

Join Atrium Health Navicent in Celebrating Cancer Survivors *National Cancer Survivors Day is observed the first Sunday in June*

MACON, Ga., June 1, 2023 – Atrium Health Navicent Peyton Anderson Cancer Center invites the community to celebrate cancer survivors and help raise awareness for their ongoing journey on Sunday, June 4. National Cancer Survivors Day is observed annually on the first Sunday in June as people across the world unite to recognize everyone who is living with cancer, raise awareness of the ongoing challenges cancer survivors face and celebrate life.

National Cancer Survivors Day also serves as a reminder for everyone to stay up-to-date on prescribed cancer screenings, mammograms and other wellness visits. Early detection can save lives.

Anyone living with a history of cancer is a cancer survivor. More than 18.1 million people in the U.S. are cancer survivors and nearly 44 million people worldwide have been diagnosed with cancer within the past five years. By 2040, the number of cancer survivors in the U.S. is projected to increase to 26 million. As the number of survivors continues to grow, it is becoming even more important to address the unique needs of this population, which can persist even after treatment ends.

Atrium Health Navicent Peyton Anderson Cancer Center offers a full continuum of care ranging from prevention and diagnosis to treatment and survivorship services, including the Survivorship Clinic program. The aim of the program is to deliver high-value, efficient care that enhances quality of life, promotes long-term health and improves coordination of care for adult cancer survivors. Physicians, nurses, dietitians and counselors stand ready do all they can to help program participants prepare for life after treatment.

Ways to support cancer survivors

Here are some ways to support cancer survivors:

- **Communicate:** A quick text, email or phone call will help your loved one or friend to remember that they are important to you. Always end the call with a promise to touch base soon — and then follow through. You may worry that you don't know what to say to someone with cancer. That's OK. Remember that the most important thing is that you listen to what they have to say. Let them know you're willing to talk about whatever they like — or sit in companionable silence if they prefer not to talk.
- **Visit:** Schedule short, regular visits at times that work best for your friend. Perhaps schedule times when they are less likely to receive other visitors, like holidays and weekends. Consider bringing a snack or a meal.
- **Help:** Helping a friend with cancer may mean running a quick errand, offering to tidy up their home or yard, babysit the kids, take the dog for a walk, pick up prescriptions or prepare lunch. Don't assume that just because others are helping, your friend's needs are being met. Assume your help is needed and provide support any way you can.

“Considerable advances in cancer care have led to an increasing number of people who aren't just surviving cancer, but who are living longer and healthier lives. That's something we should celebrate,” said Dr. Paul Dale, chief of surgical oncology for Atrium Health Navicent and medical director for the Atrium Health Peyton Anderson Cancer Center. “In observing Cancer Survivors Day, we celebrate survivors, but also acknowledge the contributions of their families, friends and health care providers. It's also a reminder of the great importance of staying up-to-date with prescribed screenings which can help detect cancer early and lead to more positive outcomes.”

If you or a loved one has concerns about cancer risk factors, available screenings or cancer care, contact Atrium Health Navicent Peyton Anderson Cancer Center at 478-633-3000. To find a doctor, visit www.NavicentHealth.org and click “Find A Doctor.”

About Atrium Health Navicent

Atrium Health Navicent is the leading provider of health care in central and south Georgia and is committed to its mission of elevating health and well-being through compassionate care. Atrium Health Navicent is part of [Advocate Health](#), which is headquartered in Charlotte, North Carolina, and is the fifth-largest nonprofit health system in the United States, created from the combination of Atrium Health and Advocate Aurora Health. Atrium Health Navicent provides high-quality, personalized care in 53 specialties at more than 50 facilities throughout the region. As part of the largest, integrated, nonprofit health system in the Southeast, it is also able to tap into some of the nation’s leading medical experts and specialists with Atrium Health, allowing it to provide the best care close to home – including advanced innovations in virtual medicine and care. Throughout its 125-year history in the community, Atrium Health Navicent has remained dedicated to enhancing health and wellness for individuals throughout the region through nationally recognized quality care, community health initiatives and collaborative partnerships. It is also one of the leading teaching hospitals in the region, helping to ensure viability for rural health care for the next generation. For more information, please visit www.NavicentHealth.org.

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