



## Cancer Survivors

# Six Ways to Stay Healthy After Cancer Treatment

Lower your risk of getting a new cancer or the same cancer again by making these healthy choices.



### Be Sun Safe

Protect your skin from the sun with a wide-brimmed hat, sunglasses, clothing that covers, sunscreen, and an umbrella.

### Stay Away from Tobacco

If you smoke, try to quit, and stay away from secondhand smoke. Call 1-800-QUIT-NOW for free support!

### Rethink Your Drink

Limit the amount of alcohol you drink, and substitute water for sugary drinks to reduce calories.

### Eat Fruits and Vegetables

Make half your plate fruits and vegetables.

**TIP:** Snack on fruit instead of sugar-sweetened treats.

### Move More, Sit Less

Try to get at least 2½ hours of moderate-intensity physical activity every week. Start slowly and do a little more each week.

### Get a Flu Shot Every Year

Cancer may increase your risk of flu complications. An annual flu vaccine is your best protection.

## Living Well After Cancer



### GET A CANCER SURVIVORSHIP CARE PLAN

A survivorship care plan is a record of your cancer and treatment history, as well as any checkups or follow-up tests you need in the future. Bring it with you whenever you go to the doctor.



### FOLLOW YOUR DOCTOR'S INSTRUCTIONS

Your doctor may tell you that you should get checkups or tests in the future. Be sure to follow your doctor's instructions. These tests can help find early signs of a new cancer or return of the same cancer.



### KEEP AN OPEN DIALOGUE ABOUT YOUR PHYSICAL HEALTH

Let your doctor know about any health problems that you are having after you finished treatment, whether it is days, months, or years. Some of the problems may be related to your cancer treatment.



### PAY ATTENTION TO YOUR MENTAL AND EMOTIONAL HEALTH

If you feel depressed or are having trouble concentrating or remembering things, talk to your doctor. You can also reach out for support to family members, friends, a support group, or a psychologist.

Get more health tips for cancer survivors at [www.cdc.gov/cancer/survivors/](http://www.cdc.gov/cancer/survivors/).

For more information about how to prevent cancer as well as other chronic diseases like type 2 diabetes and heart disease, visit [@CDCChronic](https://twitter.com/CDCChronic) on Twitter or [cdc.gov/chronicdisease](http://cdc.gov/chronicdisease).