



Reclaim
Foundation

World Cancer Day - Did You Know?

Each year, more than 10 million people are diagnosed with cancer in the United States.

It's the second leading cause of death in the United States, but many kinds of cancer can be prevented or detected early.

Cancer-related post-traumatic stress can occur at any time in cancer patients.

It's estimated that one-third of people treated for cancer have a mental health condition.

The key to lowering risk of cancer-related post-traumatic stress is prevention.

This could look like:

- Attending support groups or seminars
- Seeing a mental health provider to address the emotions of the cancer experience
- Talking with a doctor about medications



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Want to learn more? Check out these resources!

- World Cancer Research Fund
- National Cancer Institute
- Cancer.org
- Cancer Support Community
- The Cancer Atlas
- Mental Health America

Resources

<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/cancer.htm>

https://www.cancer.gov/about-cancer/coping/survivorship/new-normal/ptsd-pdq#_AboutThis_1

<https://www.dana-farber.org/health-library/articles/post-traumatic-stress-and-cancer/>

<https://www.mhanational.org/cancer-and-mental-health#1>