



For other women, the cancer may never go away completely. These women may get regular treatments with chemotherapy, radiation therapy, or other therapies to try to control the cancer for as long as possible. [Learning to live with cancer](#)¹

[Imaging tests](#)⁵ may be done if you have worrisome signs or symptoms of the cancer coming back.

Ask your doctor for a survivorship care plan

Talk with your doctor about developing a [survivorship care plan](#)⁶ for you. This plan might include:

- A suggested schedule for follow-up [exams and tests](#)⁷
- A schedule for other tests you might need to look for long-term health effects from your cancer or its treatment
- A list of possible late- or long-term side effects from your treatment, including what to watch for and when you should contact your doctor
- Suggestions for things you can do that might improve your health, including possibly lowering your chances of the cancer coming back

Keeping health insurance and copies of your medical records

Even after treatment, it's very important to keep [health insurance](#)⁸. Tests and doctor visits cost a lot, and even though no one wants to think of 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](#)⁹ to give your new doctor the details of your diagnosis and treatment.

Can I lower the risk of my cancer progressing or coming back?

If you have (or have had) cervical cancer, 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. While there are some things you can do that might be helpful, more research is needed to know for sure.

Get regular physical activity

Some studies have shown that women who are more physically active after being diagnosed with cervical cancer might live longer. More research is being done in this

[Cancer, by Stage](#)¹⁰. For more general information on dealing with a recurrence, you may also want to read [Coping With Cancer Recurrence](#)¹¹.

Getting emotional support

It is normal to feel [depressed, anxious, or worried](#)¹² when cervical cancer is a part of your life. Some people are affected more than others. But everyone can benefit from [help and support](#)¹³ from other people, whether friends and family, religious groups, support groups, professional counselors, or others. Learn more in [Life After Cancer](#)¹⁴.

Second cancers after treatment

Cancer survivors can be affected by a number of health problems, but often a major concern is facing cancer again. Cancer that comes back after treatment is called a **recurrence**. But some cancer survivors may develop a new, unrelated cancer later. This is called a second cancer.

Can I lower my risk of getting a second cancer?

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