

CANCER SURVIVORSHIP FOR NEW JERSEY

STATS & FACTS

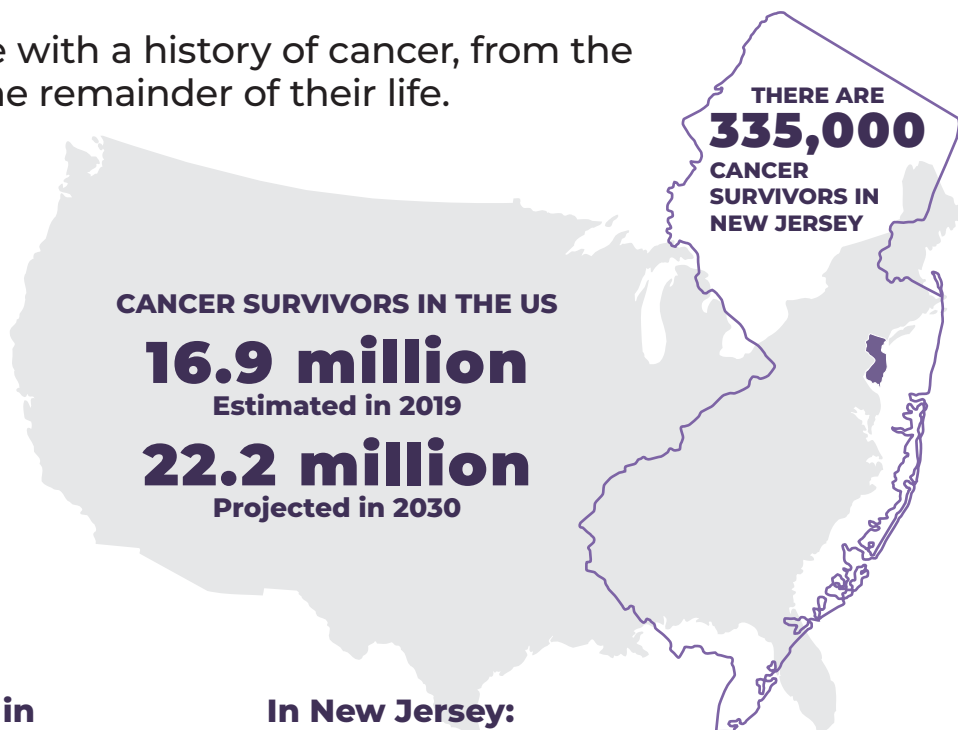
A **cancer survivor** is anyone with a history of cancer, from the time of diagnosis through the remainder of their life.

TODAY, more people than ever are surviving cancer due to:

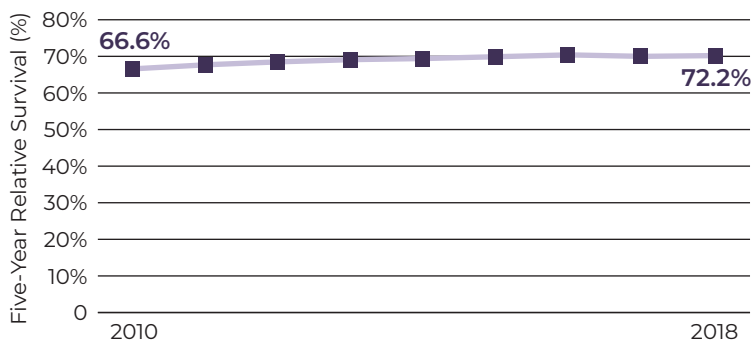
• IMPROVED TECHNOLOGY AND BETTER TREATMENTS

• FOCUS ON PREVENTION

• INCREASED EARLY DETECTION



Cancer Five-Year Survival Rate in New Jersey 2010-2018



Taking Charge of Your Health: Surviving & Thriving

The health needs of cancer survivors are different from those who have never faced a cancer diagnosis. Survivors may be at risk of developing health problems because of their disease or the effects of cancer treatments. They can also face many challenges related to:

- **Physical** ability/limitations
- **Psychological/emotional** needs and support
- **Financial** concerns/stress
- **Social** issues

Why?

Most treatments not only get rid of the cancer, but also damage healthy cells.

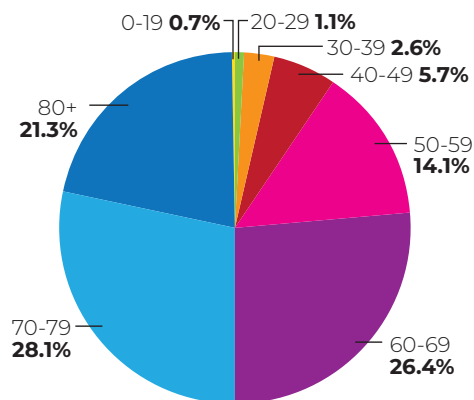
Survivor Care Focuses On:

- **Monitoring** for side effects of cancer treatments
- **Improving** your quality of life

In New Jersey:

- Survival has been increasing since 2010 across all races and ethnicities
- 70.2% of patients survive 5 years or more (2018)
- Survival was highest for Asians/Pacific Islanders (73.5%) and lowest for Blacks (64.4%) in 2018
- Blacks had the greatest increase in survival between 2010-2018 (58.7% to 64.4%)

Estimated Number of Cancer Survivors in the U.S. by Age in Years



American Cancer Society. Cancer Treatment & Survivorship Facts & Figures 2016-2017.

What Should I Do?

Follow-up care is critically important to find any changes in your health as early as possible. This includes checking for the return of cancer in the primary site (recurrence), the spreading of cancer to another part of the body (metastasis), or finding a new (second) cancer.

Chronic Health Conditions Among U.S. Cancer Survivors

Due to shared risk factors and delayed effects of cancer treatment, cancer survivors often develop multiple chronic conditions (MCC) which is defined as three or more health conditions.

They need long-term strategies that focus on:

- Post-treatment symptom management
- Disease prevention
- Improved health, well-being and quality of life

Research conducted among 30,728 cancer survivors – Chronic Comorbid Conditions Among Adult Cancer Survivors in the US: Results from the National Health Interview Survey, 2002-2018, CANCER, Vol. 128, Issue 4 (2022).

Increasing Prevalence

- Hypertension
- Diabetes
- Kidney Disease
- Liver Disease
- Obesity

Decreasing Prevalence

- Heart Disease
- COPD
- Hepatitis








Cancer Survivors with Multiple Chronic Conditions



From 2002 to 2018, there was an increase in the prevalence of MCC among cancer survivors, especially among those 18-44 years of age. Source: National Health Interview Survey, 2002-2018

What You Can Do

Healthy lifestyle choices can lower your risk of recurrence and developing other cancers and/or health conditions.

-  **Stay on track with your annual checkups** – Follow your healthcare provider's advice for follow-up care.
-  **Stay away from tobacco** to reduce your risk of lung and other cancers.
-  **Exercise and stay active to maintain a healthy weight** – Moderate exercise for about 30 minutes almost every day is recommended.
-  **Eat a healthy diet** rich in fruits, vegetables, whole grains and lean proteins.
-  **Limit alcohol consumption** – Research shows that alcohol increases your chances of getting certain types of cancers.
-  **Protect your skin from the sun** – Stay in the shade, wear protective clothing and apply sunscreen, and avoid tanning beds to protect yourself from harmful UV rays.
-  **Schedule cancer screening exams** based on your risk factors.

FAST FACTS

In the U.S., lifestyle choices and modifiable risk factors are attributed to:


- **42% OF CANCER CASES***
- **45% OF CANCER DEATHS***

**American Cancer Society*

Where can I learn more?

Visit the Hunterdon-Mercer Chronic Disease Coalition to access a portfolio of resources and educational programs available at no costs.

Visit us:

 **WEBSITE**
www.hunterdonhealthcare.org/service/cancer-care/regional-chronic-disease-coalition/

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