

Meet our providers



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There are approximately **12,400** children and adolescents diagnosed with cancer each year.

There are **300,000** childhood cancer survivors in the U.S.

Systematic follow-up is important for providing early detection and intervention for potentially serious late onset complications of treatment.

- The American Academy of Pediatrics, 2009

“Following my battle with acute lymphocytic leukemia, regular check-ups at the Long-term Follow-up Clinic ensured I was still cancer-free and gave me the opportunity to ask questions about the long-term effects of my illness and treatment and learn about studies being done on cancer survivors. It was also a chance to reconnect with doctors and nurses who played such a vital role in my life during treatment.”

-23-year-old leukemia survivor who is now a Peace Corp volunteer teaching math and science to children in Kenya.

Cancer and blood disorders Long-term Follow-up Clinic

To make an appointment, call Children’s Cancer and Blood Disorders Clinic at 612-813-5940.



childrensmn.org



At the Long-term Follow-up (LTFU) Clinic at Children's Hospitals and Clinics of Minnesota, our goal is to continue the mission of our organization and champion the special health needs of children and their families. 

Over 80% of children with cancer will survive their disease. Once treatment ends, these children, adolescents and young adults begin their journey as cancer survivors. Many of these survivors will experience some type of late effect from either their cancer or the treatment. Our goal is to monitor for relapse, late effects of treatment and to provide health education and coaching that will lead to a healthy adulthood. By following the Children's Oncology Group (COG) survivorship follow-up guidelines, our hope is to increase the quality of life and decrease complications by providing on-going monitoring and early detection and treatment of any late effects.

Life after cancer

Long-term risks of late effects depend on many factors. These include the type of cancer, the treatment received and the age at the time of treatment. COG has recommendations for health screenings including scans, lab tests and heart tests based on all of these factors. 

About the Long-term Follow-up Clinic

The Long-term Follow-up (LTFU) Clinic, part of the Children's cancer and blood disorders program, is designed to meet the needs of childhood cancers survivors whether they were treated at Children's or elsewhere. We evaluate and monitor childhood cancer survivors up to age 30 or for 10 years after therapy. We encourage annual visits starting three years after treatment is completed.  

Appointments

Letters are sent to families and patients eligible or due for an appointment. Or, to be seen in the LTFU Clinic as a new or longstanding patient, call 612-813-5940 to schedule an appointment. You may receive a questionnaire once you have scheduled an appointment. Please complete and bring with you to your appointment in the Hematology/Oncology Clinic, located within Children's Specialty Center.

What to expect

- Review of cancer diagnosis and treatment
- Review of medical history
- Laboratory tests (case-by-case basis)
- Physical examination
- Questions and answers about your treatment
- Review of each chemotherapy drug received and its dosage, including possible late effects of each drug
- Information about health risk behaviors
- Discussion about psychosocial concerns, insurance and job issues

- Advice and assistance with school or learning concerns
- Information about current research findings related to survivorship
- Formulated plan for the next visit and discussion, including what tests and lab work will be needed
- A summary of the LTFU clinic visit
- Health recommendations for nutrition, sleep, exercise and stress management
- Collaborative service options and referrals if needed

Did you know

- Children's Long-term Follow-up Clinic:
- Provides ongoing monitoring for late effects of cancer and treatments
 - Participates in the NCI funded Childhood Cancer Survivor Study with access to the latest research and recommendations
 - Provides a treatment summary with recommendations for follow-up
 - Gives follow-up care to children, adolescents and young adults
 - Has a database of 1,100 survivors
 - Actively participants in the Children's cancer survivor study through physician and nursing disciplines at Children's Oncology Group
 - Has access to specialists including women's health, urology, kidney specialists, heart specialists, psychologists, social workers and pain specialists
 - Is willing to work with teachers and employers to facilitate survivor's full potential
 - Provides education aimed at reducing risks and promoting optimal health and quality of life