

Cancer as a Chronic Condition

Some types of cancer are considered chronic. The Centers for Disease Control and Prevention defines chronic as a health condition lasting one year or longer and requiring ongoing medical attention and/or limiting activities of daily living. Diabetes and heart disease are other examples of chronic conditions.



As medical treatments improve, more people are living happy and healthy lives with and beyond a cancer diagnosis.

You also play an important role in managing cancer as a chronic condition. Here are a few tips that may help:

- Talk with your health care provider about a plan for monitoring the cancer.
- Follow your health care team's recommendations for follow-up tests.
- Find a support network – join a cancer support group, or talk with a family member, friend, or behavioral health counselor.



Healthy lifestyle choices can help prevent many chronic diseases, including cancer and cancer recurrence.

- Do not use tobacco.
- Eat a variety of nutritious foods including fruits, vegetables and traditional foods.
- Practice stress management.
- Limit alcohol intake.
- Be physically active.



Funding for this publication was provided by the Centers for Disease Control and Prevention (CDC) Cooperative Agreement Number NU58DP006325. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Cancer Program

Email: cancer@anthc.org

Web: anthc.org/cancer