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## **Living as a Chronic Myelomonocytic Leukemia Survivor**

## Follow-up care

Even if you have stopped your treatment for CMML, it is still very important to go to all your follow-up appointments. During these visits, your doctors will ask about symptoms, physically examine you, and order blood tests. They will continue to watch for signs of [infection](#)<sup>3</sup> and signs that you are moving on to active [leukemia](#)<sup>4</sup>. They'll also watch for short-term and long-term [side effects](#)<sup>5</sup> of treatment. This is the time for you to ask your health care team any questions and to discuss any concerns you might have.

Almost any cancer treatment can have side effects. Some might last for just a few weeks or months, but others can be permanent. Don't hesitate to tell your cancer care team about any symptoms or side effects that bother you so they can help you manage them.

## Ask your doctor for a survivorship care plan

Your survivorship care plan might include:

- A suggested schedule for follow-up exams and tests
- A schedule for other tests you might need in the future, such as early detection (screening) tests for other types of cancer, or tests to look for long-term health effects from your cancer or its treatment
- A list of possible late- or long-term side effects from your treatment, including what to watch for and when you should contact your doctor
- Diet and physical activity suggestions
- Reminders to keep your appointments with your primary care provider (PCP), who will monitor your general health care

## Keeping health insurance and copies of your medical records

Even after treatment, it's very important to keep your health insurance. With a chronic disease like CMML, your treatment may never really be over. Tests and doctor visits cost a lot, and even though no one wants to think about their cancer coming back or having to continue treatment for a long time, this could happen.

At some point after your cancer treatment, you might find yourself seeing a new doctor who doesn't know about your medical history. It's important to keep copies of your medical records to give your new doctor the details of your diagnosis and treatment. Learn more in [Keeping Copies of Important Medical Records](#)<sup>6</sup>.



1. [www.cancer.org/cancer/types/chronic-myelomonocytic-leukemia/treating/supportive-therapy.html](http://www.cancer.org/cancer/types/chronic-myelomonocytic-leukemia/treating/supportive-therapy.html)
2. [www.cancer.org/cancer/survivorship/long-term-health-concerns/cancer-as-a-chronic-illness.html](http://www.cancer.org/cancer/survivorship/long-term-health-concerns/cancer-as-a-chronic-illness.html)
3. [www.cancer.org/cancer/managing-cancer/side-effects/low-blood-counts/infections.html](http://www.cancer.org/cancer/managing-cancer/side-effects/low-blood-counts/infections.html)
4. [www.cancer.org/cancer/types/acute-myeloid-leukemia.html](http://www.cancer.org/cancer/types/acute-myeloid-leukemia.html)
5. [www.cancer.org/cancer/managing-cancer/side-effects.html](http://www.cancer.org/cancer/managing-cancer/side-effects.html)
6. [www.cancer.org/cancer/survivorship/long-term-health-concerns/keeping-copies-of-important-medical-records.html](http://www.cancer.org/cancer/survivorship/long-term-health-concerns/keeping-copies-of-important-medical-records.html)
7. [www.cancer.org/cancer/risk-prevention/tobacco.html](http://www.cancer.org/cancer/risk-prevention/tobacco.html)
8. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy.html)  
[www.cancer.org/cancer/risk-prevention/diet-physical-activity/get-active.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/get-active.html)

