Survivorship and Patient Care Plans
Colon Cancer Alliance 2015

Kerry Tobias, D.O.
Medical Director, Supportive Care and Survivorship
U. of AZ Cancer Center—Phoenix/Dignity Health
St. Joseph’s Hospital and Medical Center
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Overview

What is a cancer survivor?

Statistics

Survivorship

Survivorship Care Plans

Persistent and Late Effects

Fear of Recurrence

Prevention and Wellness
Survivorship and Patient Care Plans

Survivor—Definition

• “One who remains alive and continues to function during and after overcoming a serious hardship or life-threatening disease.”

• “In cancer, a person is considered to be a survivor from the time of diagnosis until the end of life.”  
  (National Cancer Institute Definition--
Cancer Survivors

• Currently over 13 million cancer survivors in the US as of January 2012 (13,686,850)

Arizona cancer survivors 300,000+ (329,340)

By January 2022, total estimated number of cancer survivors in the U.S. expected to be about 18 million
Cancer treatment and survivorship statistics

<table>
<thead>
<tr>
<th>Male</th>
<th>Female</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prostate</td>
<td>Breast</td>
<td>Prostate</td>
<td>Breast</td>
</tr>
<tr>
<td>2,778,630 (43%)</td>
<td>2,971,610 (41%)</td>
<td>3,922,600 (45%)</td>
<td>3,786,610 (41%)</td>
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<tr>
<td>Colon &amp; rectum</td>
<td>Uterine corpus</td>
<td>Colon &amp; rectum</td>
<td>Uterine corpus</td>
</tr>
<tr>
<td>595,210 (9%)</td>
<td>609,010 (8%)</td>
<td>751,590 (9%)</td>
<td>735,720 (8%)</td>
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<tr>
<td>Melanoma</td>
<td>Thyroid</td>
<td>Melanoma</td>
<td>Thyroid</td>
</tr>
<tr>
<td>481,040 (7%)</td>
<td>436,590 (6%)</td>
<td>661,980 (8%)</td>
<td>609,690 (7%)</td>
</tr>
<tr>
<td>Urinary bladder</td>
<td>Non-Hodgkin lymphoma</td>
<td>Urinary bladder</td>
<td>Lung &amp; bronchus</td>
</tr>
<tr>
<td>437,180 (7%)</td>
<td>279,500 (4%)</td>
<td>548,870 (6%)</td>
<td>277,800 (3%)</td>
</tr>
<tr>
<td>Non-Hodgkin lymphoma</td>
<td>Testis</td>
<td>Non-Hodgkin lymphoma</td>
<td>Lung &amp; bronchus</td>
</tr>
<tr>
<td>279,500 (4%)</td>
<td>213,000 (3%)</td>
<td>371,980 (4%)</td>
<td>341,830 (4%)</td>
</tr>
<tr>
<td>Kidney &amp; renal pelvis</td>
<td>Lung &amp; bronchus</td>
<td>Kidney &amp; renal pelvis</td>
<td>Ovary</td>
</tr>
<tr>
<td>189,080 (3%)</td>
<td>223,150 (3%)</td>
<td>300,800 (3%)</td>
<td>229,020 (2%)</td>
</tr>
<tr>
<td>Oral cavity &amp; pharynx</td>
<td>Oral cavity &amp; pharynx</td>
<td>Testis</td>
<td>Kidney &amp; renal pelvis</td>
</tr>
<tr>
<td>185,240 (3%)</td>
<td>232,330 (3%)</td>
<td>295,590 (3%)</td>
<td>208,250 (2%)</td>
</tr>
<tr>
<td>Leukemia</td>
<td>Ovary</td>
<td>Urinary bladder</td>
<td>All sites</td>
</tr>
<tr>
<td>167,740 (3%)</td>
<td>192,750 (3%)</td>
<td>148,210 (2%)</td>
<td>9,184,550</td>
</tr>
<tr>
<td>All sites</td>
<td>All sites</td>
<td>All sites</td>
<td>All sites</td>
</tr>
<tr>
<td>6,442,280</td>
<td>7,241,570</td>
<td>8,796,830</td>
<td>9,184,550</td>
</tr>
</tbody>
</table>

As of January 1, 2012

As of January 1, 2022

CA: A Cancer Journal for Clinicians
http://onlinelibrary.wiley.com/doi/10.3322/caac.21149/full#fig1
Cancer treatment and survivorship statistics, 2012

Colon Cancer Treatment Patterns by Stage, 2008.

Rectal Cancer Treatment Patterns by Stage, 2008.

CA: A Cancer Journal for Clinicians
http://onlinelibrary.wiley.com/doi/10.3322/caac.21149/full#fig4
What is Survivorship

Cancer and Treatment

Symptoms

Function

Quality of Life
Care Plans and Transition from Treatment

• During treatment vs after treatment
• But what happens after treatment is completed?
• What happens after last oncologist or surgeon visit?
• Then what?.......
Survivorship Care Plans

Treatment Summary and Follow-Up Care

Treatment Summary

- Diagnosis and stage of cancer
- Treatment received
  - Where, when, and what type
  - Contact information of physicians
- Recommendations for follow-up doctor visits, labs, imaging studies, screening

Dignity Health
St. Joseph's Hospital and Medical Center
Survivorship Care Plans

Treatment Summary and Follow-Up Care

Follow-Up Care Plan

• Education on Symptoms
  • Persistent or Late Effects
  • Recurrence

• Lifestyle Guidelines for Prevention and Wellness
Late Effects of Treatment

Physical Effects from Cancer or Its Treatment May Persist and Could Include the Following

- Fatigue
- Nausea
- Appetite/taste problems
- Dry mouth
- Pain
- Weakness
- Neuropathy
- Sleep Problems
- Anxiety/Depression
- Bowel/bladder problems
- Lymphedema
- Speech/swallow problems

**Of the 13+ million cancer survivors in the U.S., approximately ¾ of those will experience some physical problems limiting day-to-day functioning.**

(Cancer Treatment & Survivorship Facts & Figures 2012-2013, American Cancer Society)
Continued Side Effects

- Memory/Cognitive changes ("Chemo brain")
- Sexual issues
- Body Image
- Fear of recurrence
- Change in social relationships and family dynamics
  - "Caregiver distress/burnout"
Fear of Recurrence and Anxiety

- Evolve from physical symptoms much of the time
  - New sensations/pain
  - Restriction of mobility (no matter how mild)
- Very prevalent
  - Needs validation
  - Normal
- Learning to live with “the new normal”
Management of Late Effects

- What is the role of Supportive Care in long term cancer survivors?
  - Symptom relief
  - Anticipating and managing complications or sequelae of impairment
    - Minimizing disability and handicap
    - Loss of independence/autonomy and feeling of being a burden to others because of progressive disability can decrease the desire to live and increase depression.*

Survivorship Care Plans—Prevention and Wellness

PREVENTION AND WELLNESS:

• Leading a healthy lifestyle after your cancer treatment will decrease your chance of cancer recurrence and increase your quality of life.
  • Smoking cessation
  • Nutrition and Healthy Weight Management
  • Physical activity
  • Limiting sun exposure
Survivorship and Physical Activity

Physical Activity vs. Exercise

Physical activity -- includes exercise as well as other activities which involve bodily movement and are done as part of playing, working, active transportation, house chores and recreational activities.

Exercise is a subcategory of physical activity. Planned, structured, repetitive whose purpose is improvement or maintenance of one or more components of physical fitness.
Survivorship and Physical Activity

Physical Inactivity

• Fourth leading risk factor for global mortality
  • 3.2 million deaths globally per year*
  • Estimated to be the main cause for ~21–25% of breast and colon cancers, 27% of diabetes and ~30% of ischemic heart disease**

Exercise equivalent to a 20-minute brisk walk each day -- burning 90 to 110 calories -- reduces the risk of premature death by as much as 30 percent when compared with no exercise*

**http://www.who.int/dietphysicalactivity/pa/en
Survivorship and Exercise

Recommendations for regular exercise:

1. **Overall goal of 150 minutes a week**
   - Continuous moderate aerobic exercise such as walking, riding a bike, or swimming (start slow if you have not been exercising regularly such as beginning with 15-20 min a day)

2. **Aim for 30 min a day for 5 days a week**

3. **Low-resistance weight exercises 2-3 times/week should be added**
## Benefits of Regular Physical Activity:

<table>
<thead>
<tr>
<th>Can help you reduce the risk of developing:</th>
<th>Heart disease</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Obesity</td>
</tr>
<tr>
<td></td>
<td>High blood pressure</td>
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<tr>
<td></td>
<td>Diabetes</td>
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<td></td>
<td>Osteoporosis</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Can help with your mood:</th>
<th>Reducing Anxiety/Depression</th>
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<tbody>
<tr>
<td></td>
<td>Promoting better sleep</td>
</tr>
<tr>
<td></td>
<td>Reduces fatigue</td>
</tr>
</tbody>
</table>
More Benefits of Physical Activity/Exercise

Overall Well-being

Improvements in:

Cognition/Memory

Pain

Physical Deficits
Survivorship Care Plan--Types

Livestrong
- Link for online website for information:
  - To access online tool: [http://www.livestrongcareplan.org/](http://www.livestrongcareplan.org/)

American Cancer Society
- **Life After Cancer Treatment Guide.**
  - Quick, easy-to-read information guide for survivors and caregivers
    - [http://cancer.org/survivorshipguide](http://cancer.org/survivorshipguide)

Journey Forward
- Online Plan Created by Medical professional
  - Includes ongoing treatment
    - [http://www.journeyforward.org/](http://www.journeyforward.org/)
Survivorship Care Plan--Types

Prescription for Living
- Link for online website for information:

Custom
- UACC –Phoenix Cancer Survivorship Treatment Summary and Plan

ASCO Treatment Summaries
- American Society of Clinical Oncology
  - [http://www.cancer.net/survivorship](http://www.cancer.net/survivorship)
  - Can download the *ASCO Answers Guide for Cancer Survivorship* booklet for free.
  - Will also lead you to home page of [Cancer.net](http://www.cancer.net) which has other useful information
Summary

Cancer Survivorship has its own unique challenges

Being educated about late or continued effects of cancer and past treatment is the first step toward maintaining a good quality of life

Survivorship Care Plans can help you manage your own care and empower you to continue with a health lifestyle and impact your health future
Thank You!