BREAST, CERVICAL, AND COLORECTAL CANCER SURVIVORSHIP
WHAT DOES “PROGNOSIS” MEAN?

• The PROGNOSIS refers to the prospect or the likelihood that you recover from breast cancer.

• There are new and better treatments that are helping people diagnosed with breast cancer live longer than before.

• However, breast cancer can recur or spread to other parts of the body after treatment.
Factors affecting the Prognosis:

• The size of cancer
• Stage of cancer
• If the cancer has spread to lymph nodes or other parts of the body,
• The type of cancer.
SURVIVAL RATES

- Survival rates indicate the number of people with the same type and stage of cancer are still alive for a certain period of time (usually 5 years) after diagnosis.
Breast Cancer Survival Rates

- 5 year rate of people with breast cancer is 89%.
- The 10-year rate is 83% and the 15-year rate is 78%.
- If cancer is found only in the breast, the relative survival rate of 5 years of people with breast cancer is 99%.
Definition of a Cancer Survivor:

An individual from the time of cancer diagnosis, through the balance of his life.
Cancer survivors: Are also considered surviving family, friends, and caregivers who have been affected by their diagnosis.
VIDEO INTERVIEW WITH CANCER SURVIVOR:

PRISCILLA RUBIO
Recurrence

- Recurrent cancer is cancer that comes back the same. There is a kind of new, different cancer, even though it may appear elsewhere in the body.
Challenges Cancer Survivors Face:

- **PHYSICAL**
- **ECONOMICAL**
- **SOCIAL**
- **LIFESTYLE**
Life after treatment ...
Focus on Healthy Choices

• A diagnosis of cancer often helps people focus on their health.
• Now is the time to make changes that have positive effects for years to come.
• Healthy choices can make patients feel better and be healthier.

• Tips:
  • Start by working on those things that cause the most worry
  • Get help with those things that are the most challenging
Physical Health: Diet

• Eating right can be tough during and after cancer treatment.
  • Treatment may change sense of taste.
  • Nausea can be a problem.
  • Treatment can cause weight changes

• These problems get better over time.

• It may help to eat small portions every 2 to 3 hours

• One of the best things to do after cancer treatment is put healthy eating habits into place.

• Getting to and staying at a healthy weight, eating a healthy diet, and limiting alcohol intake may lower risk for a number of types of cancer, as well as having many other health benefits.
Physical Health: Exercise

• Extreme tiredness is very common in people treated for cancer, but exercise can help reduce fatigue!
• Talk with your health care team before starting anything.
• Benefits include:
  • Improved cardiovascular (heart and circulation) fitness.
  • Helps reach and maintain healthy weight
  • Stronger muscles
  • Increased energy
  • Lower anxiety and depression
  • Improved self-esteem
Emotional Health

• When treatment ends, patients may be overcome with emotions.
• After focusing on treatment for so long, it may feel like a lot of other issues are “catching up”.
• People who have been through cancer can benefit from getting support—people to turn to for strength and comfort.
• It is not necessary or good to try to deal with everything alone.
• Support can benefit the survivor as well as their friends and family
The stress of illness may be eased by joining a support group for cancer.
Sharing with others who have common experiences and problems can help you not feel alone.
TIPS FOR SURVIVORS:

1. Get a summary of your treatments.
3. Learn to manage the fear of cancer coming back.
TIPS:

5. Eat well
6. Use all available resources
Community Health Workers generate a link between the health system and the community.

They have a fundamental role in ensuring the right to health of people as they encounter very important information and facilitate access to consultation and medical treatments.
They can support and accompany patients in need.
Know how to listen and convey trust and support.
Help overcome conflict situations.
Motivate commitment, taking and distributing responsibilities.
Promote trust among community members.
Recognize the experiences of all and respects (social, political, religious, gender) cultural differences.
️ ROLE OF THE CHW for CANCER SURVIVORS

- Improves capacity to address sociocultural barriers
- Improves capacity to address personal barriers
- Improves capacity to address financial barriers
 ROLE OF THE CHW for CANCER SURVIVORS

- Guides through the health care system
- Helps the person understand the insurance world for medical care
- Helps find a way to pay for medical care they do not have insurance
- Directs patients to resources and local support
- Helps patients to make and keep appointments
- Helps patients get answers to their questions
- Helps patients find more information about health care options
Performs outreach house to house, sharing information and talking to people to identify those who should seek cancer prevention, detection, or treatment services.

Organizes lectures and workshops for the community in order to promote recommended prevention measures.

Distributes program materials in local institutions and organizations.

Participates in community events so as to share cancer education information and materials to all.
Based on today’s presentation, what are you now prepared to do as a CHW in your community to promote cancer education and improve cancer outcomes?
POST-TEST