



SURVIVORS: Moving forward after cancer

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Cancer Survivorship in America

Cancer survivor refers to anyone diagnosed with cancer regardless of where they are in their journey.

In 1971 3 million Americans were considered cancer survivors. That has increased to 16.9 million in 2019

Estimated that by 2030 that number will surpass 22 million.

Aging population: 62% are >65 yo.

2040 that number will rise to 73%

Transition from treatment to a new normalcy carries challenges.

NCCN Clinical Practice Guidelines

Provide screening guidelines for survivorship by disease state

Appropriate screening

Evaluation of symptoms

Treatment recommendations for consequences of cancer and cancer treatments

Monitoring

Physical effects of cancer and cancer treatment

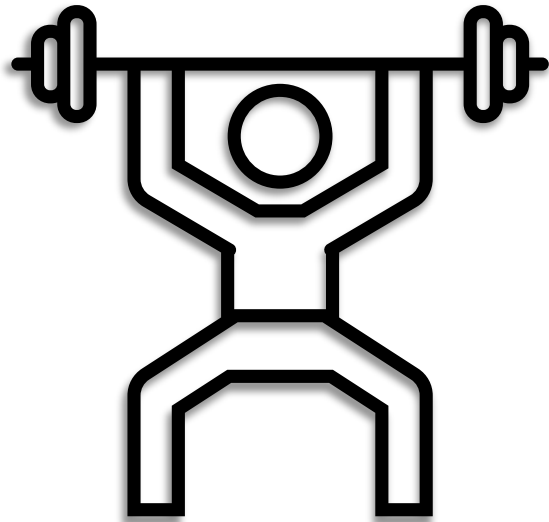
Type of treatments help guide surveillance: surgery, chemotherapy, radiation therapy, SCT, hormonal treatment, IO

Recurrence

Second Malignancies

Genetic mutations

Physical Effects



- ▶ Monitoring Related to Previous Treatment: need for multidisciplinary team
- ▶ Cardiac Conditions
- ▶ Endocrinopathies
- ▶ Pulmonary Issues
- ▶ Fertility Issues
- ▶ Sexual Function
- ▶ Bone health
- ▶ Ophthalmic Issues
- ▶ Neurological Issues

Maintaining Health After Treatment: Establish Healthy Habits

- ▶ Importance of routine health care
- ▶ Eating healthy
- ▶ Routine exercise
- ▶ Establish healthy sleep habits
- ▶ Maintain a healthy weight
- ▶ Avoid tobacco
- ▶ Limit alcohol
- ▶ Avoid recreational drugs
- ▶ Be safe in the sun
- ▶ Establish healthy work/life balance
- ▶ Immunizations

Cognitive Effects

Neurological issues

Cognitive issues in the adult patient: 30% of non-CNS cancer after treatment and up to 75% during treatment

Cognitive issues in the pediatric patient

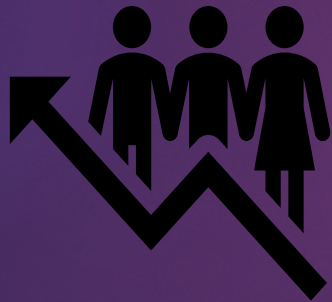
Fatigue



Psychological Effects

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

Social Issues



Financial Toxicity

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

Survivorship Care Plans

Bridge between various providers to facilitate seamless transition of care.

Developed by the oncology team but it benefits the relationship between the PCP and the patient.

Document that list the treatment regimen, procedures received, expected or potential adverse issues and suggested screening intervals.

May include referrals to specialists

May include information to help meet the patient's emotional, social, legal and financial needs.

Commission on Cancer (CoC) encourages use of survivorship care plans.

Survivorship Clinics

Communication between oncology team, PCP and cancer survivor

Treatment summary—important for PCP

Multidisciplinary medical team

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

Patients are no longer consider victims

Survivor numbers are increasing in the US

Anticipate possible physical, cognitive, social and psychological issues

Utilization of survivor care plans

Importance of transition to new normal

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