

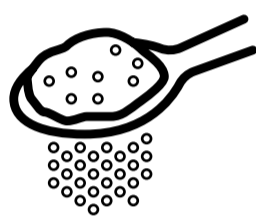
Celebrate Cancer Survivorship



JUNE IS NATIONAL CANCER SURVIVOR MONTH.
WE HONOR SURVIVORS AND THOSE IN TREATMENT.

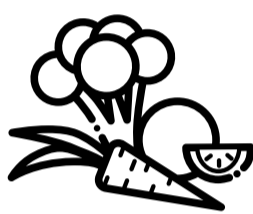
Consider the following general health tips to ensure you stay healthy during and after treatment.

SEE YA, SUGAR



Sugary and processed foods have little nutritional value and are bad for your health. Limit sugar, processed or fast foods, and sweetened drinks.

EAT THE RAINBOW



Good nutrition keeps you healthy and increases energy. Eat plenty of colorful fruits, vegetables, whole grains, and lean protein.

GET MOVING



Staying active helps you maintain a healthy weight and benefits your mental health. Start with low-impact exercises, such as walking, yoga, and gardening.

Ongoing Care Includes Your Mental Health

Becoming a cancer survivor is an emotional journey. Mental health care is an important part of self-care after cancer treatment.



Your feelings are normal.

Cancer survivors may feel anxiety, depression, or social withdrawal. Every survivor's emotional journey is different.



Find emotional support.

Getting support is important for cancer survivors. Support groups and talk therapy can help you manage the emotional parts of your cancer journey.

Cancer and Mental Health Care Facts



Approximately one-third of cancer survivors are also managing a mental health condition.



Research shows mental health care can improve medical treatment outcomes in cancer survivors.



Some mental health symptoms, such as fatigue and decreased appetite, can be signs of mental health issues. **Be sure to share any changes with your oncologist.**

Learn more about cancer patient support at Rocky Mountain Cancer Centers by visiting RockyMountainCancerCenters.com/cancer-survivorship and be sure to download our free cancer survivorship guidebook.