



Management of long term survivors of Hematologic Malignancies.

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Cancer Survivorship in America

- ▶ Survivorship starts at diagnosis
- ▶ 1.5 million Americans are considered cancer survivors(4.8%)
- ▶ Estimated that by 2030 that there will be 20.3 million survivors(31% increase)
- ▶ 62% are >65 yo.
- ▶ 2040 that number will rise to 73%

Monitoring

- ▶ Physical effects of treatment (chemotherapy, radiation therapy, SCT, hormonal treatment, IO)
- ▶ Recurrence
- ▶ Second Malignancies (genetic testing)

Physical Effects

- ▶ Monitoring Related to Previous Treatment
- ▶ Heart Conditions
- ▶ Endocrine Conditions
- ▶ Lung Damage
- ▶ Fertility Issues
- ▶ Osteoporosis
- ▶ Cataracts
- ▶ Neurological Issues

Cognitive Effects

- ▶ Neurological issues
- ▶ Cognitive issues in the adult patient
- ▶ Cognitive issues in the pediatric patient
- ▶ Fatigue

Social Issues

- ▶ Employment
- ▶ Risk factors for inability to resume employment(age, lower income status, lack of health insurance, cognitive deficits, lower educational attainment, physical limitations)
- ▶ Role in the family
- ▶ Caregivers
- ▶ Children

Psychological Effects

- ▶ New Normal
- ▶ Depression
- ▶ Hypervigilance to symptoms and events
- ▶ Emotional numbness
- ▶ Anxiety (tension, restlessness, jitteriness, insomnia, distractibility, worry, apprehension)
- ▶ Post traumatic stress disorder
- ▶ Fear of recurrence
- ▶ Survivorship guilt

Survivorship Clinics

- ▶ Treatment summary—important for PCP
- ▶ Individualized care plans (prevention of recurrence, new cancers and other late effects)
- ▶ Surveillance for cancer spread, recurrence, secondary cancers, medical and psychological effects.
- ▶ Genetics

Summary

REFERENCES

- ▶ Ng AK. Current survivorship recommendations for patients with Hodgkin lymphoma: focus on late effects. *Blood* 2014; 124:3373.
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- ▶ Weibull CE, Johansson ALV, Eloranta S, et al. Contemporarily Treated Patients With Hodgkins Lymphoma Have Childbearing Potential in Line with Matched Comparators. *J Clin Oncol* 2018; 36:2718.
- ▶ Long-term follow-up guidelines for survivors of childhood, adolescent and young adult cancers. www.survivorshipguidelines.org.
- ▶ National Comprehensive Cancer Network. NCCN Clinical Practice Guidelines in Oncology.