



MCC Tool of the Month

National Cancer Survivors Day is Sunday, June 4, 2017

[Sample Article](#) to use for organization/employee newsletters

[Data](#) – easy-to-use cancer survivorship data

[Resources](#) – MCC and other cancer survivorship resources

[Social Media](#) – ready-to-use social media



MCC Tool of the Month – National Cancer Survivors Day – **Sample Article**

National Cancer Survivors Day is June 4, 2017

There are more than 15.5 million cancer survivors in the United States – this number is expected to grow to 20.3 million by 2026. In Michigan, there are 526,100 cancer survivors. A person is a cancer survivor from the time of diagnosis through the remainder of their life. The impact of cancer on a survivor's family members, friends, and caregivers is also a part of survivorship.

Due to advances in early detection (screening or testing for cancer) and treatment, many people are living longer after a cancer diagnosis. Survivorship includes living well and finding support during treatment, and then being healthy after treatment.

Given the growing number of survivors, more attention is being focused on the quality of life of people receiving a cancer diagnosis and treatment. There are many different types of treatment and they can be used alone or in combination depending on the cancer. Survivorship includes being on the lookout for and managing the side effects of cancer treatments as well as being watchful for secondary cancers.

Cancer survivors are at greater risk for recurrence and for developing second cancers due to the effects of treatment, underlying personal and family history, lifestyle choices, or risk factors that contributed to the first cancer.

Survivorship care means looking after peoples' mental and physical health, whether they have been cured, continue to live with a manageable cancer or face end of life issues. It also looks to consider the ongoing physical, psychosocial, spiritual, and financial challenges people will likely face.

People with lower incomes, and little or no health insurance may be faced with ongoing financial issues. These people may also lack access to resources that can promote health like fruits and vegetables, and safe places to be physically active.

To improve health, survival, and quality of life after a cancer diagnosis:

- Seek out survivorship resources
- Quit tobacco use – smoking and other tobacco products increase your risk for cancer recurrence and additional cancers
- Be active and work to maintain a healthy weight
- Discuss follow-up care with your health care provider

Always talk to your health care provider about cancer prevention and detection including cancer screening tests.



MCC Tool of the Month – National Cancer Survivors Day 2017 – **Data**

Data

UNITED STATES

- As of 2016, it is estimated that there are 15.5 million cancer survivors in the United States; the number of cancer survivors is projected to increase to 20.3 million by 2026.
- 62% of survivors are currently 65 years of age or older
- It is estimated that by 2040, 73% of cancer survivors in the United States will be 65 years or older
- Two main factors have contributed to the dramatic rise in cancer survivors:
 - Cancer is more common in older adults, so as the older adult population in the U.S. grows, more people are being diagnosed with cancer
 - People are living longer with cancer as a result of advances in cancer treatments and improvements in early detection
- Why is cancer survivorship data important?
 - Cancer survivors face a number of unique medical and psychological needs, which makes it important for us to document how this population is growing and changing in the U.S. so that healthcare professionals and researchers can continue to improve survivors' care and quality of life.

Sources:

- [Cancer Treatment & Survivorship Facts & Figures 2016-2017](#) - Estimated Numbers of Cancer Survivors by State as of January 1, 2016 (American Cancer Society)
- [Basic Information for Cancer Survivors](#) (Centers for Disease Control and Prevention)
- [National Cancer Institute – Office of Cancer Survivorship - Statistics](#)

MICHIGAN

In Michigan in 2016, it is estimated there were 526,100 cancer survivors.

Source: [Cancer Treatment & Survivorship Facts & Figures 2016-2017](#) - Estimated Numbers of Cancer Survivors by State as of January 1, 2016 (American Cancer Society)

DISPARITIES

Differences in health care affect survival. Men and women with low incomes, racial and ethnic groups, or other underserved populations who have little or no health insurance are more likely to be diagnosed with cancer at later stages, when survival rates are shorter.

Sources:

- [Cancer Treatment & Survivorship Facts & Figures 2016-2017](#) - Estimated Numbers of Cancer Survivors by State as of January 1, 2016 (American Cancer Society)
- [Basic Information for Cancer Survivors](#) (Centers for Disease Control and Prevention)



MCC Tool of the Month – National Cancer Survivors Day 2017 – **Resources**

Resources – Cancer Survivorship

Michigan Cancer Consortium

Provider Resources

- [Provider Tools](#)
- [Patient Education](#)
- [Commission on Cancer Resources](#)
- [Psychosocial Distress Screening in Cancer Patients](#) (MCC Exclusive Product)

Patients

- [Websites of interest](#)
- [Education Assistance](#)
- [Financial and Legal Resources](#)
- [Education](#)
- [Support](#)
- [Maintaining Fertility](#)
- [Prevention](#)
- [Help After Treatment: Managing Health Concerns after Prostate Cancer](#) (MCC Exclusive Product)

Centers for Disease Control and Prevention

- [Cancer survivorship information](#)

American Cancer Society

- [Cancer survivorship information](#)

National Cancer Institute

- [Cancer survivorship information](#)



MCC Tool of the Month – National Cancer Survivors Day – **Social Media**

Social Media

Tweets

What is [follow-up #cancercare](#) & why is it important? These tips can help you start a conversation with your doc.

What should you ask your doctor after #cancertreatment ends? [Start with these questions.](#) #NCSD2017

#Survivingcancer can bring up a range of emotions. [Learn how to cope and what to expect.](#)

[A good plan](#) for healthy living can improve your quality of life after #cancer. Learn more from @LIVEStrong. #NCSD2017

Communicating after cancer can be tricky. The Cancer Survival Toolbox can help you [get the support you need.](#) #NCSD2017

Learn about the [things you can do to stay healthy](#) once your cancer treatment is completed. #LifeAfterCancer

Having a plan for living after cancer can improve your health. [Learn more about follow-up care.](#)

NEXT PAGE FEATURES FACEBOOK POSTS



MCC Tool of the Month – National Cancer Survivors Day – **Social Media**

Facebook posts

[Follow-up cancer care](#) is unique for every patient. Cancer.net helps explain why it's important and can help you start a conversation with your health care provider.

Need help talking with your cancer care team? [Learn some tips](#) in this short video from Cancer.net. It also includes information about the importance of translation services for people who do not have English as their first language.

Many of the same general tips for a healthy lifestyle also apply after cancer and can help address some of the long-term issues that may develop after diagnosis. [Get more information from NIH.](#)

Did you know that eating healthy, exercising, and other healthy behaviors can help your body after a cancer diagnosis? Get started today on your plan for healthy living with these [resources from LIVEStrong.](#)

It's important to ask your doctor questions whether it's during cancer treatment or after treatment ends. But where do you start? [These tips from Cancer.Net can help get the conversation going.](#)

Surviving cancer affects physical health, as well as the way you feel and act. While everyone's experience is different, survivors often experience fear, depression, stress, and loneliness. [Learn how to cope and what to expect.](#)

It can be tough to know [where to begin when going through cancer treatment.](#) These resources from Cancer Support Community can help.

The end of cancer treatment can bring a range of emotions from excitement to stress. [Learn how to stay healthy after treatment,](#) including a healthy diet, lifestyle changes, and moving on after treatment.