



A MINUTE OF HEALTH WITH CDC

Beating Cancer

Cancer Survivors — United States, 2007

Recorded: March 22, 2011; posted: March 24, 2011

This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Cancer strikes fear in all of us, but since 1971, the number of cancer survivors in the U.S. has nearly quadrupled. Almost two thirds of people with cancer lived five or more years after their initial diagnosis.

Breast, prostate, and colorectal cancers are the most common types among survivors. 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.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.