



James Graham Brown Cancer Center

Survivorship Care at the Brown Cancer Center

Could You Repeat That? Staying Connected to Live Your Best Life

Do you find yourself struggling to hear? Maybe you can hear that someone is talking to you, but it sounds muffled or like everyone around you is mumbling. Are women's and children's voices harder to understand? Perhaps you've noticed (or you've been told) that you have the television volume up too loud. Maybe you struggle to understand people in a noisy environment. Do you hear ringing, crickets, or roaring sounds in your ears? These are all signs of possible hearing loss.

Most adults will suffer at least a little bit of age-related hearing loss as they get older. Many people also know that loud noises can cause hearing loss over time. But did you know that some chemotherapy drugs can also have hearing loss as a side effect? These same drugs can also cause ringing in your ears, or tinnitus. There are approximately 16 million cancer survivors in the United States. More than half of them may suffer from treatment related, or ototoxic, hearing loss and/or tinnitus.



Communication is crucial to living your best life as you journey through your cancer treatment and beyond. You want to be able to hear, listen, and understand your family, friends, and health care providers so that you feel connected to your village. Whether you had some hearing loss before treating cancer, or it has been caused or made worse by chemotherapy, the University of Louisville Audiology department is available to help you, both during and after your treatments. We offer hearing tests, hearing aids and other devices, and counseling on strategies to help you hear better. Watch for a free Aural Rehabilitation group meeting coming soon here at the Brown Cancer Center. This will be a place where you can learn about communication strategies, ask questions, and meet people in a similar situation. Better hearing can improve your quality of life, no matter where you are on your journey. Ask your provider for information about audiologic services today, or call **502-583-3687**.

Committee on Accessible and Affordable Hearing Health Care for Adults; Board on Health Sciences Policy; Health and Medicine Division; National Academies of Sciences, Engineering, and Medicine; Blazer DG, Domnitz S, Liverman CT, editors. Hearing Health Care for Adults: Priorities for Improving Access and Affordability. Washington (DC): National Academies Press (US); 2016 Sep 6. 2, Hearing Loss: Extent, Impact, and Research Needs. Available from:

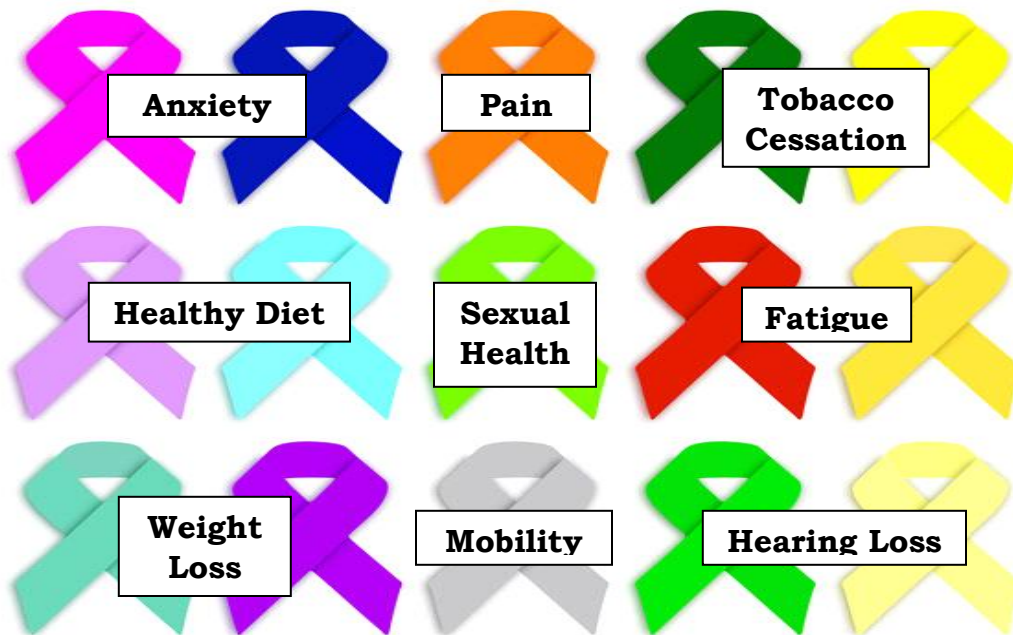
<https://www.ncbi.nlm.nih.gov/books/NBK385309/>
<https://cancercontrol.cancer.gov/ocs/statistics/statistics.html> – accessed 7/27/19

What is Survivorship?

A person is considered a survivor from the moment they are diagnosed with cancer. There are three different levels of survivorship which include acute, extended, and permanent survivorship. Our survivorship program and clinic focuses on extended survivorship, which begins when you have completed all your treatments, whether you had chemotherapy, radiation, and/or surgery, and have had a complete response to your treatments.

At this point, a nurse practitioner or a nurse navigator will meet with you at one of your scheduled follow-up appointments and discuss your treatment summary and care plan. This will include information regarding your diagnosis, detailed information about the treatments you had done, possible side effects from those treatments, how frequently you will need to see your doctors and what tests/labs will be monitored going forward, common signs/symptoms of recurrence, and general health recommendations.

The purpose of the survivorship program is to help support you in your journey and address any issues that have arisen related to your diagnosis. Below are just a few topics you might have some questions or concerns about:



For more information about the James Graham Brown Cancer Centers Survivorship Program:
<https://uoflbrowncancercenter.org/cancer-services/types-cancer/survivorship-clinic>

“Cancer is only going to be a chapter in your life, not the whole story.”

-Joe Wasser