

What is cancer survivorship?

Cancer survivorship begins at diagnosis and continues beyond treatment. At every stage of your cancer journey, Department of Veterans Affairs (VA) is here for you. If you've been diagnosed with cancer, VA's best-in-class cancer care and survivorship resources are here to help you not only survive but thrive.

Tips for cancer survivors

- ✓ Stay well-rested and maintain a regular sleep cycle
- ✓ Eat a nutritious and healthy diet
- ✓ Reduce your time sitting
- ✓ Take medication as prescribed
- ✓ Talk to your doctor about creating a survivorship plan

Resources for cancer survivors

Talk to your healthcare provider to get connected with VA's survivorship resources, including:

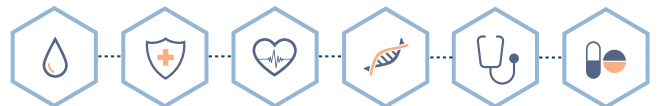
- Whole Health Program
- Physical Therapy
- Counseling and Support Groups
- Art and Music Therapy
- Acupuncture and Alternative Therapies



VETERAN SUCCESS STORY

U.S. Navy Veteran Charles "Chuck" Miller is a pancreatic and bladder cancer survivor. He entrusted his cancer care to VA. After chemotherapy, immunotherapy, and two surgeries, Chuck is now cancer free. "I won't let this take me out," Chuck says. "I have things to do."

Why do cancer survivors choose VA?



- ✓ Personalized care from expert multi-disciplinary teams through each step of the cancer journey
- ✓ State-of-the-art DNA molecular testing technology to guide cancer treatment decisions
- ✓ TeleOncology services that provide access to a nationwide network of oncologists and specialists
- ✓ Access to innovative clinical research

VA's National Oncology Program walks shoulder to shoulder with Veterans through every step of their cancer journey. To learn more about cancer survivorship at VA, please visit cancer.va.gov, or contact cancer@va.gov.