Tools for Survivorship: Thriving After Breast Cancer Treatment

Join us for a webinar discussing what you need to know after breast cancer treatment.

Johns Hopkins doctors will address:
- Survivorship follow-up care
- Recommended screening and surveillance tests
- Survivorship care planning
- Cancer recurrence
- Tips for staying healthy
- Returning to your primary care provider
- What your primary care provider needs to know about your breast cancer survivorship

When: September 17, 2014
Time: 7-8pm Eastern Daylight Time

This webinar is FREE and open to all survivors, from the newly diagnosed to those many years post treatment, caregivers, family members, and medical providers. Pre-registration is required.

For questions, please contact Elissa Bantug at ebantug1@jhmi.edu

Antonio Wolff, MD FACP is a Johns Hopkins medical oncologist who specializes in breast cancer.

Kimberly Peairs, MD is a Johns Hopkins internist who specializes in caring for cancer patients after treatment.
A View from the Cancer Specialist

Antonio C. Wolff, MD, FACP
Medical Oncologist
Johns Hopkins Breast Cancer Program

Survivorship

“Survivorship starts at the time of diagnosis and proceeds along a continuum through and beyond treatment, recurrence, cures, and final stages of life regardless of the cause…it can refer to the person with cancer and/or their family and friends…”

National Coalition for Cancer Survivorship, 1996
Life After Breast Cancer

- Advances in treatment have significantly improved breast cancer survival
- Over 80-90% of patients diagnosed with early stage breast cancer will survive
- New guidelines suggest 5 or more years of anti-estrogen therapy in ER-positive breast cancer
- Attention to other health issues is critical to maintain health and wellness
- An ongoing relationship with a Primary Care Provider (PCP) will help achieve this goal
Living with Metastatic Breast Cancer

- Cancer has spread beyond the breast and nearby lymph nodes to other parts of the body
- May affect as many as 1 in 5 patients diagnosed with breast cancer
- Treatments can relieve symptoms, improve quality of life, but most patients cannot be cured. However, many respond to various treatments and live with metastatic disease for many years
- At some point, most of these patients are affected by some of the same survivorship issues that affect patients with early stage breast cancer
Possible Late Effects Sometimes Observed in Breast Cancer Survivors

- Lymphedema and chest wall discomfort
- Muscle/joint aches
- Fatigue
- Reduced fertility and early menopause
- Rare side effects, like osteoporosis, blood clots, uterine cancer, heart failure, and leukemia
Recommendations for Follow-Up

- In early-stage disease, risk of recurrence differs for each cancer subtype.
- If normal clinical exam and no complaints, no "routine" blood tests or scans are recommended.
- Breast imaging every 6-12 months. Breast MRI used in special cases.
- Family history may change.
- Genetic counseling sometimes recommended, especially if breast cancer before age 50.
## Cancer Survivors Concerns After Therapy

<table>
<thead>
<tr>
<th>Concern</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fear of recurrence</td>
<td>75%</td>
</tr>
<tr>
<td>Sadness &amp; depression</td>
<td>65%</td>
</tr>
<tr>
<td>Energy</td>
<td>53%</td>
</tr>
<tr>
<td>Concentration</td>
<td>53%</td>
</tr>
<tr>
<td>Employment issues</td>
<td>40%</td>
</tr>
<tr>
<td>Pain</td>
<td>30%</td>
</tr>
<tr>
<td>Sexual function</td>
<td>43%</td>
</tr>
<tr>
<td>Debt</td>
<td>33%</td>
</tr>
<tr>
<td>Personal relationships</td>
<td>26%</td>
</tr>
</tbody>
</table>

*A LIVESTRONG Report, 2010 (n=2,307)*
Common Issues After Breast Cancer Therapy

<table>
<thead>
<tr>
<th>Problems/Symptoms</th>
<th>Who should be involved?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cancer specialist</td>
</tr>
<tr>
<td>Bone health</td>
<td>x</td>
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<tr>
<td>Cardiovascular Health</td>
<td>x</td>
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<tr>
<td>Cognitive function</td>
<td>x</td>
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<tr>
<td>Neuropathy</td>
<td>x</td>
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<tr>
<td>Depression, Fatigue</td>
<td>x</td>
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<tr>
<td>Cancer Surveillance &amp; Screening</td>
<td>x</td>
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<tr>
<td>Hot flashes</td>
<td>x</td>
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<tr>
<td>Lymphedema</td>
<td>x</td>
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<tr>
<td>Musculoskeletal, Bone Health</td>
<td>x</td>
</tr>
<tr>
<td>Sexual function</td>
<td>x</td>
</tr>
<tr>
<td>Weight gain</td>
<td>x</td>
</tr>
</tbody>
</table>
How Can You Work With Your Doctors?

- A treatment summary can help you and all your non-cancer doctors
- Let any of your doctors know about symptoms that are new, different, get worse, and/or that last more than a few weeks
- Follow-up visits by any of your doctors every 3-6 months early on, then every 6-12 months
- Even after you stop seeing your cancer doctors, annual breast exams and mammograms continue as appropriate
Survivorship Must Center Around the Patient!
A View from the Primary Care Provider

Kimberly S. Peairs, MD
Internal Medicine Physician
Johns Hopkins Breast Cancer Program

What your Primary Care Provider Should Know About Your Breast Cancer

• Who are the other medical providers
• Information about your cancer (stage, type)
• Treatment and long term plans
• Side effects and complications
• Who is ordering the tests?
Cancer-related Fatigue

May be from multiple factors:
• Sleep disturbance
• Nutritional changes
• Pain
• Depression/Anxiety
• Decreased activity
• Other medical issues
• Medications
• Cancer treatment
Management of Fatigue

• “Psychosocial Interventions”
  • Energy conservation
  • Diary; structuring daily schedule
  • Discussion of fatigue’s impact
• Exercise!!!
  • Strongest evidence of effectiveness
• Sleep hygiene
• Acupuncture
• ? Medications

Escalante, et al. J Gen Internal Medicine 2009
Depression and Anxiety
Recognize the Symptoms

- Sleeping changes
- Feeling irritable
- Mood swings
- Crying often
- Difficulty concentrating
- Withdrawing from friends/family
- Feeling hopeless, guilty or angry
- Not being interested in things you enjoyed

- Feelings of dread
- Having trouble concentrating
- Feeling tense and jumpy
- Feeling irritable
- Feeling restless
- Heart pounding; dizziness; sweating, headache, fatigue, insomnia
Hot Flashes

• Increased risk: obesity, smoking, less physical activity
• Mild symptoms: life-style modifications
• Medications may help if severe:
  • Antidepressants
  • Gabapentin
  • Pregabalin
  • Complementary/alternative therapies?
  • Acupuncture
Sexual Health

Sexual changes may include
- Change in body image
- Decrease interest in sex
- Vaginal dryness

Interventions may include
- Open discussion with your partner
- Sexual health counselor
- Vaginal lubricants
Bone and Heart Health

• Bone health
  • Medication may effect bone loss
  • Bone density test (DEXA) may be indicated
  • Exercise, vitamin D and adequate calcium

• Cardiovascular health
  • Maintain a healthy weight
  • Blood pressure, cholesterol and glucose control
  • Exercise
Nutrition for Cancer Survivors

• Maintain healthy weight
• Minimum of 5 servings fruit + veg. / day
• Whole grains (avoid refined foods)
• Lean protein
• Low-fat dairy
• Variety of foods
• Limit alcohol consumption
• Food is best source of vitamins and minerals

NCCN.com
Nutritional Supplements?

• Vitamin D
  • Primary source is sunshine
  • Recommended daily intake 600-800 i.u./day*

• Calcium
  • Encourage dietary sources

• Soy? – dietary sources

• Green tea?

• Others?

www.cancer.org/Treatment/SurvivorshipDuringandAfterTreatment/Nutrition
Exercise

What is Recommended?

• 2.5 hours (150min) of *moderate-intensity* aerobic activity weekly **and**

• 2 or more days of week of muscle-strengthening activities of major muscle groups

• 10 minutes at a time works!

• Start at your own pace

www.cdc.gov/physicalactivity/everyone/guidelines/adults.html
Health Maintenance

• Vaccinations
  • Flu, tetanus, whooping cough, pneumovax, shingles

• Cancer Screening
  • Colonoscopy
  • Pap smear
  • Skin

• Evaluation of other medical issues
  • Diabetes, high blood pressure, elevated cholesterol, etc.
Role of Primary Care Physician

• Long term care provider
• Evaluate and treat cancer related issues
• Monitor for cancer recurrence and screen for other cancers
• Encourage health promotion behaviors
  • Vaccinations, exercise, healthy diet
• Treat other medical issues
Survivorship Must Center Around the Patient!
References

- National Coalition on Cancer Survivorship
  www.canceradvocacy.org
- Challenges Reported by Post Treatment Cancer Survivors
  http://livestrong.org/pdfs/30/LSSurvivorSurveyReport_final
- Cancer Related Fatigue: The Approach and Treatment
  http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2763160/
- Surveillance of demographic characteristics and health behaviors among adult cancer survivors
- Nutrition for Cancer Survivors-National Comprehensive Cancer Network
  http://nccn.com/component/content/article/66-physical/129-nutrition-for-cancer-survivors.html
- Nutritional Supplements-American Cancer Society
  www.cancer.org/Treatment/SurvivorshipDuringandAfterTreatment/Nutrition
- Exercise Recommendations—Centers for Disease Control and Prevention
  http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.htm
- The Johns Hopkins Breast Cancer Survivorship Program
- American Society Of Clinical Oncology Patient Site
  www.cancer.net
Thank You

Please remember to complete the evaluation form. This can also be accessed by:

To learn more about the Johns Hopkins Breast Cancer Survivorship Program or Susan G. Komen Maryland, visit our websites:
www.komenmd.org
Komen Maryland Race for the Cure® Help us fulfill our promise to save lives and end breast cancer forever by Empowering people, Ensuring quality care for all and Energizing science to find the cures. Race with us today and everyday!

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