

# Best Practices to Stay Proactive and Reduce Your Cancer Risk Post-Transplant

You are the expert on your own body and the most important member of your healthcare team.

Here are six things you can do to help live a long and healthy life after transplant despite the risk of cancer:

- #1 Understand the types of cancer risks for your organ transplant type and why risks are higher for transplant patients.
- #2 Know the recommended cancer tests for your organ transplant type.
- #3 Stay active, physically and mentally.
- #4 Follow your transplant team's medical recommendations for cancer prevention, monitoring, and testing.
- #5 Develop your personal plan to reduce your cancer risks and monitor your health yearly.
- #6 Keep asking questions of your medical team. If you don't fully understand, ask again.

For more best practices  
and PTC facts, go to:  
[TRIOwebPTC.org](http://TRIOwebPTC.org)

## Do you know?

- As an organ transplant patient, you face an increased risk of cancer due to those immunosuppressant drugs that maintain your new organ.
- Research study has shown that 25% of patients who live for 20 years after a transplant develop some type of cancer.
- Being proactive in prevention, early detection, and treatment of cancers often results in minor treatment procedures with high probability of full recovery with minimal pain and inconvenience.



**TRIO**

[trioweb.org](http://trioweb.org)

[triowebPTC.org](http://triowebPTC.org)

1-813-800-TRIO (8746)

[info@trioweb.org](mailto:info@trioweb.org)

17560 Buckingham Garden Drive  
Lithia, FL 33547

Please join us in thanking our sponsors:  
CareDx, Gift of Life's Donor Program's  
Transplant Foundation, Individual contributors

## Helping Patients Know About and Live with Cancer Risk



Your Voice of the Transplant Community



**TRIO**

[TRIOwebPTC.org](http://TRIOwebPTC.org)

# Welcome

## to TRIO's Post-Transplant Cancer (PTC) Project

TRIO's research has shown that transplant patients are often unaware of their increased cancer risk. There are proactive actions you can take in learning about, monitoring, and seeking treatment for cancer symptoms. To address this life-saving need, TRIO built an educational website for patients: **TRIOwebPTC.org**

Read about:

- Cancer risk levels by organ type
- Cancer symptoms and tests
- Successful living with cancers
- Other helpful cancer resources

TRIO invites you to come and learn how to enjoy a long healthy life after transplant despite cancer risks.

**46 fact-filled pages  
of information...**  
*most patients only visit  
7 based on their interests*



## Each patient friendly web page consists of...

- ✓ Brief topic highlights
- ✓ Short informational expert videos
- ✓ Topic detail with patient-friendly visuals
- ✓ Inspirational words of wisdom
- ✓ Interactive learning tools
- ✓ Suggested action plans and next steps
- ✓ Linked list of additional resources
- ✓ Friendly icon next-step reading guides



# TRIOwebPTC.org

Your PTC website journey moves through four logical levels (L's) that fits your unique interest.

➤ **Learn** the degree of risk by organ

➤ **Look** for symptoms of common types of post-transplant cancers

➤ **Live** long and healthy post-transplant through prevention, diagnosis, treatment, and long term recovery

➤ **Links** to resources, such as patient testimonial videos, learning objectives, best practices, on-line library of linked PTC videos and information

### Praise from viewers:

*"Invaluable information for anyone post-transplant!"*

— TRANSPLANT RECIPIENT

*"This tool is fabulous! TRIO will save countless patients' lives and empower recipients to take ownership of their healthcare and cancer mitigation strategies!"*

— TRANSPLANT SURGEON



*"This is a common-sense approach to a very scary subject."*

— TRANSPLANT SOCIAL WORKER