

# Cancer Survivorship

## *Supervivencia del cáncer*

### Moving Forward

## Facts to Consider

### Cancer is becoming a disease you can live with

- About one-third of all individuals will be diagnosed with cancer
- About 14 percent of cancer survivors were diagnosed more than 20 years ago
- Today, more than 12 million cancer survivors are in the U.S.
- By 2020, 18 million cancer survivors will be in the U.S.
- 75 percent of children with cancer survive at least 10 years, with many considered cured

### After cancer treatment, follow-up care is important

#### Ask your doctor about:

- Your long-term care plan
- Possible late or long-term health effects
- Any new symptoms
- Other health problems you may have (diabetes, heart disease, arthritis)
- Referrals for emotional support or financial needs

## Information is the key

#### Texas Cancer Information can tell you about:

- Support resources for cancer survivors
- Links to reliable Web sites through the [texascancersurvivor.info](http://texascancersurvivor.info) portal
- Physicians and hospitals

## Considere los hechos

### *El cáncer se está convirtiendo en una enfermedad con la cual usted puede vivir*

- *Aproximadamente un tercio de todas las personas serán diagnosticadas con cáncer*
- *Aproximadamente un 14 por ciento de los sobrevivientes de cáncer fueron diagnosticados hace más de 20 años*
- *Hoy, hay más de 12 millones de sobrevivientes de cáncer en los Estados Unidos*
- *Para el año 2020, habrá 18 millones de sobrevivientes de cáncer en los Estados Unidos*
- *El 75 por ciento de los niños con cáncer sobrevive por lo menos 10 años, con muchos de ellos considerados curados*

### *Después del tratamiento para el cáncer, es importante el cuidado de seguimiento*

#### *Consulte con su médico sobre lo siguiente:*

- *Su plan de cuidado a largo plazo*
- *Los posibles efectos a largo plazo para su salud*
- *Cualquier síntoma nuevo*
- *Cualquier otro problema de salud que usted tenga (diabetes, enfermedades cardíacas, artritis)*
- *Sugerencias para encontrar apoyo emocional o ayuda con necesidades financieras*

## Información es la clave

#### *Texas Cancer Information le puede informar sobre:*

- *Recursos de apoyo para sobrevivientes del cáncer*
- *Enlaces para sitios Web confiables a través del portal [texascancersurvivor.info](http://texascancersurvivor.info)*
- *Médicos y hospitales*

[www.texascancer.info](http://www.texascancer.info)

# Talk to Your Patients about Survivorship

- Survivorship is emerging as a field of cancer care
- 12 million cancer survivors in the U.S. today (a 300 percent increase since 1971), with more than 6 million over age 65
- By 2020, 18 million cancer survivors in the U.S.
- 64 percent of adults diagnosed today live at least five years
- Five-year and beyond survival rates exceed 90 percent for early-stage breast, prostate and colorectal cancers
- Five-year survival rates are 55 percent for African Americans, 66 percent for Caucasians (as of 2000)

## Resources for survivors:

- Texas Cancer Information, [www.texascancer.info](http://www.texascancer.info)
- Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov)
- National Cancer Institute, [www.cancer.gov](http://www.cancer.gov)
- Institute of Medicine, [www.iom.edu](http://www.iom.edu)
- Lance Armstrong Foundation, [www.livestrong.org](http://www.livestrong.org)
- MD Anderson Cancer Center, [www.mdanderson.org](http://www.mdanderson.org)

## For more free posters or Texas Cancer Information brochures:

Texas Cancer Information – 511  
1515 Holcombe Blvd.  
Houston, TX 77030  
(713) 792-2277  
E-mail: [info@texascancer.info](mailto:info@texascancer.info)  
[www.texascancer.info](http://www.texascancer.info)

## For cancer-related continuing medical education information:

Texas Medical Association's  
Physician Oncology Education Program  
1 (800) 880-1300, Ext. 1672  
E-mail: [poep@texmed.org](mailto:poep@texmed.org)  
[www.poep.org](http://www.poep.org)

Other Sources: American Cancer Society, National Cancer Institute

Free Patient Education Poster from  
Texas Cancer Information  
[www.texascancer.info](http://www.texascancer.info)

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MD Anderson  
Cancer Center  
Making Cancer History®

TEXAS MEDICAL  
ASSOCIATION

Physician Oncology Education Program  
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