

[Your Health and Safety Matters!](#)



A “Celebration of Life” is held in hundreds of communities nationwide, and around the world, on the first Sunday in June. It is **National Cancer Survivors Day®**.

Why National Cancer Survivors Day® is Important

It affects so many - In the U.S. alone, there are over 16 million cancer survivors. One or more of them may be people who are close to you, or you may be a survivor yourself. Today is for making survivors feel loved and important, as they are.

It’s a step toward beating cancer altogether - Some medical professionals will use the word ‘cured’ interchangeably with ‘in remission,’ but there is still no true cure for cancer itself. However, the more attention the disease is given — as with NCS D celebrations every June — the closer we’ll get to a viable, across-the-board cure.

It’s a fun day despite the serious reason behind it - When all is said and done, who doesn’t like a parade or a festival, or even — as in the year 2021 — a Zoom call? Smiling faces will always be good therapy for those suffering from illness.

CELEBRATION for those who have survived, an
INSPIRATION for those recently diagnosed, a gathering of
SUPPORT for families, and an
OUTREACH to the community.





National Cancer Survivors Day® is a day for everyone, whether you're a cancer survivor, a family member, friend, or medical professional. This day provides an opportunity for all people living with a history of cancer – including America's more than 15.5 million cancer survivors – to connect with each other, celebrate milestones, and recognize those who have supported them along the way. It is also a day to draw attention to the ongoing challenges of cancer survivorship in order to promote more resources, research, and survivor-friendly legislation to improve cancer survivors' quality of life.

More than 15.5 million Americans with a history of cancer were alive and that number is expected to grow to more than 20 million by 2026. The increasing number of survivor is due in part to advances in early detection and treatment of cancer. It's also due partly to a growing and aging population.

While almost all cancer patients are glad when their treatment is over, they often have anxiety, particularly about their cancer recurring. Many also say they feel unprepared for both the physical and psycho-social challenges that go along with the transition to post-treatment care. This includes managing their ongoing cancer-related symptoms. A survivor can sometimes struggle with these issues for months—or years.



Until now, relatively few studies have attempted to identify who is or is not prepared for the transition out of treatment, how this influences their readiness for the transition, and what influence these factors have on a survivor's long-term outcomes and their ability to manage cancer as a chronic illness. The American Cancer Society and the National Cancer Institute have launched an easy-to-use website to help cancer survivors manage their health both during and after cancer treatment.

Springboard Beyond Cancer provides survivors with online tools to manage side effects from cancer treatment, cope with stress, improve healthy behaviors, communicate better with their health care teams, and ask for support from family and friends.

“With Springboard Beyond Cancer, we want to empower cancer survivors by giving them the information they need to help identify issues, set goals, and create a plan to more smoothly navigate the cancer journey and take control of their health,” said Corinne Leach, MPH, MS, PhD, a behavioral scientist and strategic director in the Behavioral Research Center at the American Cancer Society.



Springboard Beyond Cancer lists dozens of common symptoms and side effects from cancer treatment – such as fatigue, hair loss, and anxiety – and offers advice and resources for dealing with them. Visitors to the site can download “cards” that summarize each topic. Additional topics include getting more exercise, quitting smoking, and other ways to develop a healthier lifestyle. They also include practical advice about talking to family and friends – including children – about your cancer, questions to ask your doctor and health care team, and understanding your rights in the workplace.

For more information, please visit:

<https://www.cancer.org/latest-news/stories-of-hope.html>

<https://www.cdc.gov/cancer/survivors/index.htm>

<https://www.webmd.com/cancer/cancer-recovery-wellness-plan#1>

<https://www.cancercare.org/>

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