



START Strong Survivorship Clinic

Support • Thrive • Advocacy • Resilience • Tools

At Siteman Cancer Center, we understand that facing a new cancer diagnosis can feel overwhelming, but you're not alone. The START Strong Survivorship Clinic gives you information and support right from the start of your care.

This one-time visit is designed to help you focus on your whole health, not just your cancer treatment. Together, we'll talk about what's most important to you right now and connect you with resources and tools to help you feel your best during and after treatment.

(Please note: This is a supportive service and does not replace your regular treatment appointments or care with your current oncology team.)



What to expect at your visit

During this visit you will meet with a medical provider, a dietitian, and an exercise specialist. Plan to be at your appointment for about 90 minutes.

You'll have dedicated time to discuss:

- **Nutrition:** Practical tips and personalized guidance from a dietitian
- **Physical activity:** Evaluation and recommendations from an exercise specialist
- **Emotional well-being:** Support and resources to help manage emotional and mental health
- **Financial and practical needs:** Help finding assistance and community programs
- **Questions or concerns:** Talk about what matters most to you

START Strong Survivorship appointments include



Dedicated time with a medical provider to discuss wellness during treatment



Nutrition consultation with a survivorship dietitian for one-on-one nutritional guidance



A fitness consultation with an oncology exercise specialist

From the moment you are diagnosed with cancer, you are a survivor. – National Cancer Institute



After treatment: Continuing your survivorship care

After you complete your treatment, you can schedule an optional follow-up visit that focuses on life after treatment and any new concerns you have.

How to get connected

Ask your doctor or clinical team for a referral to the **START Strong Survivorship Clinic**. For more information, contact the Siteman Cancer Center Survivorship Program at 314-273-5734.

Survivorship program mission

To improve the quality of life of individuals with cancer through education, research, and wellness. The survivorship program supports patients, families, and caregivers through diagnosis, treatment, and beyond.

This handout is for informational purposes only. It should not be used in place of advice or instructions given by your doctor. Talk to your doctor or health care team if you have questions about your care.

Online survivorship resources

- Cancer Nation: canceradvocacy.org
- NCI Office of Cancer Survivorship (OCS): cancercontrol.cancer.gov/ocs
- American Cancer Society®: cancer.org



Visit siteman.washu.edu for more information.



WashU Medicine



HealthCare

Siteman Cancer Center complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo. Llame al 314-747-5682 (TTY: 1-800-735-2966).

注意: 免费提供语言协助服务, 如有需要敬请致电 314-747-5682 (TTY: 1-800-735-2966)。

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