

## Everyday Opportunities

### for Exercise and relax

The National Coalition for Cancer Survivorship says that there are many small ways to increase the amount of activity you have in a day, even if you don't have a regular exercise program. Of course the amount of activity you add in will depend on how you're feeling. As cancer patients know very well, what is fine to do on one day may prove too difficult the next. Here are some suggestions:

- Play with young children.
- Take a stroll around the inside of a mall you like.
- Visit a museum — there is always a lot of walking involved.
- When you're watching television, do gentle exercise motions, such as leg lifts, lifting light weights, and stretching.
- Take a bike ride to a nearby store, instead of driving.
- The classic: take the stairs instead of an elevator.
- Park farther away from a building you're going to.
- Take a stroll with a good friend every few days as part of the time you spend together.
- Clean the house — or maybe just a room or two

The National Coalition for Cancer Survivorship (NCCS), now known as Cancer Nation, emphasizes the importance of contacting and communicating with your healthcare team before beginning cancer treatment.

### **Become a knowledgeable and communicative partner with your healthcare team:**

This is the first step towards receiving quality cancer care. It empowers you to become a better advocate for yourself.

**Understand your treatment options:** Discuss your goals and concerns with your doctor. Learn about treatment options and potential side effects.

**Prepare for appointments and phone calls:** Have a written list of questions, prioritizing the most important ones. Take someone with you to appointments for support and to help remember information.

**Communicate effectively with your team:** Ask for a designated main contact person for questions between appointments. Ask for written information about your diagnosis, treatment plan, and lab results. Don't be afraid to ask for clarification if something is unclear.

**Discuss cost of treatment:** Don't hesitate to ask about the cost of your treatment and what insurance covers

In summary, before starting cancer treatment, the NCCS and other organizations recommend proactively engaging with your healthcare team to ensure you are well-informed and actively involved in your care

# Cancer Survivorship



**WE CAN-CER VIVE**

Cancer Association  
201 Evans Rd Suite:319  
New Orleans, La 70123  
Web [calacares.org](http://calacares.org) or Facebook– Cancer  
Association of Louisiana-

A United Way Partner Agency

Combined Federal Campaign#27511

*Louisiana State Combined Charitable  
Campaign (LA SCCC) #1098*

# How is Cancer Survivorship defined?



The definition according to the **National Action Plan** in their lives who have also been affected **Plan for Cancer Survivorship: Action Plan** is anyone who has been diagnosed with cancer and people by the diagnosis. These also include family members, friends and caregivers.

The Centers for Disease Control acknowledge that survivors face numerous physical, psychological, social, spiritual, and financial issues at diagnosis, during treatment, and throughout the remaining years of their lives.

Improvements in screening practices and rates, early detection, and cancer treatment and care are allowing more and more people to live “beyond” cancer each year.

The number of people affected by cancer, both those diagnosed with the disease and their families and friends, is substantial. As of January 2025 an estimated 5.4% of the US population are cancer survivors. Approximately 18.6 million people with cancer were living in the United States (NCI, 2025), and this number does not include others affected such as family members, caregivers, and friends of cancer patients.

**Scientists expect the number of survivors to increase steadily over the coming years.** To learn how public health efforts can improve the lives of cancer survivors, you may order a copy of *A National Action Plan for Cancer Survivorship: Advancing Public Health Strategies* by visiting their Web site at **www. cdc.gov/cancer**

Survivorship means different things to different people, but it often describes the process of living with, through, and beyond cancer.

No matter how it is defined, survivorship is unique for every person. Everyone has to find his or her own path to navigate the changes and challenges that arise as a result of living with cancer.

## QUESTIONS TO ASK ABOUT SURVIVORSHIP •

Will I need to have any additional treatment after active treatment has finished? • Who will be part of my health care team after active treatment ends, and what will each member do? • Are there groups or online resources you would recommend to help me learn more about survivorship for my specific diagnosis? • Whom should I contact if I have any questions or concerns?

For many people, the transition to survivorship serves as strong motivation to make positive lifestyle changes.

If you decide to make changes to your lifestyle, it is important to set realistic goals and to recognize that change does not happen overnight. By setting your mind on accomplishing small, achievable goals each day, you will be working toward the larger lifestyle changes you want to achieve. Talk with your health care team about specific lifestyle changes you might want to pursue. These could include:

- ⇒ Stopping tobacco and vape use
- ⇒ Reducing Alcohol intake
- ⇒ Eating Healthier
- ⇒ Managing Stress
- ⇒ Stay up to date with Vaccinations
- ⇒ Exercising regularly

