

Let stress take a breather.

Many people do not have experience dealing with cancer and the concerns that come with it, which can lead to high levels of stress. To relieve stress, the American Cancer Society (ACS) recommends the following:

- Deep-breathing exercises
- Progressive muscle relaxation
- Yoga, tai chi, or other exercises
- Meditation
- Creative activities involving art, music, or dance
- Joining a support group, where you can share your thoughts and concerns

Eat right to recover faster.

Eating right can help you achieve a healthy body weight, maintain strength, and recover faster by supporting your immune system. To get the proper amount of nutrition, the ACS suggests you do the following:

- Stay lean, keeping a low amount of fat on your body.
- Eat at least 2.5 cups of fruits and vegetables per day.
- Limit how much processed meat and red meat you eat.
- Limit alcoholic drinks to no more than two drinks per day for men and one drink per day for women.
- Eat more whole grains and legumes.



HEALTHY
DELAWARE

For more ways to live healthier as a cancer survivor and to learn more about resources available to cancer survivors in Delaware, visit HealthyDelaware.org/Survivorship.

If you ever have a question about a program, visit HealthyDelaware.org or call 2-1-1 toll-free.



Healthy Delaware



@healthy_delaware

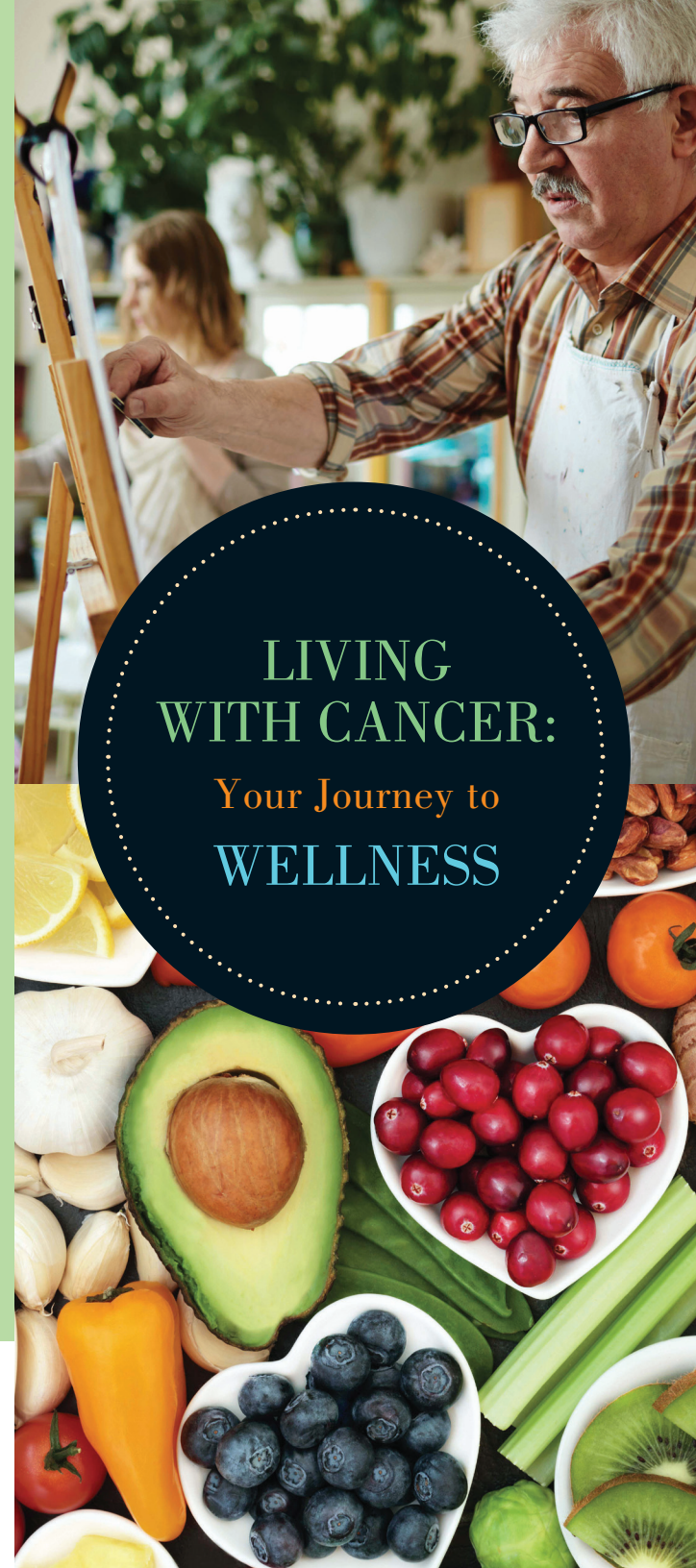


@Healthy_DE

LIVING
WITH CANCER:
Your Journey to
WELLNESS



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Bureau of Chronic Diseases



WE CAN HELP YOU ON YOUR JOURNEY TO WELLNESS.

From the moment you were diagnosed, you started a new life — one as a cancer survivor. Life after cancer is going to be different. You may be wondering what's next. This guide was created to help you improve your physical and emotional health, and find the information you need to stay healthy and have a great life.



Exercise to move beyond cancer.

Exercise can strengthen muscles and bones, improve your heart health, fight infections, improve your balance, lower stress, help you sleep better, and help you prevent or lessen the effects of other diseases. Follow these physical activity guidelines for adults, per the Centers for Disease Control and Prevention (CDC):

- Perform at least 150 minutes (2.5 hours) a week of moderate-intensity aerobic activity, or 75 minutes a week at a vigorous intensity.
- Exercise for at least 10 minutes at a time, spread throughout the week if possible.
- Aim for 300 minutes (5 hours) a week of moderate-intensity exercise, or 150 minutes (2.5 hours) of vigorous-intensity aerobic exercise.
- Perform muscle-strengthening activities that involve all major muscle groups, two or more days a week.



For more ways to live healthier as a cancer survivor and to learn more about resources available to cancer survivors in Delaware, visit HealthyDelaware.org/Survivorship.

Quit smoking to reduce a second cancer risk.

You have a higher chance of getting a second cancer at the same or another site if you don't quit smoking. Smoking can alter genes, harm your lungs, damage your immune system, and make treatments less effective or side effects worse. Many organizations, such as the CDC and the American Cancer Society (ACS), offer these tips to quit:

- Set your smoking quit date.
- Write down why you want to quit.
- Don't use other forms of tobacco instead of cigarettes.
- Make smoke-free rules for your home and car.
- Find other ways to relieve stress.
- Find and avoid your smoking "triggers."
- Talk to your health care provider or dentist about getting help.
- Check your insurance policy for coverage of medication and counseling to help you quit.
- Get support.
- Keep trying.

Keep up with recommended cancer screenings.

After treatment ends, it's important to stay up to date on any screenings your cancer treatment team recommends. By scheduling routine check-ups and getting cancer screenings, you can stay in charge of your health. If a new condition or cancer recurrence is found, it can be addressed early, when it is most treatable.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Bureau of Chronic Diseases