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After Bone Cancer Treatment

Get information about life as a cancer survivor, next steps, and what you can do to help.

Living as a Cancer Survivor

For many people, cancer treatment often raises questions about next steps as a survivor.

- [Living as a Bone Cancer Survivor](#)

Living as a Bone Cancer Survivor

For some people with bone cancer, treatment may remove or destroy the cancer. Completing treatment for bone cancer can be both stressful and exciting. You may be relieved to finish treatment, but you might find it hard not to worry about cancer coming back. This is very common if you've had cancer.

For some other people, the cancer might never go away completely. They might get regular treatments to help keep the cancer in check for as long as possible and to prevent or limit any problems it might cause. [Learning to live with cancer](#)¹ that does not go away can be difficult and very stressful.

- [Follow-up care](#)
- [Keeping health insurance and copies of your medical records](#)
- [Can I lower my risk of the bone cancer progressing or coming back?](#)

- If the cancer comes back
- Could I get a second cancer after treatment?

- Reminders to keep your appointments with your primary care provider, who will monitor your general health care

Keeping health insurance and copies of your medical records

As much as you might want to put the experience behind you once treatment is completed, it's also very important to keep good records of your medical care during this time. Gathering these details soon after treatment may be easier than trying to get them at some point in the future. This can be very helpful later on if you change doctors. Learn more in [Keeping Copies of Important Medical Records](#)⁹.

It's also very important to keep [health insurance](#)¹⁰ coverage. Tests and doctor visits can cost a lot, and even though no one wants to think of ails core incime. Ghmeneng ET 0 0.2 00 1 72 518

If the cancer comes back

If the cancer does come back (recur) at some point, your treatment options will depend on where the cancer is located, what treatments you've had before, and your overall health. For more information, see [Treating Specific Types of Bone Cancers](#)¹⁶.

For more general information, see [Understanding Recurrence](#)¹⁷.

Could I get a second cancer after treatment?

People who've had bone cancer can still get other cancers. In fact, bone cancer survivors are at higher risk for getting some other types of cancer.

Survivors of bone cancer have an increased risk of getting **another bone cancer**. (This is different from the first cancer coming back.) Sometimes this is the same kind of cancer as the original tumor, but it can also be a different type.

Survivors of bone cancer also have an increased risk of:

- [Soft tissue sarcoma](#)¹⁸
- [Lung cancer](#)¹⁹
- [Esophagus cancer](#)²⁰
- [Stomach cancer](#)²¹
- [Colorectal cancer](#)²²
- [Liver cancer](#)²³
- [Pancreas cancer](#)²⁴
- [Acute myeloid leukemia](#)²⁵ (AML)

The risk of leukemia is linked to treatment with chemotherapy.

Experts don't recommend any additional screening tests to look for second cancers in people who've had bone cancer. Still, it's important to let your doctor know about any new symptoms or problems you have, because they could be caused by the bone cancer coming back, or by a new disease or second cancer.

Like other people, survivors of bone cancer should follow the [American Cancer Society guidelines for the early detection of cancer](#)²⁶ and should [stay away from tobacco products](#)²⁷, which increase the risk of many types of cancer.

To help maintain good health, survivors [should also](#)²⁸:

- Get to and stay at a healthy weight.
- Keep physically active and limit the time spent sitting or lying down.
- Follow a healthy eating pattern that includes plenty of fruits, vegetables, and whole grains, and limits or avoids red and processed meats, sugary drinks, and highly processed foods.
- Avoid or limit alcohol. If you do drink, have no more than 1 drink per day for women or 2 per day for men.

These steps may also help lower the risk of some other health problems.

See [Second Cancers in Adults](#)²⁹ for more information about second cancers.

Hyperlinks

1. www.cancer.org/cancer/survivorship/long-term-health-concerns/cancer-as-a-chronic-illness.html
2. www.cancer.org/cancer/types/osteosarcoma.html
3. www.cancer.org/cancer/types/ewing-tumor.html
4. www.cancer.org/cancer/managing-cancer/advanced-cancer/bone-metastases.html
5. www.cancer.org/cancer/managing-cancer/side-effects.html
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14. www.cancer.org/cancer/risk-prevention/diet-physical-activity/take-control-your-weight.html
15. www.cancer.org/cancer/managing-cancer/treatment-types/complementary-and-integrative-medicine/dietary-supplements.html

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