

# thrive with the TOP FIVE

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Join us in celebrating National Cancer Survivors Day® on June 6th to rejoice with more than ten million cancer survivors living healthy, productive, and happy lives.

Living with cancer is challenging, but incorporating strategies to stay emotionally and physically strong can improve quality of life and longevity.



Allegan  
General Hospital

## STAY EDUCATED

Stay educated and follow the instructions provided by your doctor. Understanding information about your diagnosis and treatment is essential. Keep a personal notebook of your doctors' numbers, dates of treatments, lab values, x-rays, scans, symptoms, side effects, medicines, and general medical status.



## EAT A BALANCED DIET

Eating nutritiously is critically important to feeling better and recovering faster. Take advantage of the times when you feel your best, such as the morning, and eat more then. Limit liquids during

meals, as they can fill you up and limit your intake of higher calorie foods.



## EXERCISE REGULARLY

Low to moderate exercise has been shown to ease fatigue and anxiety. It can also improve self-esteem, heart and blood vessel fitness, muscle strength, and body composition. Exercise can give you a feeling of control and hope, and it can help you increase your energy during and after treatment.



## DRINK PLENTY OF WATER

Dehydration is common during cancer treatments; symptoms like fatigue, light-headedness, and nausea can be avoided by drinking lots of water.



## STAY ENGAGED IN YOUR LIFE

Maintain activities and hobbies you enjoyed before your diagnosis. Keeping engaged with your daily routine and work will help you in your treatment.



*Spirit of*  
**Women**

Thrive With the Top Five is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.