-term follow-up program gives patients an opportunity to discuss their cancer treatment, its impact on their health, and ways to stay as healthy as possible. This program is carried out in collaboration with each patient's primary treatment team.



Patients participating in the Breast Cancer Survivorship Program will receive:

- Monitoring for long-term effects of breast cancer treatment
- Referral for management of identified problems, if needed
- A Survivorship Care Plan that includes:
  - A personalized record of the details of cancer treatment
  - Guidelines for continued monitoring
  - Recommendations for preventive care
  - Information regarding available resources and services

The goal of the program is to help each survivor stay as healthy as possible, and to prevent problems from emerging or catch them at an early stage when they are most easily treated.

### Eligibility Requirements

Patients are eligible for the Breast Cancer Survivorship Program if they meet the following eligibility criteria:

A diagnosis of breast cancer, stages 0 to IIIC

At least 12 months since diagnosis

At least part of treatment done at UAB Medicine

No history of breast cancer spreading beyond the local breast area and /or lymph nodes

No history of breast cancer recurrence



### Components of a Typical Survivorship Clinic Visit

- Review of medical history and symptoms
- Physical exam
- Health education
- Review of Survivorship Care Plan
- Follow-up tests (such as blood work and bone density scanning) as indicated based on treatment received
- Referrals to specialists, resources, or services as needed based on individual needs
- Visit summary sent to primary healthcare provider at patient's request