

# MONTHLY Check-Up

## WHITE PLAINS HOSPITAL

### FIVE FACTS: *surviving cancer*

# 1

## The Facts

**In 2012, there were an estimated 13.7 million cancer survivors** in the United States. According to projections published in the *Journal of Cancer Epidemiology, Biomarkers and Prevention*, that figure will rise to nearly 18 million in the next decade. This increase is due largely to an aging population and newer effective treatments

**After considering treatment options**, undergoing surgery and completing what may be multiple rounds of chemotherapy as well as radiation in some cases, patients often find themselves too exhausted to resume their normal routines right away. This is normal. Patients should give themselves plenty of time to rest, eat healthfully and build their strength

# 2

## After Diagnosis

# 3

## Unique Challenges

**Even after patients are in remission**, significant health challenges often present themselves to cancer survivors. These may include stress and anxiety related to a fear of recurrence, neurocognitive issues and infertility. Thankfully, as more and more patients survive even advanced cancer, there are additional resources available to help patients face these challenges.

**Having a group of people to talk to** who have been through similar experiences can be an excellent coping mechanism for cancer survivors. Learning from each other about the stresses of survivorship can improve outlook and mood and help individuals navigate logistical challenges like returning to work and communicating with health insurers.

# 4

## Social Support

# 5

## Perspective

**Patients often remark that everything seems different to them after cancer.** Matters that once seemed greatly important may no longer seem that way, and a re-evaluation of work and relationships is common. Keeping up with regular follow-up visits is essential, and patients should feel free to discuss these feelings with their physician.



“AS CANCER SPECIALISTS, WE HAVE THE DUTY AND THE PRIVILEGE TO CONTINUE TO CARE FOR OUR PATIENTS AT EVERY STEP OF TREATMENT, RECOVERY, REMISSION AND SURVIVAL.”

**MARK GORDON, M.D.**  
*Surgical Oncologist*

**Dr. Mark Gordon is a board-certified Surgical Oncologist and an expert in the surgical treatment of many types of cancer. He is the Surgical Director of the White Plains Hospital Cancer Program, and Chairman of the hospital's Cancer Committee.**

**Dr. Gordon completed his residency in general surgery at the New York Hospital-Cornell University Medical Center and a fellowship in Surgical Oncology at Memorial Sloan Kettering Cancer Center.**