

MCC Tool of the Month
June 3, 2018 is National Cancer Survivors Day



MCC Tool of the Month

National Cancer Survivors Day is Sunday, June 3, 2018

[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

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Sample Article

Addressing physical and mental health is key to improving quality of life for Michigan cancer survivors

National Cancer Survivors Day is June 3

LANSING, Mich. – Battling cancer can have a significant impact on families, and as part of National Cancer Survivors Day the Michigan Department of Health and Human Services (MDHHS) is recommending physical and mental health behaviors to improve survivors' quality of life.

A person is a cancer survivor from the time of diagnosis through the remainder of their life. There are currently more than 15.5 million cancer survivors in the United States and this number is expected to grow to 20.3 million by 2026. In Michigan, it is estimated that there are 526,100 cancer survivors.

“Due to advances in screening and early detection, as well as treatment, many people are living longer after a cancer diagnosis,” said [insert name, title, organization here]. “Having support during treatment and living as healthy as you can during and after treatment are vital to survivorship.”

With many different types of cancer and cancer treatments, cancer survivorship is different for each survivor. While many survivors are living longer, they may still experience effects of their cancer and its treatment for years to come. This can include physical, emotional and financial impacts on survivors and their families.

Quality of life is important in survivorship for those who are free of cancer, continue to live with a manageable cancer or face end of life issues. Survivorship care means looking after peoples' mental and physical health. Cancer survivors can address their quality of life by working with their health care providers to manage side effects or long-term effects they experience.

Making healthy choices can improve quality of life and reduce the chance of a cancer recurrence or developing second cancer type. Healthy choices can include increased physical activity, good nutrition, limited alcohol intake, and tobacco cessation. Mental health can be addressed through participation in a cancer support group or speaking with a counselor.

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

- Quit tobacco. Smoking and other tobacco products increase your risk for cancer recurrence and additional cancers.
- Be active and strive to maintain a healthy diet and weight.

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- Discuss a follow-up care plan with your health care provider.
- Get help for depression or anxiety related to cancer or its treatment.

For resources about survivorship and life after cancer treatment, visit [the American Cancer Society website](#) or call 800-227-2345. Information is also available at the [National Cancer Institute](#).

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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)

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Resources

Michigan Cancer Consortium

Provider Resources

- [Financial Navigation for People Undergoing Cancer Treatment Report](#) **New!**
- [Provider Tools](#)
- [Patient Education](#)

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](#)

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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.](#)
#NCSD2018

[A good plan](#) for healthy living can improve your quality of life after #cancer. Learn more from @LIVEStrong. #NCSD2018

Communicating after cancer can be tricky. The Cancer Survival Toolbox can help you [get the support you need.](#) #NCSD2018

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

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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. It also includes information about the importance of translation services for people who do not have English as their first language.

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](#).

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 forward after treatment.

Promote your posts with popular survivorship hashtags!

@MichiganHHS #NCSD2018 #LifeAfterCancer #CancerSurvivor #Survivorship