



# Survivorship Clinic

## Introduction

Cancer diagnosis is often viewed as a life-changing event. Once treatment is over, many patients expect that they will move on and things would just get back to normal. However, this is not always the case for many patients. They often realize that "normal" has changed and they have to adjust to regain the "normalcy".

After the completion of the initial cancer treatment, patients will be followed up by their oncologists at the surveillance clinic on a regular interval such as three-month, six-month, once a year, and so on. The surveillance clinic focuses on routine monitoring to ensure cancer has not come back.

Some patients, however, experience side-effects from their surgery or treatment that do not go away once treatment finishes. The following are some common concerns: sleep disturbance, pain, lack of strength, neuropathy, changes in weight and eating habits, and menopause symptoms. These post-treatment symptoms can affect patients' quality of life and prevent regaining normal life. Furthermore, most patients want to establish a healthy lifestyle, but often don't know how to begin.



## HKU Jockey Club Institute of Cancer Care Survivorship Clinic

The aims of the **HKU Jockey Club Institute of Cancer Care Survivorship Clinic** are to

- (1) Provide support in managing post-treatment symptoms and
- (2) Offer personalized diet and physical activity advice

We offer a one-time assessment and consultation, with the possibility for follow-up consultation if needed.



## Who will be eligible for attending the survivorship clinic ?

Cancer patients who have completed their primary cancer treatment and in remission are eligible to attend the survivorship clinic.

## Who will I see ?

You will meet our registered nurse, dietitian and exercise specialist. Consultation by counsellor can be arranged if needed. This will take approximately 2 hours.

Patients may not require further support after attending the Survivorship Clinic; however, JCICC can arrange additional services upon request, e.g., skill-based workshops, individual consultation, group sessions on symptom management or lifestyle modifications.



## A summary of health assessment report

At the end of the visit, we will prepare a summary of your current health assessment status including personalized healthy lifestyle advice. You can share the report with your clinicians involved in your care.

## What do I need to prepare for the visit ?

Your preparation is minimum. When you make a booking for attending the visit, we will ask you to complete and bring a 3-day dietary record to meet with our dietitian. Please wear loose fitting and comfortable clothing, and sports shoes appropriate for exercise.

## Background of Hong Kong Jockey Club Institute of Cancer Care

With the increasing prevalence of cancer in Hong Kong, more and more people are confronting the disease and receiving different types of treatments, including maintenance or prophylactic therapy.

The pathway of rehabilitation of cancer survivors could be challenging because of the change of health status, life style, career aspiration or family position. Indeed, the physical symptoms and emotional concerns may present significant barriers to good rehabilitation.

As such, and supported by Hong Kong Jockey Club Charities Trust, the LKS Faculty of Medicine of the University of Hong Kong has established the Jockey Club Institute of Cancer Care, with the aim of providing additional support on symptom relief and psychosocial support and survivorship care for cancer patients, their families and caregivers through state-of-the art professional service and community resources referral.

## Price

Service	Service Content	Price
Service Package	Multi-disciplinary Health assessment and report by registered nurse, dietitian, and exercise specialist, as well as consultation from counsellor if needed. Together with one follow up session.	HK\$350

## Contact Us

For further enquiry or booking an appointment:  
Contact No.: **3917 9606**

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<http://jcicc.med.hku.hk/>

