

Cancer Survivorship Wellness Program

Rutgers Cancer Institute of New Jersey

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It is a happy time and major accomplishment to complete treatment and start the journey of cancer survivorship. However, returning to “normal” can also be a challenge. Managing ongoing cancer follow-up care and surveillance, getting your life back on track, returning to work and family duties, and dealing with worries about the future and psychological self-care are some key challenges that patients face at the end of treatment.

The Cancer Survivorship Wellness Program at the Rutgers Cancer Institute of New Jersey is dedicated to easing these challenges and offering free services for cancer survivors.

Three important health practices are key to survivor wellness:



**Taking Care of Your
Emotional Well-Being**



**Adopting Healthy
Dietary Practices**



**Tobacco
Cessation**



Emotional Well-Being

After completing treatment, returning to the “new normal”—re-establishing your daily routines, family responsibilities, work, social life, and leisure activities—can be a challenge, particularly if you are experiencing physical side effects from treatment. It can take some time to adjust, and you may experience worries about the future. It is essential to remember to **be kind to yourself, take it slowly, and have as much support from friends and family as possible.**

It is also important to **regularly assess your levels of psychological distress.** If you feel sad, anxious, or worried every day or most days, it's important to visit a mental health professional to talk about possibly seeking counseling or medication. Or talk to your primary care provider, who may be able to refer you to low-cost mental health services. For general stress management, here are some excellent resources.

Low-Cost Mindfulness Apps

- **Calm**—meditation app suited for people who have some experience with meditation
- **Insight Timer**—includes different meditation courses suited for all
- **Smiling Mind**—free app that thoroughly guides users through the basics of meditation

Free Resources for Survivors

- **Red Door Community (previously called Gilda's Club)**—free cancer support to bring knowledge, hope, and empowerment to cancer patients
- **CancerCare**—free, professional support services for survivors, as well as post-treatment and survivorship information

Register for our Survivorship Wellness Lecture Series



Visit
go.rutgers.edu/ylb2a3f6
or scan this code for
details.



Healthy Dietary Practices



Good nutrition can help survivors become stronger and help improve their quality of life. Certain foods and diets can improve your strength and make you feel healthier and stronger. Maintaining a healthy weight and staying physically active also contribute to better survival outcomes and better mental and physical well-being.

Healthy Plate Model

American Institute for Cancer Research's (AICR's) [New American Plate](#) approach emphasizes foods that can reduce risk for recurrence and other chronic diseases. It advises:

- Covering at least two-thirds of your plate with plant foods, such as whole grains, vegetables, fruit, and beans
- The remaining one-third of your plate may be filled with animal-

based, protein-rich foods, such as seafood, poultry, and dairy foods or occasionally lean red meat

Nutritional Resources

- [Nutrition.gov](#)—this USDA-sponsored site offers helpful information to help you make healthful eating choices
- [American Cancer Society](#)—provides tips and resources on how to stay active, eat well and live well as a survivor



Tobacco Cessation



Tobacco use can lead to nicotine addiction, and can put survivors at risk for chronic health conditions and second primary cancers. The highly addictive nature of nicotine can make it harder to quit, but the [Rutgers Tobacco Dependence Program](#) can help.

Why to quit

- You will save money: a pack a day equals \$2,000/year
- Your children will be healthier and may be less likely to start smoking
- Sense of smell will return and food will start to taste better

How to quit

- Evidence-based treatments
- Group support
- One-on-one support
- Nicotine medicines (patch, gum, lozenges)

Visit [tobaccoprogram.org](#) to get started on your tobacco-free journey!

More Resources

Tobacco Cessation

- 1-800-QUITNOW
- [SmokeFree.gov](#)
- [BeTobaccoFree.gov](#)

Survivorship

- [Rutgers Center for Cancer Survivorship](#)
- [RWJ Cancer Fitness & Wellness Program](#)
- [Cancer Support Community](#)
- [National Cancer Survivorship Resource Center](#)
- [National Coalition for Cancer Survivorship](#)

