



Massachusetts Comprehensive Cancer
Prevention & Control Network

Wellness Guide for Cancer Survivors

Increasing quality of life for cancer survivors in Massachusetts

Lea Susan Ojamaa, MPH
Anita Christie, RN, MHA, CPHQ
Division of Prevention and Wellness
Bureau of Community Health and Prevention

Massachusetts Comprehensive Cancer Prevention and Control Network

- The Massachusetts Comprehensive Cancer Prevention and Control Network is a program within DPH's Division of Prevention and Wellness
- The program is funded by The Centers for Disease Control and Prevention as part of its National Comprehensive Cancer Control Program.
- CDC provides all 50 states with Comprehensive Cancer Control funding to:
 - establish statewide partnerships
 - assess the burden of cancer
 - determine priorities
- The Network has a steering committee and a number of work groups to guide the work to address strategies outlined in the state plan. Active workgroups:
 - HPV/Cervical Cancer
 - Palliative Care
 - Prostate Cancer
 - Health Equity
 - Lung Cancer
 - Survivorship

Cancer Survivorship Workgroup

- Part of the Massachusetts Comprehensive Cancer Control and Prevention Network; Established in 2006
- This Workgroup consists of survivors, clinicians, advocates, oncology center administrators, and patient navigators from a range of public, private, nonprofit, and community organizations

2008 Survivorship Summit



2009 Survey of
Oncologist and PCPs



2010 University of Colorado
Study/ Regional Conference



2013 Building
landscape for
quality of care
for cancer
survivors



2014-2015
Development of
Cancer Survivorship
Wellness Guide



Survivorship Wellness Guide

- Developed with input and advice from the Cancer Survivorship Workgroup
- Combines survivor stories with expert information



Survivorship Wellness Guide

- Audience: Adult Cancer Survivors 40+
- Format
 - Printed material
 - Online version of the guide
 - Videos posted online

Survivorship Wellness Guide

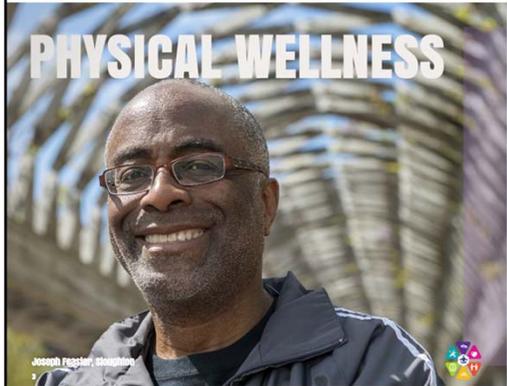
- Organized using the six dimensions of wellness



Survivorship Wellness Guide

- Each dimension's chapter covers:
 - What it is
 - Why it is important
 - What you can do
 - Questions to ask
 - Opens with Survivor Story – ends with Expert Voice
- Each dimension's chapter has videos
 - The video can be accessed from the printed guide through a QER code and a URL.

Survivorship Wellness Guide



Joseph Feaster's code about staying healthy is simple: "I don't worry about what I can't control, but I'm going to take charge of what I can control." Nowhere is that more evident than his focus on physical wellness. A prostate cancer diagnosis more than a decade ago was a wake-up call to become more active and to improve his diet. His walking routine and better eating habits have paid off. At 65, he's a model for other cancer survivors on how to take simple steps toward wellness and how to play an active role in your own care.

[SURVIVOR STORY]



Learn more about Joseph's wellness journey.

Follow the link or scan the QR code with your mobile device.

<http://tinyurl.com/JFeaster>



WHAT IT IS:

Physical wellness is about doing what you can to help strengthen and care for your body. Taking steps before, during, and after your treatment can help you manage the effects of the illness and side effects of treatment.

WHY IT IS IMPORTANT:

Improving physical wellness can:

- Make you feel stronger
- Help you feel less tired
- Help improve your mood
- Help lower the risk that your cancer will return

WHAT YOU CAN DO:

If you are interested in strengthening your thinking or “cognitive” skills, here are some things to consider:

1. Use tools & technology to keep yourself organized.

Creating lists or using a daily planner can help you keep track of your daily activities. There are many free, or low-cost smartphone apps available to help you create lists, task and appointment reminders. Or, just writing it down may help.

2. Take notes during a conversation or a meeting.

3. Exercise your brain. Your brain is like a muscle and regular activities that are challenging, new and different can help create new learning pathways. Consider reading new and difficult material, or learning a new language or musical instrument. Choose activities that are interesting but do not add to your stress level.

4. Crossword puzzles, Sudoku, or learning how to play chess are a few examples of games that challenge your thinking.

5. Get enough sleep. Memory and thinking problems are made worse by a lack of sleep.

6. Write more, or keep a journal of your thoughts and experiences. This can also be a way for you to keep track of any memory problems that you are experiencing.

7. Keep your body active. Staying physically active helps all parts of your body, including your brain. Moving more will improve your mood, make you feel more alert and less tired.

8. Try not to multi-task. This is easier said than done in our busy lives, but focusing on one thing at a time can help.



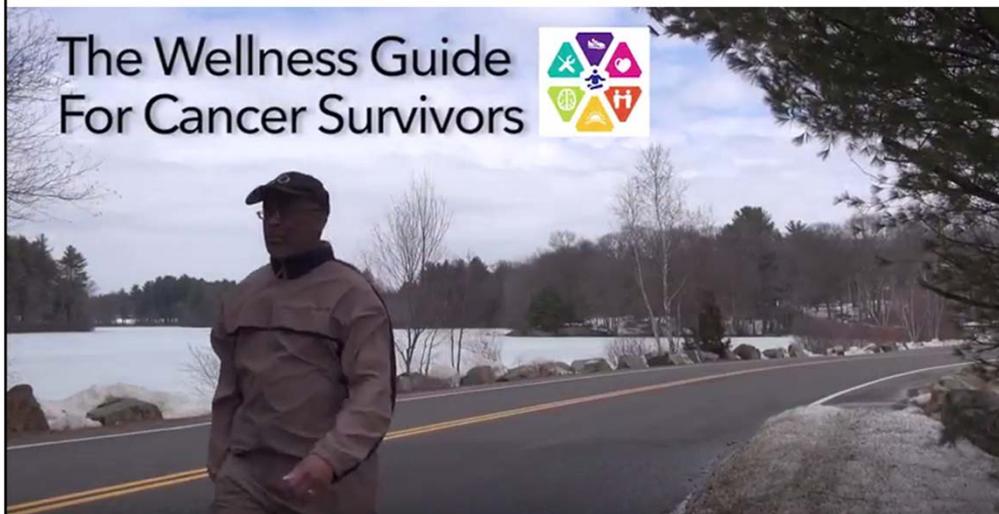
9. Practice “active listening” by repeating back information you just heard someone say. (For example, “OK, so what you are saying is...”)

10. Talk to your doctor or care team about your concerns. Talking to your care team will help them evaluate possible treatment or support options. Some cancer treatment centers have specific programs to help survivors deal with thinking and memory problems.

This is an example of another page. It shows the “what you can do” segment, with clear advice from experts. This is from the “thinking” section.

Videos

The Wellness Guide For Cancer Survivors



<https://youtu.be/fXXOechOEf8>

Survivorship Wellness Guide available for free



Massachusetts Health Promotion Clearinghouse
maclearinghouse.org

Survivorship Wellness Guide online

mass.gov/cancersurvivor

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Wellness Guide for Cancer Survivors

PHYSICAL

EMOTIONAL

SOCIAL

SPIRITUAL

You Are Not Alone

Every year more than 36,000 Massachusetts residents hear the words, "You have cancer." Thanks to better ways of finding and treating cancer, there are more cancer survivors living today than ever before.

Some cancer survivors will complete treatment. Others continue on active treatment, managing cancer much like a



Questions & Comments

Thank you!!