

Cancer Awareness

According to the American Cancer Society, 39.6% of people will be diagnosed with cancer at some point in their lives. Here are some ways you can promote cancer awareness activities throughout the year.

Cancer facts

More than 1.7 million Americans will be newly diagnosed with cancer this year, and, unfortunately, estimates are that by 2025, that rate will rise to about 2.1 million new cancer diagnoses each year, according to the National Cancer Institute. Part of this is because of an aging population. It can also be because of better screenings and testing.



The five most commonly diagnosed cancers in the U.S. are:

1. Breast cancer: Estimated 268,000 new cases in 2019 with an 89% five-year survival rate
2. Lung cancer: Estimated 228,000 new cases in 2019 with a 19% five-year survival rate
3. Prostate cancer: Estimated 174,000 new cases in 2019 with a 98% five-year survival rate
4. Colon cancer: Estimated 145,000 new cases in 2019 with a 64% five-year survival rate
5. Melanoma: Estimated 96,000 new cases in 2019 with a 92% five-year survival rate

Show your support

According to the most recent Cancer in the Workplace Report, 64% of human resources managers say cancer is an issue that affects their employees. Because of this, many businesses encourage their employees to participate in community events that support cancer organizations. Here are some things you can do for your company's cancer outreach:

- Pick a color: Cancer awareness has been symbolized by colored ribbons since the 1990s. Choose the color that represents the type of cancer you're bringing attention to.
- Awareness stands: Set up a table with cancer information and materials such as posters, flyers and banners.
- Sponsor a fundraiser: Choose an organization your company would like to support, then provide ways to raise money, such as a walk-a-thon, matching your employees' donations or hosting a dinner or barbecue.
- Volunteer together: Giving of your time is as good as giving money. Check cancer awareness websites to find volunteer opportunities.

Sources: cancer.gov*

Join us for our next weekly meditation session on your computer or mobile device:

Topic: Blissful Meditation
Wednesday, Sept. 18, 2019
8 to 8:10 a.m. Eastern time

[Register today.](#)

*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control this website.