



## Wyoming Department of Health

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## Cancer Survivorship in *Wyoming* 2018



## Cancer-Related Terms

**Relative Survival Rate:** This is a way of comparing the survival of people with cancer to those without, over a period of time. It is calculated by dividing the percentage of patients with cancer still alive at the end of the time period by the percentage of people in the general population of the same sex and age alive at the end of the same time period. The relative survival rate shows whether cancer shortens life.

**5-Year Survival:** This is the percentage of people who are alive five years after diagnosed with or started treatment for cancer. This does not mean that they may not develop another cancer after five years or even have a recurrence.

**Stage:** Having a cancer diagnosed as in situ or at an early stage (e.g., in situ or local) generally results in a better survival prognosis than a cancer detected in its later stages (e.g., regional or distant). This is why screening tests are so important. Cancer found early is most treatable and has higher survival rates.

# 30,370

Estimated Cancer Survivors in Wyoming as of January 1, 2016<sup>†</sup>

<b>5-Year Relative Survival Rate by Stage of Diagnosis (Source: Wyoming Cancer Surveillance Program)</b>				
Cancer Type	In situ	Local	Regional	Distant
All types	98.7%	87.5%	63.3%	29%
Bladder	95%	73.1%	17.4%	0%
Brain/Central Nervous System	NA	32.3%	NA	NA
Breast	99.7%	97.7%	82.9%	30.2%
Colon or rectal	90.7%	83.1%	66.7%	15.5%
Kidney	94.3%	85.5%	73%	14.6%
Leukemia	NA	NA	NA	59.9%
Lung	NA	40.5%	23.9%	5%
Melanoma	100%	95.9%	73.8%	10.4%
Non-Hodgkin	NA	81%	79.2%	60.7%
Oral Cavity	69.1%	73.7%	62.4%	37%
Ovary	NA	72.7%	78.3%	30.4%
Pancreas	NA	26.3%	11.1%	4.6%
Prostate	NA	100%	100%	42.6%
Thyroid	NA	99.5%	91.5%	66.7%
Uterus	100%	91.1%	63.9%	18.4%

## References

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2. National Cancer Institute. Side Effects of Cancer Treatment. September 22, 2017. <https://www.cancer.gov/about-cancer/treatment/side-effects>
3. National Comprehensive Cancer Network. Patient and Caregiver Resources. Mood Changes. [https://www.nccn.org/patients/resources/life\\_with\\_cancer/managing\\_symptoms/mood\\_changes.aspx](https://www.nccn.org/patients/resources/life_with_cancer/managing_symptoms/mood_changes.aspx)
4. American Cancer Society. Treatment and Side Effects: Palliative or Supportive Care. <https://www.cancer.org/treatment/treatments-and-side-effects/palliative-care.html>
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6. Br J Sports Med 2016; 50:339-345
7. Source: Karam-Hage M, Cinciripini PM, Gritz ER. Tobacco Use and Cessation for Cancer Survivors: An Overview for Clinicians. CA: A Cancer Journal For Clinicians. 2014; 64 (4):272-290. doi: 10.3322/caac.21231.00
8. 2015, Behavioral Risk Factor Surveillance System





## Cancer Survivor Resources

**Jason’s Friends Foundation:** This Wyoming non-profit organization’s mission is to assist families of children suffering from brain or spinal cord tumors and other cancers by providing advocacy, helping hands, and encouragement in the face of despair. Inspired by the life of Jason Eades, the foundation was established in 1996 and has been helping Wyoming families deal with the financial and emotional costs associated with childhood cancers. Jason's Friends aims to ease families’ burdens, providing financial assistance, emotional support, and information about childhood cancers to help families communicate more effectively with healthcare providers. Contact Information: 340 West B St., Ste 101, Casper, WY 82601, 307.235.3421, [www.jasonsfriends.com](http://www.jasonsfriends.com).

**Wyoming Foundation for Cancer Care:** Everyone at the Foundation shares a desire to aid in the fight against cancer. The Wyoming Foundation for Cancer Care provides donors a means to support local efforts in community education, special events, and financial assistance to cancer patients and their families. Contact Information: 6501 E. 2nd St, Casper, WY 82609, 307.235.5433, [www.wyomingfoundationforcancercare.org](http://www.wyomingfoundationforcancercare.org).

**Wyoming Breast Cancer Initiative:** The WBCI aims to raise awareness and fund breast cancer programs in Wyoming with emphasis on increasing breast health education, financially assisting breast cancer screenings, facilitating patient navigation, and promoting survivor services. Contact Information: PO Box 2541, Cheyenne, WY 82003, 307.840.WBCI, [info@wyomingbreastcancer.org](mailto:info@wyomingbreastcancer.org).

**American Cancer Society:** This is a voluntary national organization that provides a variety of services to patients and their families. ACS supported programs: Cancer Survivors Network, I Can Cope, Look Good...Feel Better, Man to Man, and Reach to Recovery. Wyoming contact information: 333 S. Beech St. Casper, WY 82601, 307.577.4892, 800.227.2345, [www.cancer.org](http://www.cancer.org).

## Factors That Influence Cancer Survival

**Screening and early detection:** Screening allows doctors to find some cancers earlier, when they are easier to treat. In some cases, screening can prevent cancer altogether.

**Improved treatments:** More effective treatment options and improved clinical follow-up after treatment help people with cancer live longer.

**Access to care:** Having access to high-quality cancer care can significantly improve survival.

### Physical cancer-related side effects that affect survivors:<sup>2</sup>

- Anemia
- Appetite loss
- Bleeding and bruising
- Constipation
- Delirium
- Diarrhea
- Edema (swelling)
- Fatigue
- Alopecia (hair loss)
- Infection and neutropenia
- Lymphedema
- Lack of concentration or memory
- Mouth and throat complications or difficulties
- Nausea and vomiting
- Peripheral neuropathy (nerve damage)
- Pain
- Sexual health changes
- Skin and nail changes
- Lack of sleep
- Urinary and bladder complications



## Cancer-Related Mood Changes

Mood changes may occur at any time after being diagnosed with cancer. Some people experience depression or anxiety right after diagnosis. Others may have mood changes during treatment. When you undergo cancer treatment, your body may have reactions to the treatment, both physical and mental. Although mental changes may be harder to notice, they are just as significant as any physical changes. It's important to identify and manage mood changes. Symptoms of mood changes include:<sup>3</sup>

- Feeling down or depressed
- Difficulty concentrating and remembering
- Loss of sexual interest or sexual performance
- Irritability
- Sudden crying or anger
- Loss of interest in activities, social events, and socializing
- Changes in sleep (insomnia or excessive sleeping)
- Changes in appetite (overeating or loss of appetite)
- Loss of energy and motivation
- Fatigue
- Feelings of hopelessness or worthlessness
- A feeling that life is not worth living; suicidal thoughts
- Anxiety
- Increased alcohol consumption
- Frequent or excessive worry, unease, or fear
- Upset stomach or other physical symptoms
- Panic attacks

## Emotional and Social Impacts:

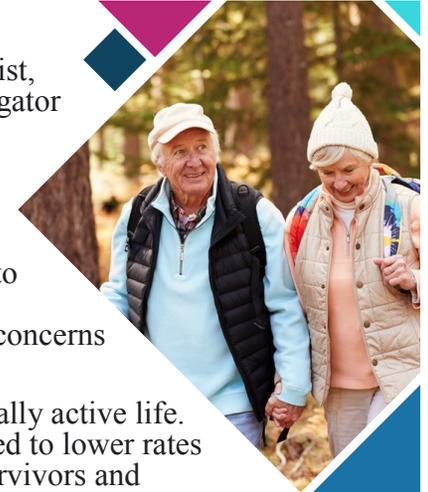
- Going back to work after a long time away
- Rebuilding relationships with friends and family
- Established a new “normal” and returning to day-to-day life
- Feeling uncertain about the future
- Coping with fears of cancer returning

Palliative care (or supportive care) focuses on relieving symptoms caused by serious illnesses like cancer. This care can be given at any point during a person's illness to help them feel more comfortable.<sup>4</sup>



## Tips for Cancer Survivors:

- Talk to your doctor, psychologist, social worker, and patient navigator about your side effects and symptoms including physical, psychological, and emotional
- Ask your healthcare provider about mental health screening to check for and track changes in anxiety, depression, and other concerns affecting your mental health
- If possible, try to lead a physically active life. Physical activity has been linked to lower rates of depression among cancer survivors and increased cancer survival during and after cancer treatment<sup>5 6</sup>
- Quit smoking and using any other tobacco products. Cigarette smoking increases risk for recurrence, second primary cancers, and mortality. Smokers may also have worse responses to cancer treatment which may decrease survival<sup>7</sup>



9.4% of Wyoming adults who had been told they had some type of cancer other than skin cancer were **current smokers**.<sup>8</sup>

