



ACEF SPOTLIGHT

Planning Life After Cancer: The Survivorship Care Plan

When you finish initial treatment, you may be overwhelmed with questions about your future health. You may have concerns because you aren't seeing your providers as often as before or feel unsure how to move forward with your care.

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Werner Absenger, Ph.D., M.Sc., is a mind-body medicine research scientist who has taught scores of people the skill of health and well-being. Dr. Werner received his clinical training from Dr. James S. Gordon, MD, a Harvard-educated psychiatrist.

Dr. Gordon is the Founder and

Executive Director of The Center for Mind-Body Medicine. He is also a Clinical Professor in the Departments of Psychiatry and Family Medicine at Georgetown Medical School. Dr. Gordon served as the first Chairman of the Program Advisory Council of NIH's Office of Alternative Medicine and as Chairman of the White House Commission on Complementary and Alternative Medicine Policy under Presidents Clinton and G.W. Bush.

Dr. Werner currently leads meditation and mindful eating workshops for ACEF's Susan G. Komen of Michigan funded *Living Well in Breast Cancer Survivorship* program in collaboration with Johnson Family Cancer Center. He also offers weekly group meditation sessions open to the public at ACEF and private sessions from self- and physician referrals for Mindfulness-Based Stress Reduction (MBSR).

Dr. Werner's energetic, yet up-front approach empowers you with skills that are beneficial and can be used right away in everyday life.

For additional information, contact us at info@amacf.org, or by phone at (616) 607-7360, or in person at the Absenger Cancer Education Foundation at 17212 Van Wagoner Road, Spring Lake, MI 49456.

What is a Basic Survivorship Care Plan?

The plan we create together is unique to you and your breast cancer treatment, but it will include:

- Guidance about how to prevent new types of cancers, and ways to test and screen for breast cancer recurrence
- Information about long-term and late side effects that could result from breast cancer or its treatments, and methods to manage them
- Ways to manage and detect late side effects and emotional concerns
- Standards for monitoring for a return of breast cancer and ways to screen for other types of cancer
- Lists of places to go or doctors to see for your ongoing care
- Tips for health issues of possible concern to people who have had breast cancer

- Ideas to help you manage your overall health with diet, nutrition, and exercise

Schedule Your Appointment Today!



A post-treatment care plan is a living document. It grows over time as your health changes and you get further away from your breast cancer diagnosis.

Let ACEF help you create your survivorship plan. It takes only an hour and is **FREE!**

Absenger Cancer Education Foundation
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Survivorship Plans are

FREE

for Breast
Cancer Survivors!

Funding programs that support those in the fight to save lives.

