

# One STEP Ahead

## Celebrating National Cancer Survivor Month



June | Join us by registering at: [ascension.org/GaviniCancer](https://ascension.org/GaviniCancer)

The SM Gavini Center for Cancer Prevention is committed to supporting and celebrating cancer survivors year-round. However, the month of June is recognized as National Cancer Survivor Month and dedicated to those who have battled and survived cancer.

Many people believe survivorship begins at the point of remission, but we believe it begins at diagnosis. If you or someone you love has been diagnosed with cancer, even if the cancer is currently in remission, we encourage working with a cancer team member to develop a survivorship plan.

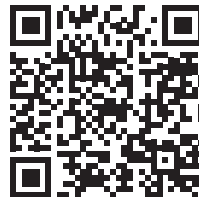
Survivorship plans are intended to help with coordination of care and serve as a guide to help manage and monitor the long-term or late physical and emotional effects of cancer treatment.

### Survivorship plans should include:

- 1. Treatment summary** that includes details of your cancer diagnosis, contact information of your previous healthcare providers and any treatments received
- 2. Follow-up care information**, including specific recommendations for ongoing care, managing side effects, signs of recurrence, screenings, nutrition, exercise, chemoprevention and more
- 3. Resources that address common mental health concerns and social matters**, including relationships, parenting, body image, genetic counseling and more
- 4. Resources that address practical issues** such as insurance, employment, education, finances and more
- 5. Resources and referrals** to cancer-related organizations, follow-up care providers, support groups and more

### Resources

Learn more from the American Cancer Society's free resources by scanning the QR codes below:



*Caregiver Resource Guide*



*Survivorship Care Guidelines and Nutrition and Physical Activity Guidelines for Cancer Survivors*

### Next steps:

Register for the June STEP Ahead virtual seminar by scanning the QR code or visiting [ascension.org/GaviniCancer](https://ascension.org/GaviniCancer). For more information, call **248-849-2781**.

