

Welcome to the Bone Marrow Transplant Survivorship Program

Survivorship is living with, through, and beyond cancer. People are living longer after a cancer diagnosis than they ever were before. One reason for this is because of better bone marrow transplant (BMT) practices, including clinical care after transplant. BMT survivors may face problems that are physical, emotional and cognitive (such as memory or reasoning).

The **Mass General Cancer Center BMT Survivorship Program** aims to help patients and their families live their daily lives better by providing high-quality care based their personal needs. These can include:

- Physical symptoms including pain and fatigue (feeling very tired)
- Psychological distress including anxiety, depression, fear of cancer coming back (recurrence)
- Chronic graft-versus-host disease involving any organ
 - Chronic graft-versus-host disease lasts for more than 100 days, or starts 100 days after your transplant
- Trouble doing or keeping up with physical activity
- Cognitive dysfunction (chemo brain)
- Bone health
- Sleep problems
- Concerns about sex and fertility (ability to get pregnant or father a child)
- Late effects of cancer therapy including how to prevent damage to organs such as the lungs and the heart
- Cancer prevention

We encourage you or your loved one to schedule a visit with the BMT Survivorship Program. Your visit will focus on your most important needs and concerns. When you schedule your visit, we will mail you a survey that will help guide your visit. **Please fill out the survey and bring it with you when you come in.**