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After Treatment for Malignant Mesothelioma

Get information about how to live well after malignant mesothelioma treatment and make decisions about next steps.

Living as a Cancer Survivor

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

- [Living As a Malignant Mesothelioma Survivor](#)
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Living As a Malignant Mesothelioma Survivor

- [Follow-up care](#)
- [Can I lower my risk of mesothelioma progressing or coming back?](#)
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For some people with mesothelioma, treatment can remove or destroy the cancer. The end of treatment can be both stressful and exciting. You may be relieved to finish treatment, but find it hard not to worry about the cancer coming back. This is a very common concern in people who have had cancer.

- 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 health insurance. Tests and doctor visits cost a lot, and even though no one wants to think of their cancer coming back, 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](#)⁸.

Can I lower my risk of mesothelioma progressing or coming back?

If you have (or have had) mesothelioma, you probably want to know if there are things you can do that might lower your risk that it will or come back, such as exercising, eating a certain type of diet, or taking nutritional supplements. Unfortunately, it's not yet clear if there are things you can do that will help.

Adopting healthy behaviors such as [not smoking](#)⁹, [eating well](#)¹⁰, [getting regular physical activity](#)¹¹, and [staying at a healthy weight](#)¹² might help, but no one knows for sure. Still, we do know that these types of changes can have positive effects on your health that can extend beyond your risk of mesothelioma or other cancers.

About dietary supplements

So far, no [dietary supplements](#)¹³ (including vitamins, minerals, and herbal products) have been shown to clearly help lower the risk of mesothelioma progressing or coming back. This doesn't mean that no supplements will help, but it's important to know that none have been proven to do so.

Dietary supplements are not regulated like medicines in the United States – they do not have to be proven effective (or even safe) before being sold, although there are limits on what they're allowed to claim they can do. If you're thinking about taking any type of

nutritional supplement, talk to your health care team. They can help you decide which ones you can use safely while avoiding those that might be harmful.

If the cancer comes back

If mesothelioma does recur at some point, your treatment options will depend on where the cancer is located, what treatments you've had before, and your health. For more information on how recurrent cancer is treated, see [Treatment of Mesothelioma By the Extent of the Cancer](#)¹⁴.

For more general information on recurrence, you may also want to see [Understanding Recurrence](#)¹⁵.

Getting emotional support

Some amount of feeling depressed, anxious, or worried is normal when cancer is a part

- [weight.html](#)
13. www.cancer.org/cancer/managing-cancer/treatment-types/complementary-and-integrative-medicine/dietary-supplements.html
 14. www.cancer.org/cancer/types/malignant-mesothelioma/treating/by-extent.html
 15. www.cancer.org/cancer/survivorship/long-term-health-concerns/recurrence.html
 16. www.cancer.org/cancer/survivorship/be-healthy-after-treatment/life-after-cancer.html

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Written by

The American Cancer Society medical and editorial content team
(<https://www.cancer.org/cancer/acs-medical-content-and-news-staff.html>)

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