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## After Thymus Cancer Treatment

Learn more about how to live well after thymus cancer treatment and make decisions about next steps.

### Living as a Cancer Survivor

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

- [Living as a Thymus Cancer Survivor](#)

### Cancer Concerns After Treatment

Treatment may remove or destroy the cancer, but it's very common to have questions about cancer coming back or treatment no longer working.

- [Second Cancers After Thymus Cancer](#)

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## Living as a Thymus Cancer Survivor

For most people with thymus cancer, treatment can remove or destroy the cancer. The end of treatment can be both stressful and exciting. You may be relieved to finish treatment, but yet it's hard not to worry about cancer coming back. This is very common if you've had cancer.

For other people, the cancer might never go away completely. Some people may get regular treatment with chemotherapy or targeted therapy or other treatments to try and help keep the cancer in check. Learning to live with cancer that does not go away can be difficult and very stressful.

Life after cancer means returning to some familiar things and also making some new choices.





nutritional supplement, talk to your health care team. They can help you decide which ones you can use safely while avoiding those that might be harmful.

### **If the cancer comes back**

If the cancer does recur at some point, your treatment options will depend on where the cancer is located, what treatments you've had before, and your health. For more information on how recurrent cancer is treated, see [Treatment of Thymus Cancer by Extent and Type of Tumor](#)<sup>7</sup>.

For more general information on recurrence, you may also want to see [Understanding Recurrence](#)<sup>8</sup>.

### **Could I get a second cancer after treatment?**

People who've had thymus cancer can still get other cancers. In fact, thymus cancer survivors are at higher risk for getting some other types of cancer. Learn more in [Second Cancers After Thymus Cancer](#).

### **Getting emotional support**

Some amount of feeling depressed, anxious, or worried is normal when cancer 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>9</sup>.

## **Hyperlinks**

1. [www.cancer.org/cancer/survivorship/long-term-health-concerns/keeping-copies-of-important-medical-records.html](http://www.cancer.org/cancer/survivorship/long-term-health-concerns/keeping-copies-of-important-medical-records.html)
2. [www.cancer.org/cancer/risk-prevention/tobacco.html](http://www.cancer.org/cancer/risk-prevention/tobacco.html)
3. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy.html)
4. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/get-active.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/get-active.html)
5. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/take-control-your-weight.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/take-control-your-weight.html)
6. [www.cancer.org/cancer/managing-cancer/treatment-types/complementary-and-](http://www.cancer.org/cancer/managing-cancer/treatment-types/complementary-and-)





4. [www.cancer.org/cancer/types/soft-tissue-sarcoma.html](http://www.cancer.org/cancer/types/soft-tissue-sarcoma.html)
  5. [www.cancer.org/cancer/screening/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html](http://www.cancer.org/cancer/screening/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html)
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