

NATIONAL CANCER SURVIVORSHIP AWARENESS

Cancer survivorship is often defined in two ways:

1.) Completing treatment and having no remaining signs of disease

OR

2.) Living with, through and beyond cancer

According to the second definition, survivorship begins at diagnosis, continues through treatment and persists past it—including those who are living disease-free and those who are managing cancer as a chronic condition.

Thanks to advances in cancer prevention, early detection, treatment, and follow-up care, more people than ever before are surviving the disease. A new report by the American Cancer Society – in collaboration with the National Cancer Institute – estimates there are more than 15.5 million cancer survivors alive.

The American Cancer Society (ACS) recommends that once cancer treatment is over, one can do the follow things in order to reduce their risk of stroke, heart disease, or another cancer diagnosis.

- ☐ Avoid smoking cigarettes and/or using any tobaccos products.
- ☐ If you choose to drink alcohol, women should have one drink per day and men two drinks per day.
- ☐ Be physically active in order to stay healthy and reduce stress.
- ☐ Eat a healthy diet with more fruits and vegetables and less red and processed meat products.
- ☐ Maintain a healthy weight.
- ☐ Protect your skin from ultraviolet rays from the sun or tanning beds.
- ☐ Make sure that you see your doctor and dentist on a regular basis for check ups.