

TIPS FOR HEALTHY SURVIVORSHIP

Making healthy choices can greatly improve a survivor's quality of life as well as lower the risk of cancer recurrence or developing a new cancer.

More information on each of these healthy tips for cancer survivorship can be found at health.mo.gov/cancer.



EATING HEALTHY

Cancer survivors can regain strength after surgery and/or treatment by eating a diet filled with fresh fruits and vegetables, protein, and other unprocessed, low-fat foods. Healthy eating can also reduce the risk of heart disease, high blood pressure, obesity, and diabetes.

MENTAL HEALTH CARE

It is normal for cancer survivors to feel overwhelmed, anxious, afraid, angry, or depressed. It is important to understand that mental health care is as important as caring for physical health during and after cancer treatment. The American Cancer Society offers 24/7 support to survivors at 1.800.227.2345.



PHYSICAL ACTIVITY

Physical activity is an important part of healthy living. Being active during and after cancer treatment helps decrease anxiety, reduce fatigue, increase self-esteem, and promote positive feelings. Regular physical activity also helps to improve heart health, maintain a healthy weight, and boost muscle strength and endurance.



TOBACCO & VAPING

Tobacco use among survivors can lessen response to treatment and increase the risk of cancer recurrence or developing a new cancer. Quitting tobacco can improve a survivor's outcomes. For free help, call the Missouri Tobacco Quitline at 1.800.QUIT.NOW or enroll online at quitnow.net.





HEALTH SCREENINGS

Getting screening tests regularly may find some cancers early, when treatment is likely to work best. Routine screening for diabetes, high blood pressure, and cholesterol are also important, as cancer survivors are often at higher risk for developing long-term illnesses.

IMMUNIZATIONS

Cancer survivors and people with chronic disease or long-term illnesses or conditions are particularly vulnerable to infection, so it is especially important that they and their caregivers stay up-to-date on all recommended immunizations.



EMERGENCY PREPAREDNESS

A large-scale public health emergency can limit access to supplies and services for several days, weeks, or months. Cancer survivors may need medicine or special equipment, and have a high risk of getting an infection. Take steps now to be prepared for any emergency.



SUN SAFETY

Cancer survivors should take extra care when out in the sun and follow all recommended safety tips. Seek shade when outdoors, apply sunscreen liberally every 2 hours, and wear protective clothing like hats and long-sleeved shirts.



Visit health.mo.gov/cancer for more information on each of these important tips on surviving cancer.



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