



## **The 31st Annual National Cancer Survivors Day® is Sunday, June 3, 2018**

**SURVIVORSHIP IS UP. CANCER DEATH RATE IN THE U.S. IS DOWN 26% SINCE ITS PEAK IN 1991.**

### **Who is a cancer survivor?**

The National Cancer Survivors Day Foundation defines a *survivor* as anyone living with a history of cancer – from the moment of diagnosis through the remainder of life.<sup>1</sup> National Cancer Survivors Day® is a great opportunity for us to demonstrate that we have an active and productive cancer survivor population and to bring awareness to the challenges cancer patients face during and after treatment.

### **How many cancer survivors are there in the U.S. and Maryland?**

There are 15.5 million cancer survivors in the United States and approximately 101,490 cancer survivors who have survived at least one to five years after diagnosis in Maryland, according to the American Cancer Society.<sup>2,3</sup> By 2024, it is estimated that the population of cancer survivors in the U.S. will increase to almost 19 million.<sup>4</sup>

A steady decline over more than two decades has resulted in a 26% drop in the overall cancer death rate in the U.S., equating to 2.1 million cancer deaths averted between 1991 and 2014.<sup>5</sup> The drop is the result of steady reductions in smoking and advances in early detection and treatment.

### **Factors that influence cancer survival**

**EARLY DETECTION:** Screening allows doctors to find some cancers earlier, when they are easier to treat. In some cases, screening can prevent cancer altogether.

**IMPROVED TREATMENTS:** More effective treatment options and improved clinical follow-up after treatment help people with cancer live longer.

**ACCESS TO CARE:** Having access to high-quality cancer care can significantly improve survival.

### **Emotional and Social Issues**

Cancer affects more than just one's physical health. There is often stress along with a cancer experience, and it does not always end when treatment ends. In fact, those feelings may increase for some people after treatment. Areas of concern may include:

- Going back to work after a long time away
- Dealing with financial burden

- Rebuilding relationships with friends and family
- Establishing a new normal and returning to day-to-day life
- Feeling uncertain about the future
- Coping with fears of cancer returning
- Apprehension about fertility and parenthood

### **Managing Health and Wellness After Treatment**

There are many things cancer patients can do to stay healthy and reduce their risk for heart attack, stroke and even other cancers:

- Eat a healthy diet with more fruits and vegetables and less red and processed meats
- Maintain a healthy weight
- Be physically active to help stay healthy and reduce stress
- Avoid tobacco use
- Limit the number of alcoholic beverages to no more than 1 drink a day for women and 2 drinks per day for men, if a person drinks at all
- Protect one's skin from exposure to ultraviolet radiation from the sun, sunlamps and tanning beds
- Visit the doctor and dentist for regular checkups

### **Cancer Information Resources**

Many people find help by talking about their concerns with others who have had cancer. Support is available online, by phone and face-to-face. More information on support services is available by calling any of the following trusted cancer organizations or by visiting their websites:

#### **National Cancer Survivors Day Official Site**

Visit [www.ncsd.org](http://www.ncsd.org). National Cancer Survivors Day is a CELEBRATION for those who have survived, an INSPIRATION for those recently diagnosed, a gathering of SUPPORT for families and an OUTREACH to the community.

#### **Maryland Cancer Collaborative**

Visit [https://phpa.health.maryland.gov/cancer/cancerplan/Pages/SurvivorshipGuide\\_PatientResources.aspx](https://phpa.health.maryland.gov/cancer/cancerplan/Pages/SurvivorshipGuide_PatientResources.aspx) for a *Guide to Cancer Survivorship Care and Resources for Cancer Patients* produced by the Maryland Cancer Collaborative, part of the Maryland Department of Health.

### **American Cancer Society**

Visit the American Cancer Society at [www.cancer.org](http://www.cancer.org) or [www.cancer.org/treatment/survivorship-during-and-after-treatment.html](http://www.cancer.org/treatment/survivorship-during-and-after-treatment.html), or call 1-800-227-2345, 24 hours a day, 7 days a week to talk with a trained cancer information specialist to get answers to questions about cancer or to learn about programs and resources to help individuals be healthy and thrive after treatment. The American Cancer Society is there every step of the way.

### **The Survivorship Center**

Visit [www.cancer.org/survivorshipcenter](http://www.cancer.org/survivorshipcenter) for post-treatment cancer survivorship resources. The National Survivorship Resource Center (The Survivorship Center) is a collaboration between the American Cancer Society, The George Washington University Cancer Institute and the Centers for Disease Control and Prevention.

### **National Cancer Institute (NCI)**

Visit [www.cancer.gov](http://www.cancer.gov) or call 1-800-422-6237 to talk with a trained cancer information specialist. NCI has information and resources to help answer questions following cancer treatment.

### **Centers for Disease Control and Prevention (CDC)**

Visit [www.cdc.gov/cancer/survivorship](http://www.cdc.gov/cancer/survivorship) for information to support the physical, emotional, social and financial challenges as a result of diagnosis and treatment.

### **LIVESTRONG**

Visit [www.livestrong.org](http://www.livestrong.org) to get information about support programs for cancer survivors. A customizable survivorship care plan is also available.

### **Cancer Support Community**

Visit [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org) to view cancer survivorship information and resources.

### **National Coalition for Cancer Survivorship**

Visit [www.canceradvocacy.org](http://www.canceradvocacy.org) to listen to survivor stories and to order resources. *Teamwork: The Cancer Patient's Guide to Talking with Your Doctor* can be downloaded and includes information dedicated to life after cancer treatment ends.

### **CancerCare**

Visit [www.cancercares.org](http://www.cancercares.org) to learn about free emotional and practical support for people with cancer, caregiver, loved ones and the bereaved.

### **Survivorship A to Z**

Visit [www.survivorshiptoaz.org/cancer](http://www.survivorshiptoaz.org/cancer) to find practical, financial and legal information to help individuals after a cancer diagnosis.

## Patient Advocate Foundation

Visit [www.patientadvocate.org](http://www.patientadvocate.org) to find out about services offered to assist with insurance and employment-related issues.

Visit <http://www.lls.org/managing-your-cancer/follow-up-care-and-survivorship> for information about follow up care and survivorship.

## Tips for Finding Trusted Information

The listing above represents a few organizations involved in helping to save lives from cancer. If you visit other sites, these tips may help you sort through the information to determine if it is current, correct and right for you:

**Who is giving the information?** Often, the most trusted sources are government agencies, hospitals, universities and cancer-focused organizations. They typically have web addresses ending in .org, .edu and .gov.

**When was the information last updated?** Health information is always changing so look for the most current information and the date it was posted, updated or printed.

**Whom is the information written for?** Use websites that are written for cancer survivors, which are easy to understand, rather than websites for doctors, nurses and health professionals.

**Does the resource list its purpose?** Look for websites whose goal is to inform you and avoid those that promote or sell products, which may have biased or incorrect health information.

**Is an author or source listed or referenced?** Try to find the name of the author or source and whether they are an expert on the topic. Websites you can trust often list the source of information as scientific journals.

**Is the information balanced or unbiased?** Information should be balanced, giving pros and cons. Having more than one viewpoint suggests an unbiased resource. Expert opinions should be supported by scientific evidence.

## Volunteer to Support Survivorship

There are many ways you can support cancer survivors through volunteer work.

For example, the American Cancer Society's Road to Recovery program offers free rides to and from treatment for cancer patients. A critical part of cancer survivorship is having transportation to lifesaving treatment. Through the gift of a lift in their cars, Society volunteers provide cancer patients with transportation. With enough volunteers, patients may get to any hospitals or treatment facilities they need to, but to fulfill this, more volunteer drivers are needed. Schedules are flexible. To volunteer, visit [www.cancer.org/drive](http://www.cancer.org/drive).

If your hospital or health care facility would like to encourage the use of this resource, here is our suggested hospital social media posting:

(Insert hospital name) celebrates cancer survivors! Help a cancer patient's quality of life on their journey on the road to recovery. Donate your passenger seat. Volunteer to drive patients to lifesaving treatment with the American Cancer Society's Road to Recovery program. Schedules are flexible. Drivers urgently needed. Call 1-800-227-2345 or go to [www.cancer.org/drive](http://www.cancer.org/drive).

## **Spread the Word about National Cancer Survivors Day through Social Media**

Below are sample social media posts:

National Cancer Survivors Day is Sunday, June 3. Let's celebrate the more than 15.5 million cancer survivors in the U.S. #NationalCancerSurvivorsDay

Cancer death rates have declined 26% since their peak in 1991. Celebrate National Cancer Survivors Day on Sunday, June 3, 2018. #NationalCancerSurvivorsDay

Are you or someone in your family among the 15.5 million cancer survivors in the U.S.? Celebrate National Cancer Survivors Day on Sunday, June 3, 2018. #NationalCancerSurvivorsDay

Are you or someone in your family a cancer survivor? Check out [www.cancer.org/survivors](http://www.cancer.org/survivors) – a hub of the American Cancer Society for support and treatment topics, treatment and survivorship tools, and stories of hope for inspiration. #NationalCancerSurvivorsDay

Join your community in celebrating National Cancer Survivors Day® on the first Sunday in June. To locate an event near you, contact your local cancer treatment center, hospital or American Cancer Society office. #NationalCancerSurvivorsDay

National Cancer Survivors Day is June 3. If you or a loved one is a cancer survivor who needs help, check out this helpful guide produced by the Maryland Cancer Collaborative: [https://phpa.health.maryland.gov/cancer/cancerplan/Pages/SurvivorshipGuide\\_PatientResources.aspx](https://phpa.health.maryland.gov/cancer/cancerplan/Pages/SurvivorshipGuide_PatientResources.aspx)

## **Survivorship in the Future**

According to the Centers for Disease Control (CDC), the rate of those who get cancer is declining, however, the overall number of those who have cancer is increasing as people are living longer and improvements are occurring in early cancer detection and treatment.<sup>1</sup> By 2030, the number of people who are 65 or older is expected to grow to 71 million.<sup>1</sup> The earlier the diagnosis, the better the chances of survival. Below are survival rates for some of the major cancers, according to the American Cancer Society.

### Breast (Female)

- The survival rate for women diagnosed with localized breast cancer is 99%.
- The survival rate for women diagnosed with regional breast cancer is 85%.

- The survival rate for women diagnosed with distant breast cancer is 27%.<sup>6</sup>

#### Colon & Rectum

- The survival rate for patients diagnosed with localized colorectal cancer is 90%.
- The survival rate for patients diagnosed with regional colorectal cancer is 71%.
- The survival rate for patients diagnosed with distant colorectal cancer is 14%.<sup>7</sup>

#### Lung & Bronchus

- The survival rate for patients diagnosed with localized lung cancer is 56%.
- The survival rate for patients diagnosed with regional lung cancer is 29%.
- The survival rate for patients diagnosed with distant lung cancer is 5%.<sup>8</sup>

#### Melanoma

- The survival rate for patients diagnosed with localized melanoma is 99%.
- The survival rate for patients diagnosed with regional melanoma is 63%.
- The survival rate for patients diagnosed with distant melanoma is 20%.<sup>9</sup>

#### Prostate

- The survival rate for men diagnosed with localized or regional prostate cancer is almost 100%.
- The survival rate for men diagnosed with distant prostate cancer is 30%.<sup>10</sup>

\*\*These figures represent the 5-year relative survival rate.

Localized: confined to the organ of origin

Regional: spread to nearby tissues or lymph nodes

Distant: spread to other organs or parts of the body

## References:

1. Centers for Disease Control and Prevention. *Basic Information for Cancer Survivors*. Available at: [https://www.cdc.gov/cancer/survivorship/basic\\_info/survivors/](https://www.cdc.gov/cancer/survivorship/basic_info/survivors/)
2. Simon, Stacy. *ACS Report: Number of US Cancer Survivors Expected to Exceed 20 Million by 2026*. June 2, 2016. Available at: <https://www.cancer.org/latest-news/report-number-of-cancer-survivors-continues-to-grow.html>
3. Estimated 1-5 Year Cancer Survivors by State in 2016, Based on Observed Survival Rates. Available at: <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2016/estimated-1-5-year-cancer-survivors-by-state-2016.pdf>.
4. Cancer Treatment & Survivorship Facts & Figures 2014-2015. Available at: <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-treatment-and-survivorship-facts-and-figures/cancer-treatment-and-survivorship-facts-and-figures-2014-2015.pdf>.
5. American Cancer Society. *Facts & Figures 2018*. Available at: <https://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2018.html>.
6. *Cancer: A-Z: Breast Cancer*. <https://www.cancer.org/cancer/breast-cancer.html>.
7. *Cancer: A-Z: Colorectal Cancer*. <https://www.cancer.org/cancer/colon-rectal-cancer.html>.
8. *Cancer: A-Z: Lung Cancer*. <https://www.cancer.org/cancer/lung-cancer.html>.
9. *Cancer: A-Z: Melanoma Skin Cancer*. <https://www.cancer.org/cancer/melanoma-skin-cancer.html>.
10. *Cancer: A-Z: Prostate Cancer*. <https://www.cancer.org/cancer/prostate-cancer.html>.