

# THINGS YOU SHOULD KNOW ABOUT CANCER SURVIVORSHIP

In the Clinic  
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## 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.



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## For More Information

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[www.cancer.gov/cancertopics/coping/survivorship](http://www.cancer.gov/cancertopics/coping/survivorship)  
[www.cancer.gov/espanol/cancer/sobrellevar/supervivencia](http://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.cancer.org/patients\\_and\\_survivors](http://www.cancer.org/patients_and_survivors)  
Professional support services and cancer information for patients and survivors from the CancerCare nonprofit organization.

[www.canceradvocacy.org/](http://www.canceradvocacy.org/)  
Information and support for people who survive cancer from the National Coalition for Cancer Survivorship.

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