



Next Steps Clinic Highlights for Breast Cancer Survivorship

- Survivorship Care Plan - a personalized record of cancer treatment and recommendations for ongoing monitoring
- Evaluation for long-term effects of treatment
- Education about methods to prevent new health problems and to stay as healthy as possible
- Screening recommendations for other cancers (such as colon and cervical cancer), according to national guidelines
- An emphasis on healthy lifestyle practices
- Referrals to specialists, resources, or services as needed
- Collaboration with primary healthcare provider and treatment team



For More Information or to
Schedule an Appointment

Office: 205-801-0080
Scheduling: 205-801-8415

The Kirklin Clinic of UAB Hospital
2000 6th Avenue South
Birmingham, AL 35233

Convenient parking is located in the deck adjacent to the Clinic at 2100 6th Avenue South. The deck is connected to the second floor of The Kirklin Clinic of UAB Hospital by a weatherproof skybridge. The fee for parking increases according to time spent in the deck. Valet parking is also available in front of The Kirklin Clinic of UAB Hospital.

Next Steps Clinic

*Personalized Survivorship Care
for Breast Cancer Survivors*



Patient Information

UAB MEDICINE

Next Steps Clinic for Breast Cancer Survivors

After completing treatment, many breast cancer survivors have questions about how cancer may affect their lives going forward. The UAB Medicine Next Steps Clinic will answer those questions by helping survivors navigate the complex issues they may face after treatment has ended. Each survivor has unique needs and concerns while they find their “new normal,” and the Next Steps Clinic stands ready to assist with these life changes.



Survivorship care is provided by a nurse practitioner with expertise in breast cancer care and survivorship issues. Yearly follow-ups in this clinic give patients an opportunity to discuss their cancer treatment, its impact on their health, and ways to stay as healthy as possible.

Patients in the Next Steps Clinic will receive:

- Monitoring for long-term effects of breast cancer treatment
- Referrals for management of identified problems, if needed
- A survivorship care plan that includes:
 - A personalized record of the details of cancer treatment
 - Guidelines for continued monitoring
 - Recommendations for preventive care
 - Information regarding available resources and services
- Survivorship care is done in collaboration with each patient’s primary treatment team

The goal of the clinic is to help each survivor stay as healthy as possible and either prevent problems from emerging or catch them early, when they are more easily treated.

Next Steps Clinic provides personalized care for breast cancer survivors who:

Have reached at least 12 months since diagnosis of breast cancer

and

Are not receiving active treatment (other than hormonal therapy)



Components of a typical Next Steps Clinic visit

- Review of medical history and symptoms
- Physical exam
- Health education
- Review of survivorship care plan
- Follow-up tests (such as blood work and bone density scans) as indicated based on treatment received
- Referrals to specialists, resources, or services based on individual needs
- Visit summary sent to primary health care provider at patient’s request