CANCER SURVIVORSHIP

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WHAT IS CANCER SURVIVORSHIP?

• Cancer survivorship reflects a broad experience on the cancer continuum – Living with, through, and beyond a cancer diagnosis (National Coalition for Cancer Survivorship)

• Family members, friends, and caregivers impacted by the survivorship experience are also included (National Cancer Institute)

• There are almost 16 million cancer survivors in the United States, and that number is growing
Estimated and projected number of cancer survivors in the United States from 1977 to 2022 by years since diagnosis.
Estimated number of cancer survivors in the United States as of January 1, 2012 by cancer site.
IT IS IMPORTANT TO UNDERSTAND AND ADDRESS THE SURVIVORSHIP CARE NEEDS OF THIS GROWING POPULATION
WHAT DOES QUALITY CANCER SURVIVORSHIP CARE LOOK LIKE? (INSTITUTE OF MEDICINE [IOM])

• **Prevention** of recurrent and new cancer and other late effects

• **Surveillance** for cancer spread, recurrence, and second cancers

• **Assessment** and **Intervention** for medical and psychosocial late effects

• **Evaluation** of concerns related to employment, insurance, and disability

• **Coordination** between specialists and primary care physician
**PREVENTION** OF RECURRENT AND NEW CANCER AND OTHER LATE EFFECTS

- **Importance of Health Behaviors:**
  - Healthy Eating
  - Physical Activity
  - Staying away from tobacco
  - Being safe in the sun
  - Maintaining regular health care
American Cancer Society Guidelines On Nutrition And Physical Activity For Cancer Survivors

- Achieve and maintain a healthy weight.
  - If overweight or obese, limit consumption of high-calorie foods and beverages and increase physical activity to promote weight loss.

- Engage in regular physical activity.
  - Avoid inactivity and return to normal daily activities as soon as possible following diagnosis.
  - Aim to exercise at least 150 minutes per week.
  - Include strength training exercises at least 2 days per week.

- Achieve a dietary pattern that is high in vegetables, fruits, and whole grains.
  - Follow the American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention.

# WHY SHOULD I QUIT?

## Health benefits of quitting tobacco

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within 20 Minutes</td>
<td>Body starts to heal</td>
</tr>
<tr>
<td>Within 12 Hours</td>
<td>Carbon Monoxide levels in your blood drop to normal</td>
</tr>
<tr>
<td>2 weeks to 3 months</td>
<td>Heart attack risk drops and lung function begins to improve</td>
</tr>
<tr>
<td>1-9 months</td>
<td>Coughing and shortness of breath decrease</td>
</tr>
<tr>
<td>Within 1 year</td>
<td>Risk of heart attack drops sharply</td>
</tr>
<tr>
<td>After 2-5 years</td>
<td>Risk of stroke is similar to that of a person who never smoked</td>
</tr>
<tr>
<td>After 5 years</td>
<td>Risk of mouth, throat, esophagus, and bladder cancers are cut in half</td>
</tr>
<tr>
<td>After 10 years</td>
<td>Risk of lung cancer is cut in half</td>
</tr>
</tbody>
</table>
SURVEILLANCE FOR CANCER SPREAD, RECURRENCE, AND SECOND CANCERS

• Importance of regular scans and medical follow-ups

• Self-checks (as medically recommended)
### Table 1: Screening for Cancer Recurrence in Patients at Standard Risk

<table>
<thead>
<tr>
<th>Tumor Site</th>
<th>Tests for Cancer Recurrence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast</td>
<td>Mammography yearly</td>
</tr>
<tr>
<td>Prostate</td>
<td>Prostate-specific antigen, digital rectal exam</td>
</tr>
<tr>
<td>Lung</td>
<td>Chest CT</td>
</tr>
<tr>
<td>Colon/rectum</td>
<td>Chest/abdominal/(pelvic) CT annually 3–5 years, CEA every 3–6 months up to 5 years</td>
</tr>
<tr>
<td></td>
<td>Colonoscopy every 5 years</td>
</tr>
<tr>
<td></td>
<td>Rectosigmoidoscopy every 6–12 months 3–5 years</td>
</tr>
<tr>
<td>Bladder</td>
<td>Chest/abdominal/pelvic CT, urine cytology, liver function test, creatinine clearance up to 2 years</td>
</tr>
<tr>
<td>Thyroid</td>
<td>Biomarkers, ultrasound (subtypes)</td>
</tr>
<tr>
<td>Melanoma</td>
<td>Chest x-ray/CT, brain MRI ± PET/CT × 3 years (stage IIB–IV)</td>
</tr>
</tbody>
</table>

CEA = carcinoembryonic antigen; CT = computed tomography; MRI = magnetic resonance imaging; PET = positron-emission tomography.

Courtesy of Lee SJ.²
ASSESSMENT AND INTERVENTION FOR MEDICAL AND PSYCHOSOCIAL LATE EFFECTS

- Examples include:
  - Lymphedema
  - Neurocognitive changes
  - Fear of recurrence
  - Fatigue
  - Sleep difficulties
"Top Five" Cancer-Related Problems by Time Since Diagnosis

SCS combined dataset. Cancer Problems in Living Scale (CPILS)

"Top 5 Concerns," data from the American Cancer Society.
From Stein KD. The American Cancer Society Studies of Cancer Survivors (SCS). Plenary presentation at the 4th Biennial Cancer Survivorship Research Conference: Mapping the New Challenges; 2008; Atlanta, GA.
EVALUATION OF CONCERNS RELATED TO EMPLOYMENT, INSURANCE, AND DISABILITY

• Examples include:
  – Financial concerns
  – Disability needs
  – Employment and medical leave
  – Insurance coverage and coordination

U.S. cancer survivors face significant economic burden due to growing medical costs, missed work and inability to work, and lost productivity because of sick days.
Financial Burden among U.S. Cancer Survivors

Based on data collected by Hrishikesh Kale and Norman V. Carroll, Ph.D. at VCU. These are weighed estimates based on a nationally-representative sample of 1,380 cancer survivors.
COORDINATION BETWEEN SPECIALISTS AND PRIMARY CARE PHYSICIAN

• Importance of *treatment summaries* and *survivorship care plans*
  
  – Comprehensive care summary
  
  – Record of treatments and follow-up plans
  
  – Personalized “roadmap” for survivorship care
LEARN MORE ABOUT CANCER SURVIVORSHIP

NATIONAL CANCER INSTITUTE
DIVISION OF CANCER CONTROL & POPULATION SCIENCES
OFFICE OF CANCER SURVIVORSHIP

CHAMPIONING SURVIVORSHIP
SCIENCE AND CARE
SINCE 1996

NATIONAL COALITION
FOR CANCER SURVIVORSHIP

The power of survivorship. The promise of quality care.
PATIENT AND FAMILY CARE RESOURCES

UACC Supportive Care and Survivorship:
http://uacc.arizona.edu/patients/support/survivorship
THANK YOU!!!
ANY QUESTIONS?