



WHO WE ARE

The Office of Cancer Survivorship (OCS) was established in 1996 by the National Cancer Institute (NCI), part of the National Institutes of Health (NIH), in recognition of the large number of individuals now surviving cancer for long periods of time. The OCS is dedicated to enhancing the length and quality of life of survivors and addressing their unique and poorly understood needs.

The OCS considers an individual a survivor from the time of diagnosis through the balance of his or her life. Because friends, family members, and caregivers are also affected by a cancer diagnosis, they are included in this definition, as well.

CANCER SURVIVORSHIP FIGURES

- As of January 2012, it is estimated that there are 13.7 million cancer survivors in the U.S., representing approximately 4% of the population¹.
- The number of survivors is expected to increase by 31%, to almost 18 million, by 2022, which represents an increase of more than 4 million survivors in 10 years.²
- Sixty-four percent of cancer survivors have survived 5 years or more; 40% have survived 10 years or more; and 15% have survived 20 years or more after diagnosis.²
- Among children diagnosed with cancer, 77% can expect to survive at least 10 years after their diagnosis.¹

WHAT WE DO

The OCS supports and promotes research that examines and addresses the long- and short-term effects of cancer and its treatment. Survivorship research seeks to optimize the health and well-being of persons living with a history of cancer by focusing on the physical, emotional, social, and financial outcomes among pediatric and adult survivors and their friends, families, and caregivers. Survivorship

research also seeks to provide a knowledge base regarding the best follow-up care and surveillance of new or recurrent cancers.

The OCS provides information to cancer patients, their families, healthcare providers, advocates, and the research community. We maintain an extensive Web site with current information on survivorship issues. The OCS does not provide medical care or related services to patients. (For information on direct services, see *Service-Related Cancer Organizations*.)

The OCS conducts meetings with researchers, health professionals, advocacy groups, cancer survivors, and the public to build common research agendas and ensure dissemination of research findings. We partner with other offices within NCI and across the NIH to stay abreast of the most current research in areas affecting cancer survivorship and to be a voice for survivorship issues.

The OCS conducts an annual analysis of the NIH grants pertaining to cancer survivorship, and compares them with cancer trends and requests for research from the public and scientific communities. This analysis and comparison help ensure that our research goals respond to the needs of survivors, and they assist us in the creation of recommendations for future research funding.

RESEARCH ACTIVITIES

Research supported by the OCS focuses on many aspects of survivorship. Our primary research categories and examples of areas under investigation are provided below and on the next page. For a more comprehensive description of survivorship research, please visit the OCS Web site at <http://survivorship.cancer.gov>.

- **Psychological/Psychosocial.** How do cancer survivors adapt to the personal and social consequences of diagnosis and treatment? How common is depression after cancer? Does stress cause cancer recurrence?



RESEARCH ACTIVITIES

- **Health Disparities.** Do sociocultural variables (socioeconomic status, geographic location, minority status, etc.) affect the quality of life and other aspects of cancer survivorship? If so, how should cancer professionals respond to this?
- **Intervention Research.** How do education, lifestyle (e.g., diet, physical activity), behavior (e.g., coping skills training), and support (e.g., group therapy) affect a survivor's quality of life or length of survival? Do drug or alternative medicine interventions improve outcomes?
- **Family Issues.** How does cancer affect family members and caregivers across the life span—siblings of cancer patients, parents of cancer patients, children of parents with cancer, spouses and partners caring for partners with cancer, and adult children caring for elderly parents with cancer? Do interventions to help family members cope improve the cancer survivor's health?
- **Financial Burden.** What are the relative costs of cancer care? What is the economic impact of variations in survivor health? What are the trends in medical or follow-up care costs?
- **Cancer Communication.** Does access to new media and technology improve the distribution of cancer information? What information needs to be shared between survivors and healthcare providers? How should this be delivered? How can we stay in touch with cancer survivors once they leave routine treatment?
- **Instrument Development.** What is the best way to evaluate survivors' health? How can we compare the quality of life of cancer survivors with that of others with chronic or life-threatening illness? Are there benefits to survivorship and, if so, how do we measure them?

MORE INFORMATION

You can learn more about the Office of Cancer Survivorship on our Web site at <http://survivorship.cancer.gov>.

There you can access tools and resources for survivors and their families, such as *Facing Forward: Life After Cancer Treatment*, *Siga adelante: la vida después del tratamiento del cancer*, *When Someone You Love Has Completed Cancer Treatment*, and *Making a Difference in Cancer*. These booklets provide a concise overview of survivor issues post-treatment, such as ongoing health needs, how to deal with your feelings, insurance, and employment, and information on getting involved with cancer-related activities.

SERVICE-RELATED CANCER ORGANIZATIONS

The Office of Cancer Survivorship is a research office and does not provide direct services to the public. Here are some resources that can address questions regarding diagnosis, treatment, and survivorship issues.

- NCI Cancer Information Service
1-800-4-CANCER (1-800-422-6237)
TTY 1-800-332-8615
- NCI Online
<http://cancer.gov>
- American Cancer Society
<http://www.cancer.org>
- CancerCare
<http://www.cancercare.org>
- LIVESTRONG Foundation
<http://www.livestrong.org>
- American Society of Clinical Oncology
<http://www.asco.org/>

¹ Siegel, R., DeSantis, C., Virgo, K., et al. (2012), Cancer Treatment and Survivorship Statistics, 2012. CA: A Cancer Journal for Clinicians.

² de Moor JS, Mariotto AB, Parry C, Alfano CM, Padgett L, Kent EE, Forsythe L, Scoppa S, Hachey M, and Rowland JH. Cancer Survivors in the United States: Prevalence across the Survivorship Trajectory and Implications for Care. Cancer Epidemiol Biomarkers Prev. 2013 Apr;22(4):561-70.