THINGS YOU SHOULD KNOW ABOUT CANCER SURVIVORSHIP

Who are cancer survivors?
• Anyone who has ever been diagnosed with cancer and is living today.
• About 60% of cancer survivors are older than age 65 years, because cancer tends to affect older people.
• Advances in cancer treatment and earlier detection are leading to longer survival.
• Two thirds of people diagnosed with cancer live at least 5 years after diagnosis.
• Survivorship includes the family members, friends, and caregivers of survivors, whose lives are also affected by the cancer diagnosis.

What happens after treatment ends?
• Once treatment ends, people with cancer look forward to returning to normal life; however, it can still be a difficult transition.
• Cancer survivors may have questions about follow-up care and worries about the cancer returning.
• They may also have to cope with new physical, emotional, social, and financial challenges.

What can be done to improve life after cancer treatment ends?
• Discuss follow-up care with your health care provider.
• Schedule any recommended visits, screenings, and medical tests.
• Be aware of possible delayed effects of treatment, such as forgetfulness, balance problems, or pain.
• Make lifestyle changes to improve health after cancer, such as quitting smoking or losing weight.
• Seek help for any problems that arise, such as counseling for emotional problems.

For More Information
www.cancer.gov/cancertopics/coping/survivorship
www.cancer.gov/espanol/cancer/sobrellevar/supervivencia
Information on living with and beyond cancer from the NIH’s National Cancer Institute, in English and Spanish.

http://nihseniorhealth.gov/lifeaftercancer/whoisacancersurvivor/01.html
Information for older patients on life after cancer from NIH Senior Health.

www.cancercare.org/patients_and_survivors
Professional support services and cancer information for patients and survivors from the CancerCare nonprofit organization.

www.canceradvocacy.org/
Information and support for people who survive cancer from the National Coalition for Cancer Survivorship.