



## A CUP OF HEALTH WITH CDC

### *Beating Cancer*

*Cancer Survivors — United States, 2007*

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*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

The "C" word strikes fear in all of us, but progress in early cancer detection and treatment over the past 30 years has made the dreaded disease a little less scary. Since 1971, the number of cancer survivors in the U.S. has nearly quadrupled.

Dr. Arica White is an EIS Officer with CDC's National Center for Chronic Disease Prevention and Health Promotion. She's joining us today to discuss the importance of early detection in surviving cancer. Welcome to the show, Arica.

[Dr. White] Thank you.

[Dr. Gaynes] Arica, how many people die from cancer each year in the U.S.?

[Dr. White] Well about half a million people are expected to die each year from cancer.

[Dr. Gaynes] When is a person considered a "cancer survivor" and what percent are alive five years after their diagnosis?

[Dr. White] Traditionally, people thought that a cancer diagnosis was a death sentence, but now we know that that's not true. Persons living with a history of cancer are now described as cancer survivors, rather than cancer victims, with almost 60 percent of people living five years after they were diagnosed.

[Dr. Gaynes] Arica, what are the most common types of cancer?

[Dr. White] The most common types of cancer among women are breast, lung, and colorectal cancer, and for men, they're prostate, lung, and colorectal cancer.

[Dr. Gaynes] Are there strategies that help prevent the onset of cancer?

[Dr. White] Yes. It's important for everyone to practice healthy lifestyle behaviors, such as quitting smoking, and if you don't smoke, then don't start; eating healthy foods, such as fruits and vegetables; and exercising regularly.

[Dr. Gaynes] What is the importance of cancer screening?

[Dr. White] The importance of cancer screening is that it allows us the ability to detect cancers early. We know that cancers detected early are the most treatable.

[Dr. Gaynes] Where can listeners get more information about cancer?

[Dr. White] Listeners can go to [www.cdc.gov/cancer](http://www.cdc.gov/cancer).

[Dr. Gaynes] Thanks, Arica. I've been talking today with CDC's Dr. Arica White about cancer prevention and treatment.

Remember, recommended screening is important to detect cancer early and can have a huge impact on survival. Eating a healthy diet, exercising regularly, and not smoking can help prevent the onset of some cancers. These prevention strategies also improve the quality of life and reduce the risk of recurrence or new cancers among cancer survivors.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

*[Announcer]* For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.