

Abramson Cancer Center
of the
University of Pennsylvania



From Cancer Patient to Survivor: What's Next?

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Survivor Defined

- Webster's Definition of a Survivor:
 - “a person regarded as resilient or courageous enough to be able to overcome hardship...”



Profile of Cancer Survivors

- Over 12 million survivors in the US
- Over 20 million survivors globally
- 3 out of 4 families will have at least 1 family member diagnosed with cancer



- Ries et al (eds). SEER Cancer Statistics Review, 1975-2005, National Cancer Institute. Bethesda, MD, http://seer.cancer.gov/csr/1975_2005/, based on November 2007 SEER data submission, SEER web site, 2008.

- ACS, 2007

Needs of Survivors:

Lance Armstrong Foundation LIVESTRONG™ Poll

N=1020

- 53% reported secondary health problems
 - 54% chronic pain
 - 58% sexual dysfunction
 - Relationship difficulties
 - Fertility Issues
 - Fear of recurrence
 - Depression
 - Financial & job related concerns

- Wolff SN, Hichols C, Ulman D, et al. Survivorship: an unmet need of the patient with cancer – implications of a Survey of the Lance Armstrong Foundation (LAF) [abstract]. Proc Am Soc Clin Oncolo 2005; 23(suppl):6032.

So you've completed therapy, now what?

- Frequent Patient Experiences:
 - Fear/Anxiety of disease recurrence
 - Late Side effects
 - Feeling of abandonment
 - Loss of treatment routine and comforts of frequent care
 - Grieving
 - Anxiety returning to work or family obligations
 - Etc...



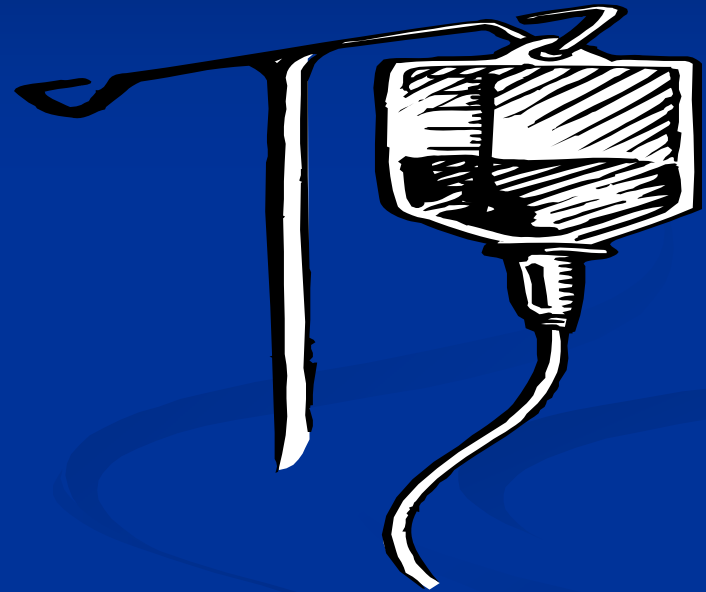
Treatment Side Effects

- Lymphedema
- Pain
- Menopausal symptoms
 - Hot flashing
 - Mood swings
- Body image alteration
- Fatigue
- Infertility
- Sexual dysfunction
- Nutritional deficits



Treatment Side Effects Cont'd

- Peripheral Neuropathy
- Hearing changes
- Osteoporosis
- Cardiac alterations
- Secondary cancers
- Skin changes
- Radiation effects
- Musculoskeletal effects
- Memory alterations
 - “CHEMO BRAIN”



What is a Survivorship Visit?

- Team approach to provide comprehensive health care
- A time for education
- A time for discussion
- A time to reinforce care plans
- A time to make referrals
- A time to complete OncoLife care plan
- A time for YOU!!!



Helpful referrals during and after treatment...

- Genetic Counseling
- Nutrition
- Pain Management
- Lymphedema Clinic
- Social work
- Support Groups
- Physical Therapy
- Pelvic Floor Rehabilitation



Thank You!

Never Stop
Believing...
You are a Survivor!



Alicia: Cancer Survivor since 12/21/2007