

Life after cancer



Aetna Resources For LivingSM

Thanks to medical progress, more people survive cancer than ever before. As of June 2017, over 15 million Americans were living with cancer.¹

But numbers don't tell the full story. "Surviving cancer" isn't just about achieving a good treatment result. Once there is a diagnosis of cancer, life is different.

New issues and questions

During cancer treatment, professionals tell patients what they need to do. Patients count on friends and family to support them during this phase too.

But afterwards, survivors may feel alone. They've gone through treatments which may have been scary or unpleasant.

And now they have to live with new concerns and uncertainties. Here are just a few questions that can come up:

- Which doctor(s) should they follow up with?
- How often should they go for check-ups?
- Who can they look to for support?
- Who can advise them on changes in diet, exercise or other daily activities?

- How can they manage their fears?
- What can they expect or hope for in the future?

Each survivor finds hope differently

We're all raised in families and cultures that have unique ways of hoping.² How do you find hope?

For cancer survivors, finding reasons and ways to hope is very critical. Hope helps survivors get through the changes and challenges ahead. It can also help them inspire others.

Surviving and thriving beyond cancer

Here are just a few sites where survivors, caregivers and loved ones can find ideas and help after cancer:

- www.canceradvocacy.org
- www.ncsd.org
- www.cancer.gov
- www.cancer.net

Cancer survivors may sometimes feel alone. But they're not. More than ever, there are other survivors and resources to help them create and pursue their goals and dreams.

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¹National Cancer Survivors Day. Cancer Survivorship Issues. Survivorship. Accessed April 2017.

²National Coalition for Cancer Survivorship. Remaining Hopeful. Accessed April 2017.

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