



Chronicle of Indiana Cancer Control

June 28, 2023

Spotlight

National Cancer Survivorship Month

June is an opportunity to celebrate those who have faced cancer. It's a good time to focus on improving the quality of life for those both post treatment and patients still undergoing treatment.

The journey through and beyond cancer is different for each person. But it's important for all people who had cancer to take steps to stay healthy.¹

1. <https://www.cdc.gov/cancer/survivors/healthy-living-guides/index.htm>



Tips for Staying Healthy

1. Eating healthy: After cancer, it may not be easy to eat well, but it's important. A healthy diet can help you feel better, regain your strength and energy, and reduce your risk for serious health problems.
2. Physical activity: If you keep a healthy weight and stay physically active during and after your cancer treatment, you may have a lower risk of having cancer come back. Start small and try to build up to 30 minutes of movement a day.
3. Sleep: Sleep allows your body to refresh, replenish, and rebuild. It helps your immune system work better and keeps you mentally sharp. Most adults need at least 7 hours of sleep each night, but talk to your doctor about what's right for you.²

2. <https://www.cdc.gov/cancer/survivors/healthy-living-guides/physical-health/>

Resources

Life After Cancer

When your treatment is finished, your doctor may tell you that you should get checkups or tests in the future. This is called follow-up care. Be sure to follow your doctor's instructions. These tests can help find early signs of a new or recurring cancer.

Healthy Choices

You may lower your risk of getting cancer again or having the cancer come back by making other healthy choices too. Some choices to consider include staying away from tobacco products, protecting your skin from the sun, and keeping a healthy weight.³

Mental Health

As many as three out of every four people with cancer experience symptoms of psychological distress or cognitive concerns, which can negatively affect their overall well-being and health outcomes.⁴

3. <https://www.cdc.gov/cancer/survivors/life-after-cancer/staying-healthy-after-cancer-treatment.htm>

4. [Improving Mental Health Care for People with Cancer | CDC](#)

Facts and Figures

How many people have a history of cancer?

The total number of people who have ever been diagnosed with cancer in a given population at a specific point in time is referred to as cancer prevalence. An estimated 18 million individuals with a history of cancer were alive on Jan. 1, 2022, in the United States.



This estimate does not include carcinoma in situ (noninvasive cancer) of any site except urinary bladder, nor does it include basal cell or squamous cell skin cancers. This estimate also does not account for the impact of the novel coronavirus 2019 (COVID-19) pandemic on cancer occurrence and survivorship, as it is based on observed cancer incidence and survival data available through 2018.⁵

Figure 1. Estimated Number of US Cancer Survivors by Site as of January 1, 2022

| Male | | | Female | | |
|-----------------------|-----------|--|-----------------------|-----------|--|
| Prostate | 3,523,230 | | Breast | 4,055,770 | |
| Melanoma of the skin | 760,640 | | Uterine corpus | 891,560 | |
| Colon & rectum | 726,450 | | Thyroid | 823,800 | |
| Urinary bladder | 597,880 | | Melanoma of the skin | 713,790 | |
| Non-Hodgkin lymphoma | 451,370 | | Colon & rectum | 710,670 | |
| Kidney & renal pelvis | 376,280 | | Non-Hodgkin lymphoma | 394,180 | |
| Oral cavity & pharynx | 311,200 | | Lung & bronchus | 367,570 | |
| Testis | 303,040 | | Uterine cervix | 300,240 | |
| Leukemia | 300,250 | | Ovary | 246,940 | |
| Lung & bronchus | 287,050 | | Kidney & renal pelvis | 230,960 | |
| All sites | 8,321,200 | | All sites | 9,738,900 | |

Estimates do not include in situ carcinoma of any site except urinary bladder and do not include basal cell or squamous cell skin cancers. Estimates should not be compared to previous years because they are model-based projections. (See Sources of Statistics, page 36).

Source: Surveillance Research Program, Division of Cancer Control and Population Sciences, National Cancer Institute.

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5. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-treatment-and-survivorship-facts-and-figures/2022-cancer-treatment-and-survivorship-fandf-acs.pdf>

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

