

NCCN Continuing Education

Target Audience: This journal article is designed to meet the educational needs of oncologists, nurses, pharmacists, and other healthcare professionals who manage patients with cancer.

Accreditation Statements



In support of improving patient care, National Comprehensive Cancer Network (NCCN) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians: NCCN designates this journal-based CME activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: NCCN designates this educational activity for a maximum of 1.0 contact hour.

Pharmacists: NCCN designates this knowledge-based continuing education activity for 1.0 contact hour (0.1 CEUs) of continuing education credit. UAN: JA4008196-0000-25-013-H01-P

PA's: NCCN has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credit. Approval is valid

until June 10, 2026. PAs should only claim credit commensurate with the extent of their participation.

All clinicians completing this activity will be issued a certificate of participation. To participate in this journal CE activity: (1) review the educational content; (2) take the posttest with a 66% minimum passing score and complete the evaluation at <https://education.nccn.org/Jun2025>; and (3) view/print certificate.

Pharmacists: You must complete the posttest and evaluation within 30 days of the activity. Continuing pharmacy education credit is reported to the CPE Monitor once you have completed the posttest and evaluation and claimed your credits. Before completing these requirements, be sure your NCCN profile has been updated with your NAPB e-profile ID and date of birth. Your credit cannot be reported without this information. If you have any questions, please email education@nccn.org.

Release date: June 10, 2025; Expiration date: June 10, 2026

Learning Objectives:

Upon completion of this activity, participants will be able to:

- Integrate into professional practice the updates to the NCCN Guidelines for Survivorship
- Describe the rationale behind the decision-making process for developing the NCCN Guidelines for Survivorship

Disclosure of Relevant Financial Relationships

None of the planners for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Individuals Who Provided Content Development and/or Authorship Assistance:

The faculty listed below have no relevant financial relationship(s) with ineligible companies to disclose.

Andrew T. Day, MD, MPH, Panel Vice Chair
Ella J. Ariza-Heredia, MD, Panel Member
Nita K. Lee, MD, MPH, Panel Member
Allison L. McDonough, MD, Panel Member
Laura Q. Rogers MD, MPH, Panel Member
Deborah Freedman-Cass, PhD, Senior Manager, Clinical Content Operations, NCCN
Nicole McMillian, MS, CHES, Senior Guidelines Coordinator, NCCN

The faculty listed below have the following relevant financial relationship(s) with ineligible companies to disclose. All of the relevant financial relationships listed for these individuals have been mitigated.

Tara Sanft, MD, Panel Chair, has disclosed receiving honoraria from Biotheranostics, Inc.
Lindsay L. Peterson, MD, MSCR, Panel Member, has disclosed receiving honoraria from Curio Science.
Eric H. Yang, MD, Panel Member, has disclosed receiving grant/research support from Amgen Inc., Bristol Myers Squibb, Janssen Research & Development, and Novo Nordisk; receiving consulting fees from Edwards Lifesciences and Xencor; and receiving honoraria from ZOLL Medical Corporation.

To view disclosures of external relationships for the NCCN Guidelines panel, go to [NCCN.org/guidelines/guidelines-panels-and-disclosure/disclosure-panels](https://www.nccn.org/guidelines/guidelines-panels-and-disclosure/disclosure-panels)

This activity is supported by educational grants from AstraZeneca, Coherus BioSciences, Geron, Janssen Biotech, Inc., administered by Janssen Scientific Affairs, LLC, Novartis, SpringWorks Therapeutics, Inc., and Taiho Oncology, Inc. This activity is supported by an independent educational grant from Rigel Pharmaceuticals, Inc.

Survivorship, Version 2.2025

Featured Updates to the NCCN Guidelines®

Tara Sanft, MD^{1,*}; Andrew T. Day, MD, MPH^{2,*}; Shannon M. Ansbaugh³; Ella J. Ariza-Heredia, MD^{4,*}; Saro Armenian, DO, MPH⁵; K. Scott Baker, MD, MS⁶; Tarah J. Ballinger, MD⁷; Elizabeth J. Cathcart-Rake, MD⁸; Stuart H. Cohen, MD⁹; Evgenios Evgeniou, MD¹⁰; Nathan Paul Fairman, MD, MPH⁹; Josephine Feliciano, MD¹¹; Tessa Faye Flores, MD¹²; Debra L. Friedman, MD, MS¹³; Nicolette M. Gabel, PhD, ABPP¹⁴; Mindy E. Goldman, MD¹⁵; Christine E. Hill-Kayser, MD¹⁶; Karen Hock, MS, PT¹⁷; Cristina Kline-Quiroz, DO¹³; Divya Koura, MD¹⁸; Nita K. Lee, MD, MPH^{19,*}; Allison L. McDonough, MD^{20,*}; Kathi Mooney, RN, PhD²¹; Halle C. F. Moore, MD²²; Natalie Moryl, MD²³; Heather Neuman, MD, MS²⁴; Linda Overholser, MD, MPH²⁵; Chirayu G. Patel, MD, MPH²⁰; Lindsay L. Peterson, MD, MSCR^{26,*}; William F. Pirl, MD, MPH²⁷; Andrea Porpiglia, MD, MSc²⁸; Laura Q. Rogers, MD, MPH^{29,*}; Ava Saidain, MD³⁰; Lidia Schapira, MD³¹; Sophia K. Smith, PhD, MSW³²; Laura Tenne, MD, MPH³³; Amye Tevaarwerk, MD⁸; Diane Von Ah, PhD, RN¹⁷; Eric H. Yang, MD^{34,*}; Phyllis Zee, MD, PhD³⁵; Nicole McMillian, MS, CHES^{36,*}; and Deborah Freedman-Cass, PhD^{36,*}

Abstract

The NCCN Guidelines for Survivorship include screening, evaluation, and treatment recommendations for common physical and psychosocial problems resulting from adult-onset cancer and its treatment and provide a framework for coordination of survivorship care. They also include recommendations to help cancer survivors enhance their wellness and maintain a healthy lifestyle. These NCCN Guidelines Insights summarize the panel's current recommendations and recent updates regarding physical activity, nutrition, and weight management for cancer survivors.

J Natl Compr Canc Netw 2025;23(6):208–217
doi:10.6004/jnccn.2025.0028

Overview

Estimates indicate that there are currently >18 million cancer survivors in the United States.¹ Unfortunately, weight gain, loss of muscle mass, and reduced exercise capacity are common after a cancer diagnosis and treatment.^{2–5} A large proportion of cancer survivors do not meet the recommended daily intake for fruits and vegetables; do not engage in regular physical activity; have obesity; have significant comorbidities; and/or smoke.^{6–10} Furthermore, many survivors forego recommended cancer screenings, routine vaccinations, and follow-up surveillance.^{7,11–14} Weight gain, having overweight or obesity, and being insufficiently active can exacerbate a survivor's risk for functional decline, comorbidity, cancer recurrence or death, and impaired quality of life (QoL).^{15–17}

In contrast, studies have shown that healthy lifestyle habits, such as engaging in routine physical activity, maintaining a healthy diet and weight, and abstinence from cigarettes/tobacco products, are associated with improved health outcomes and QoL in cancer survivors.^{18–20} In fact, data support aspects of lifestyle modification (eg, regular physical activity, weight management, healthy nutrition) for the treatment of anxiety,

depression, cognitive dysfunction, fatigue, some types of pain, hormone-related symptoms, sexual dysfunction, and sleep disorders in cancer survivors.^{21–28} In addition, a healthy lifestyle has been associated with a reduced risk of recurrence and death for some cancer types.^{29–34}

Although achieving all healthy lifestyle goals may be difficult for many survivors, even small reductions in weight among survivors with overweight or obesity or small increases in physical activity among sedentary individuals can yield meaningful improvements in cancer-specific outcomes and overall health.³⁵ Therefore, the NCCN Survivorship Panel strongly believes that all cancer survivors should be encouraged to achieve and maintain a healthy lifestyle, including attention to weight management, physical activity, metabolic health, and dietary habits. The NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines) for Survivorship provide recommendations in the areas of physical activity, nutrition, and weight management, which are discussed in this article. Recommendations about other important aspects of a healthy lifestyle for cancer survivors (ie, the use of supplements, alcohol consumption, sun safety, sleep) are also included

¹Yale Cancer Center/Smilow Cancer Hospital; ²UT Southwestern Simmons Comprehensive Cancer Center; ³Patient Advocate; ⁴The University of Texas MD Anderson Cancer Center; ⁵City of Hope National Medical Center; ⁶Fred Hutchinson Cancer Center; ⁷Indiana University Melvin and Bren Simon Comprehensive Cancer Center; ⁸Mayo Clinic Comprehensive Cancer Center; ⁹UC Davis Comprehensive Cancer Center; ¹⁰Moffitt Cancer Center; ¹¹Johns Hopkins Kimmel Cancer Center; ¹²Roswell Park Comprehensive Cancer Center; ¹³Vanderbilt-Ingram Cancer Center; ¹⁴University of Michigan Rogel Cancer Center; ¹⁵UCSF Helen Diller Family Comprehensive Cancer Center; ¹⁶Abramson Cancer Center at the University of Pennsylvania; ¹⁷The Ohio State University Comprehensive Cancer Center - James Cancer Hospital and Solove Research Institute; ¹⁸UC San Diego Moores Cancer Center; ¹⁹The UChicago Medicine Comprehensive Cancer Center; ²⁰Mass General Cancer Center; ²¹Huntsman Cancer Institute at the University of Utah; ²²Case Comprehensive Cancer Center/University Hospitals Seidman Cancer Center and Cleveland Clinic Taussig Cancer Institute; ²³Memorial Sloan Kettering Cancer Center; ²⁴University of Wisconsin Carbone Cancer Center; ²⁵University of Colorado Cancer Center; ²⁶Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine; ²⁷Dana-Farber/Brigham and Women's Cancer Center; ²⁸Fox Chase Cancer Center; ²⁹O'Neal Comprehensive Cancer Center at UAB; ³⁰St. Jude Children's Research Hospital/The University of Tennessee Health Science Center; ³¹Stanford Cancer Institute; ³²Duke Cancer Institute; ³³Fred & Pamela Buffett Cancer Center; ³⁴UCLA Jonsson Comprehensive Cancer Center; ³⁵Robert H. Lurie Comprehensive Cancer Center of Northwestern University; and ³⁶National Comprehensive Cancer Network.

*Provided content development and/or authorship assistance.

The full and most current version of these NCCN Guidelines is available at [NCCN.org](https://www.nccn.org).