



Indiana  
Department  
of  
Health

# Chronicle of Indiana Cancer Control

June 2024

## National Cancer Survivor Month

June is National Cancer Survivors Month and is used as an opportunity to celebrate more than 18 million cancer survivors across the United States.

In Indiana as of Jan. 1, 2022, it is estimated that 366,490 people are cancer survivors. The term “cancer survivor” refers to any person with a history of cancer. A person is considered to be a survivor from the moment they are diagnosed with cancer.

Many factors play a role in cancer survival. Cancer survival is influenced by patient age and stage at diagnosis, socioeconomic status, treatment, health insurance coverage, competing health conditions, distance to and type of treatment facility, and other financial resources.<sup>1</sup>

<sup>1</sup> [Cancer facts and statistics](#)

## Staying Healthy After Diagnosis

Once treatment is finished, your doctor may tell you that you should get checkups or tests in the future.

This is called follow-up care and it is just as important as cancer treatment. Be sure to follow your doctor’s instructions in regards to post treatment care and appointments.

The journey through and beyond cancer is different for each person. It’s important for all people who have had cancer to take steps to stay healthy. Eating a healthy diet can help you feel better along with reducing risks of future health problems. Physical activity along with sleeping well are other things that can help anyone on their post treatment journey.

Visit The Centers for Disease Control and Prevention (CDC) [Guides to Healthy Living](#) page for resources and information on how to improve eating healthy, physical activity, and sleeping well.



## Resources for Indiana Residents

- [The American Cancer Society](#) has free programs and services for those who reside in Indiana for transportation, advocacy, cancer information, and lodging
- [Little Red Door Cancer Agency](#) works to reduce the physical, emotional, and financial burdens of cancer for medically underserved Hoosiers by providing free client services, survivor programming, and education
- [Live Well Kosciusko](#) is a nonprofit on a mission to transform Kosciusko County into a thriving and healthy place to live, learn, work, play, and visit
- [Livestrong at the YMCA](#) is a partnership with the Livestrong Foundation and the YMCA that has developed a small-group cancer survivorship program. Call your local YMCA for class availability!
- [Cancer Support Community Indiana](#) uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care
- [Indiana Breast and Cervical Program \(BCCP\)](#) provides access to breast and cervical cancer screenings, diagnostic testing, and treatment for underserved and underinsured people who qualify for services
- [Pink 4 Ever](#) is a non-profit with a mission to eliminate breast cancer disparities for black women through advocacy, education, research, and empowerment
- [Franciscan Health– Moving Beyond Indy](#) is an eight-week program that offers exercise with an instructor, guided lessons in stress reduction, healthy eating and lifestyle habits, and confidence building strategies and emotional support.



To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

Indiana Department of Health

2 North Meridian Street • Indianapolis, Indiana 46204 • 317-233-1325 • [health.in.gov](http://health.in.gov)

