



SHERIDAN
MEMORIAL HOSPITAL
Welch Cancer Center



Monthly Survivorship Courses - 2020

*These courses are open to anyone free of charge, no reservations needed
and are held on the first Tuesday of each month from 6-7pm
in the Welch Cancer Center Conference Room - 1585 West 5th Street
Questions: call 307.674.6022*

January 7, 2020

Topic: **Managing Long-Term and Late Side Effects of Cancer Treatment**

What you will learn:

- The acute and chronic side effects of cancer treatment
- The difference between long-term and late side effects of cancer treatment
- Self-care strategies to help minimize or prevent the adverse side effects of cancer treatment
- How non-reporting of side effects can impact your cancer treatments

February 4, 2020

Topic: **Fighting Fatigue: Staying Active and Sleeping Well During and After Cancer Treatment**

What you will learn:

- What is cancer-related fatigue and how it differs from “tiredness”
- About the Oncology Nursing Society “Get Up, Get Moving” quality campaign
- The role of physical activity in the treatment and management of cancer-related fatigue
- Practical ways to incorporate physical activity into your cancer treatment plan using home-based exercise, skilled physical therapy, or local resources like LIVESTRONG at the YMCA

March 3, 2020

Topic: **Cancer Related Cognitive Dysfunction (CRCDD) and “Chemo Brain”**

What you will learn:

- What is CRCDD and how it is diagnosed
- The risk factors associated with the development of CRCDD
- How can CRCDD impact daily functioning, quality of life and the capacity to remain employed
- How to manage cognitive changes that occur during cancer treatment

April 7, 2020

Topic: **Survivorship: What Happens Now?**

What you will learn:

- The three phases of cancer survivorship: acute, extended and permanent
- What is a Survivorship Care Plan (SCP) is and how it helps providers coordinate care
- The difference between long-term and late side effects of cancer treatment
- Disease prevention and the importance of routine follow-up after active cancer treatment