

# Survivorship Today

What It's Like to Live with Cancer



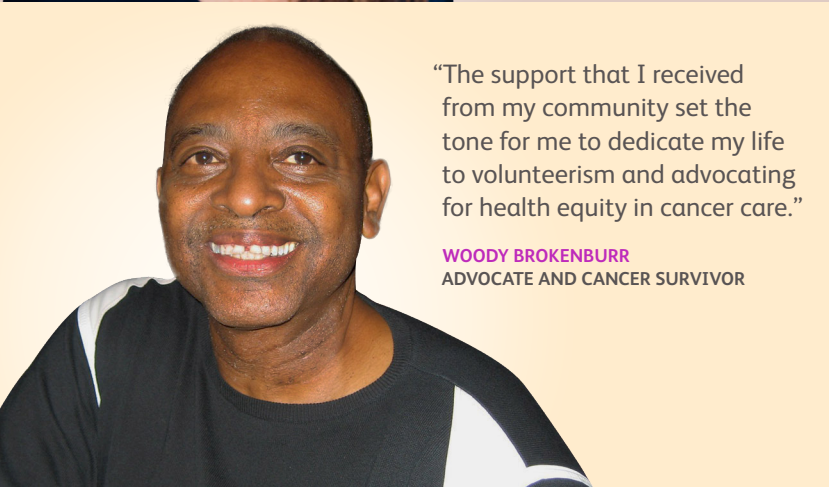
"Having a place and safe haven to share my story was critical for healing and mental well-being."

**AMY WU**  
ADVOCATE AND CANCER SURVIVOR



"Helping to advocate on behalf of cancer patients has given me the strength and the healing that, ultimately, my body and soul needed."

**AMANDA RICE**  
ADVOCATE AND CANCER SURVIVOR



"The support that I received from my community set the tone for me to dedicate my life to volunteerism and advocating for health equity in cancer care."

**WOODY BROKENBURR**  
ADVOCATE AND CANCER SURVIVOR

## Cancer may impact your life, but you are not alone.

Many people, just like you, have similar concerns about navigating life after a cancer diagnosis. Few survivors feel prepared for what comes next after treatment.

At SurvivorshipToday.com, you can watch the stories of people who have been affected by cancer and learn how connecting with community resources and advocacy groups can help empower you.

### About

## Survivorship Today

*Survivorship Today: What It's Like to Live with Cancer* is an initiative by Bristol Myers Squibb that aims to share stories of people across the country who have been affected by cancer and advance our collective understanding of what it's like to live with the disease today.

Watch the series at

**SurvivorshipToday.com**



# Survivorship Today

What It's Like to Live with Cancer

Talk to your healthcare providers and ask questions about:



Mental & emotional wellbeing



Exercise & nutrition



Managing side effects



Family planning



Returning to work



Financial planning



Transitions of care



Life after cancer & survivorship

Become your own advocate by seeking out resources for:

- ✓ Health education materials
- ✓ Mental health support
- ✓ Financial planning
- ✓ Connecting with other cancer patients and survivors
- ✓ Access to care and health equity

Resources are available for both patients & caregivers through patient advocacy organizations.

## Address your concerns about living with cancer

### Patient & caregiver resources

American Cancer Society  
**Cancer.org**  
800-227-2345



- [Support Programs and Services in Your Area](#), a navigation tool to find support and online connections
- [Information and Resources About Clinical Trials](#)

Cancer101  
**Cancer101.org**  
646-638-2202



- [Your Health GPS](#), a full service patient guide for navigating cancer
- [The CANCER101 Planner](#)

Cancer Support Community  
**CancerSupportCommunity.org**  
888-793-9355



- [Cancer Support Helpline](#), a navigation tool for cancer patients and their loved ones

National Coalition for Cancer Survivorship  
**CancerAdvocacy.org**  
877-NCCS-YES (622-7937)



- [Cancer Survival Toolbox](#), an audio program to help people understand the challenges of living with cancer

Cactus Cancer Society  
**CactusCancer.org**



- [Cactus Cancer Society](#) provides a variety of workshops focused on helping young adults living with cancer

CancerCare  
**CancerCare.org**  
900-813-HOPE (4673)



- [Counseling](#), provided by professional oncology social workers

Family Reach  
**FamilyReach.org**  
973-394-1411



- [Financial Treatment Program](#), support services to help people navigate the financial impacts of living with cancer

Stupid Cancer  
**StupidCancer.org**  
212-619-1040



- [Mental Health Information](#), for those living with cancer
- [Health Equity Information](#), a resource focused on equitable access to healthcare

Bristol Myers Squibb is not affiliated with nor endorses these organizations.

