



Managing Long-term Side Effects

Treatment may have ended but you have undergone many changes. Here are some questions to help you start a discussion with your doctor.

1. What are the most common long-term side effects I might experience after treatment?
2. What strategies can I use to manage specific side effects like fatigue or pain?
3. How long do these side effects typically last?
4. Are there medications or therapies you recommend for symptom relief?
5. How often should I have follow-up appointments to discuss long-term side effects?

Specific side effects

6. How do I deal with neuropathy? Will I have it for my entire life and what can be done to relieve the neuropathy?
7. Will my fatigue ever resolve? What strategies can help me manage fatigue as I adjust to life after treatment?
8. I now have diabetes, what is the best way to manage it?

Digestive system side effects

9. How do I handle my digestive issues? Will it get better over time or will I have to cope with this forever?
10. How can I maintain a healthy diet during recovery?
11. Should I consult with a nutritionist?
12. Are there specific dietary recommendations to follow long-term?
13. Should I continue taking pancreatic enzymes?
14. Do you recommend probiotics or supplements?