



Michigan Cancer Consortium – Tool of the Month

June 5, 2016 is National Cancer Survivors Day

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MCC Tool of the Month – Sample Article for MCC member organization employee newsletters

Sample Article

National Cancer Survivors Day is June 5, 2016

Thanks to advances in early detection (screening or testing for cancer) and treatment, many people are living longer after a cancer diagnosis.

There are nearly 14.5 million cancer survivors in the United States. As of January 2014, it was estimated that Michigan has over 543,000 cancer survivors. A person is a cancer survivor from the moment of diagnosis, throughout treatment, and beyond.

Given the growing number of survivors, more attention is being focused on the quality of life of people receiving a cancer diagnosis and treatment. It includes being watchful for secondary cancers. It's also about looking out for the side effects of cancer treatments.

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.

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

Low-income men and women and members of minority groups who have little or no health insurance coverage are more likely to be faced with ongoing financial issues. They also often 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:

- Quit tobacco use – smoking increases 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 (get the cancer screening tests you're eligible to receive).



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Data

Michigan Cancer Surveillance Program

Cancer incidence data were collected by the Michigan Cancer Surveillance Program, which participates in the National Program of Cancer Registries (NPCR) of the Centers for Disease Control and Prevention (CDC). The site provides cancer incidence data through 2012 and mortality data through 2013 for the State of Michigan.

- **The Trend Toward Earlier Diagnosis is Continuing**
The pattern of earlier stage at diagnosis continued into 2012. Of the cancer cases diagnosed during 2012, 52.3 percent had localized or in situ disease. This is especially apparent for breast and prostate cancer cases with corresponding declines in late stage diagnoses over time.
- **Cancer Rates by Race Show Consistent Patterns**
Total cancer incidence rates for black and white females are comparable, while cancer incidence rates for all cancers are higher for black males than for white males. This is due, in particular, to higher cancer incidence for black males between the ages of 50 and 79. Breast, lung and colorectal cancer rates tend to be slightly higher for black women than for white women. For males, colorectal cancer is slightly higher among blacks.
- **Survival Data**
Lung cancer survival rates are the lowest at all stages, for both white and black Michigan residents. Prostate cancer survival rates have shown the most dramatic improvement over the past two decades, reaching 100.0 percent for cases diagnosed in localized / regional stage. Breast cancer survival rates have also improved, although survival for black females continues to lag slightly behind white female rates. Survival for colorectal cancer has remained generally constant over time, with localized survival rates about twenty percent higher than those diagnosed at regional stage. Rates are similar for white and black populations.

Source: Michigan Cancer Surveillance Program
http://www.michigan.gov/mdhhs/0,5885,7-339-71551_2945_5221-16586--,00.html

NEXT PAGE FEATURES NATIONAL AND MICHIGAN DATA



Data (continued)

NATIONAL PERSPECTIVE

2014 Cancer Survivorship Statistics – Key Takeaways*

- There are now nearly 14.5 million cancer survivors living in the United States
- It is projected that this number will increase to nearly 19 million by 2024
- What has contributed to the dramatic rise in cancer survivors? Two main factors:
 - 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.

*Source: 2014 Cancer Survivorship Statistics – Key Takeaways, By Elizabeth Mendes, June 2, 2014
<http://www.cancer.org/research/acsresearchupdates/more/2014-cancer-survivorship-statistics%E2%80%93key-takeaways>

MICHIGAN

As of January 1, 2014, Michigan had 543,470 cancer survivors.

Source: American Cancer Society, Cancer Treatment & Survivorship Facts and Figures 2014-2015



MCC Tool of the Month – June 5 is National Cancer Survivors Day Survivorship Resources

MCC Exclusive Product

- [Psychosocial Distress Screening in Cancer Patients](#) - In 2012 the American College of Surgeons, Commission on Cancer released new Cancer Program Standards. This included standard 3.2 Psychosocial Distress Screening. Developed by a sub-committee of the MCC survivorship workgroup, this document details recommendations for psychosocial distress screening. *(Updated March, 2014)*

Other Survivorship Resources

- [Cancer Survivorship – Patient Resources](#)
- [Cancer Survivorship – Provider Resources](#)



Tool of the Month – National Cancer Survivors Day – June 5, 2016 – Social Media

Social Media

Tweets

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

What should you ask your doctor after #cancer treatment ends? Start with these [questions](#). #NCSD2016

Surviving #cancer 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. #NCSD2016

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

Communicating after cancer can be tricky. @CancerAdvocacy can help you [get the support you need](#). #NCSD2016

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

Going from #cancer patient to #cancer survivor can be difficult. [This video](#) can help w/what to expect. #NCSD2016

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

NEXT PAGE FEATURES FACEBOOK POSTS



Facebook posts

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

Making the transition from “cancer patient” to “cancer survivor can be difficult. [This video helps explain what to expect](#) and how to manage life after cancer.

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 arise 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 after cancer treatment ends. But where do you start? These [checklists from the National Cancer Survivorship Resource Center](#) Toolkit 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 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.