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## After Kaposi Sarcoma Treatment

Get information about life as a cancer survivor, next steps, and what you can do to help.

### Living as a Cancer Survivor

For many people, cancer treatment often raises questions about next steps as a survivor.

- [Living as a Kaposi Sarcoma Survivor](#)

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## Living as a Kaposi Sarcoma Survivor

- [Follow-up care](#)
- [Ask your doctor for a survivorship care plan](#)
- [Keeping health insurance and copies of your medical records](#)
- [Can I lower my risk of Kaposi sarcoma progressing or coming back?](#)
- [If the cancer comes back](#)
- [Getting emotional support](#)

For some people with Kaposi sarcoma (KS), treatment may remove or destroy the cancer. The end of treatment can be both stressful and exciting. You may be relieved to finish treatment, but it is hard not to worry about cancer [coming back](#)<sup>1</sup>. This is a very real concern for those who have KS, since treatments often do not cure the disease.

For many people with KS, the cancer never goes away completely. Some people may



Even after treatment, it's very important to keep health insurance. Tests and doctor visits cost a lot, and even though no one wants to think about their cancer coming back, this could happen.

At some point after your cancer treatment, you might find yourself seeing a new doctor who doesn't know about your medical history. It's important to keep copies of your medical records to give your new doctor the details of your diagnosis and treatment. Learn more in [Keeping Copies of Important Medical Records<sup>5</sup>](#).

## **Can I lower my risk of Kaposi sarcoma progressing or coming back?**

If you have (or have had) Kaposi sarcoma, you probably want to know if there are things you can do that might lower your risk of the cancer growing or coming back, such as exercising, eating a certain type of diet, or taking nutritional supplements. Unfortunately, it's not yet clear if there are things you can do that will help.

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If the cancer does recur at some point, your treatment options will depend on where the cancer is located, what [treatments](#)<sup>11</sup> you've had before, and your health.

For more information, see [Understanding Recurrence](#).<sup>12</sup>

## Getting emotional support

Some amount of feeling depressed, anxious, or worried is normal when KS is a part of your life. Some people are affected more than others. But everyone can benefit from help and support from other people, whether friends and family, religious groups, support groups, professional counselors, or others. Learn more in [Life After Cancer](#)<sup>13</sup>.

## Hyperlinks

1. [www.cancer.org/cancer/survivorship/long-term-health-concerns/recurrence.html](http://www.cancer.org/cancer/survivorship/long-term-health-concerns/recurrence.html)

**Written by**

The American Cancer Society medical and editorial content team  
(<https://www.cancer.org/cancer/acs-medical-content-and-news-staff.html>)

Our team is made up of doctors and oncology certified nurses with deep knowledge of cancer care as well as journalists, editors, and translators with extensive experience in medical writing.

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