



# After Cancer

*Living with and beyond cancer*

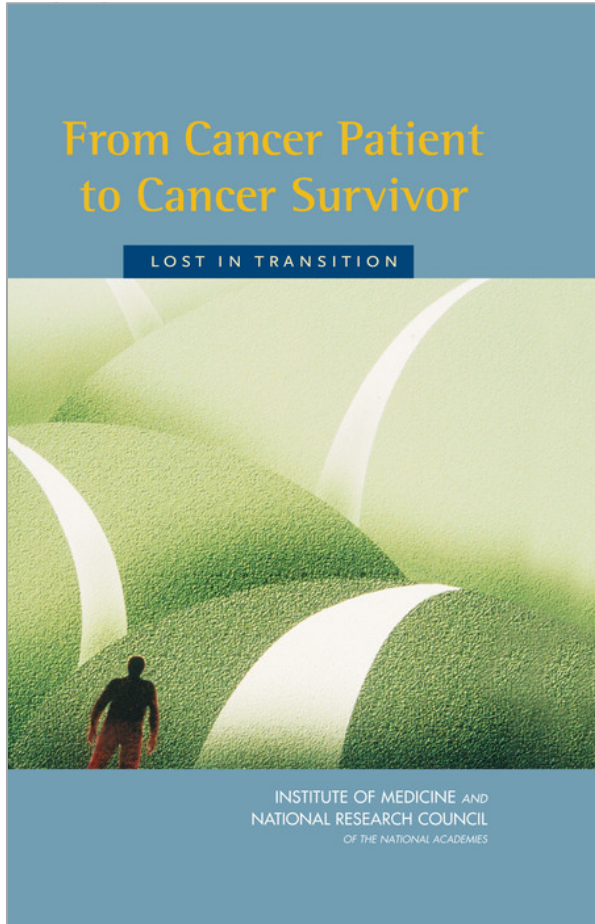
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Director Cancer Survivorship Program

*“I did begin to wonder if the treatment could have had unexpected consequences. I began to ask questions of physicians, with very few answers.”*

Gene Bishop MD, The Arc of Therapy: From Cure to Humbling Legacy, J Clin Oncol 2019

# The History of Survivorship

*2005: Survivorship*



*2019:*

**16M**

Cancer survivors  
in the U.S.

*2040:*

**26M**

2000

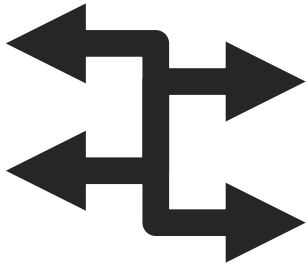
2010

2020

2030

2040

# Essentials of Cancer Survivorship



Complex Needs

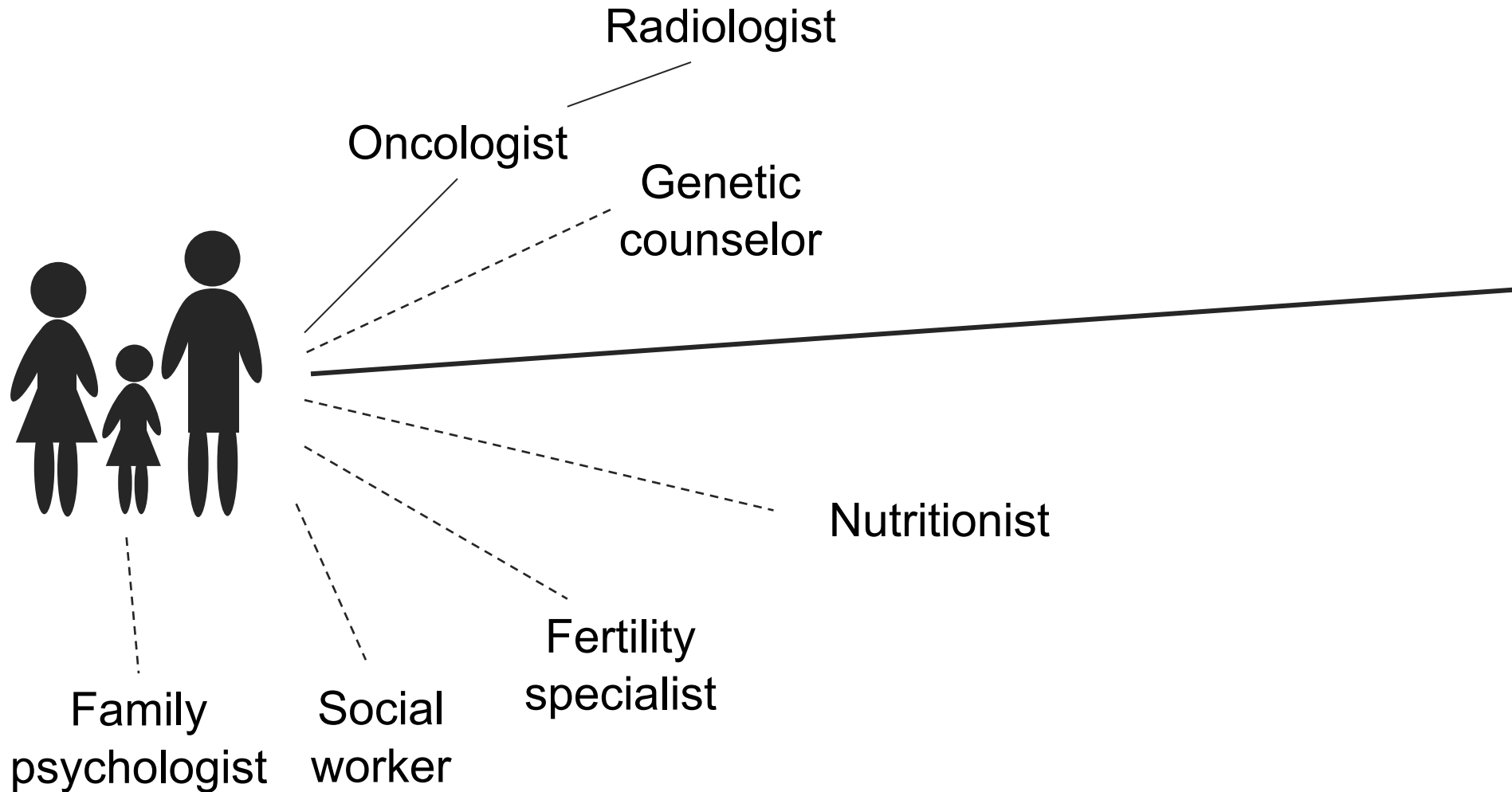


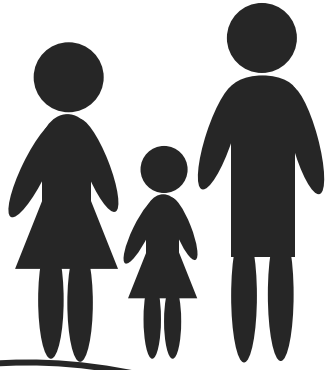
Whole Family



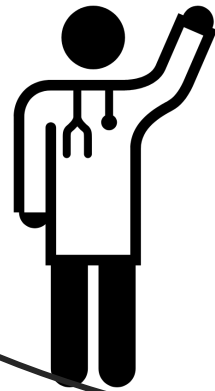
Teamwork

# Survivorship 1.0 : focus on treating cancer



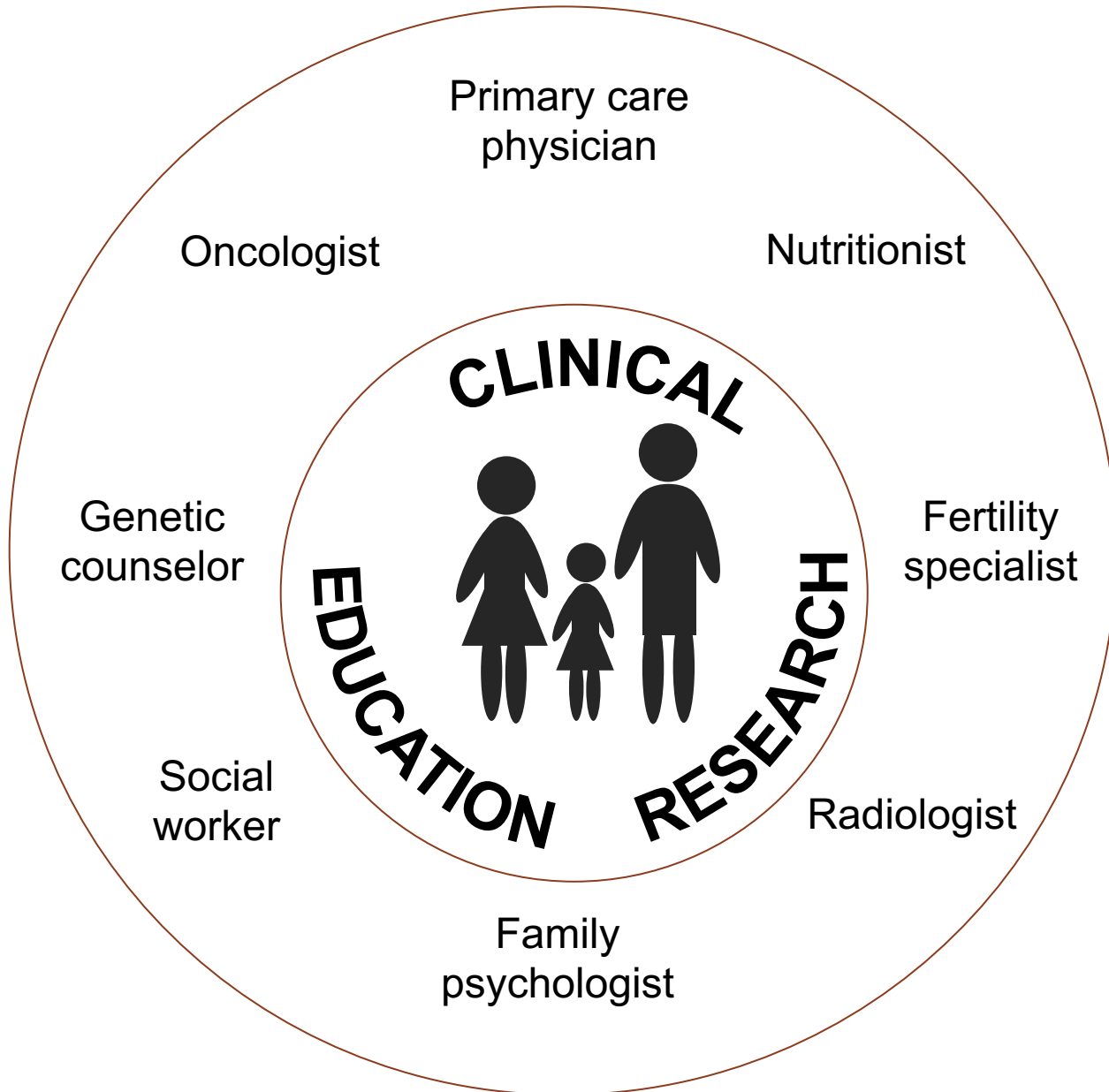


Primary care  
physician



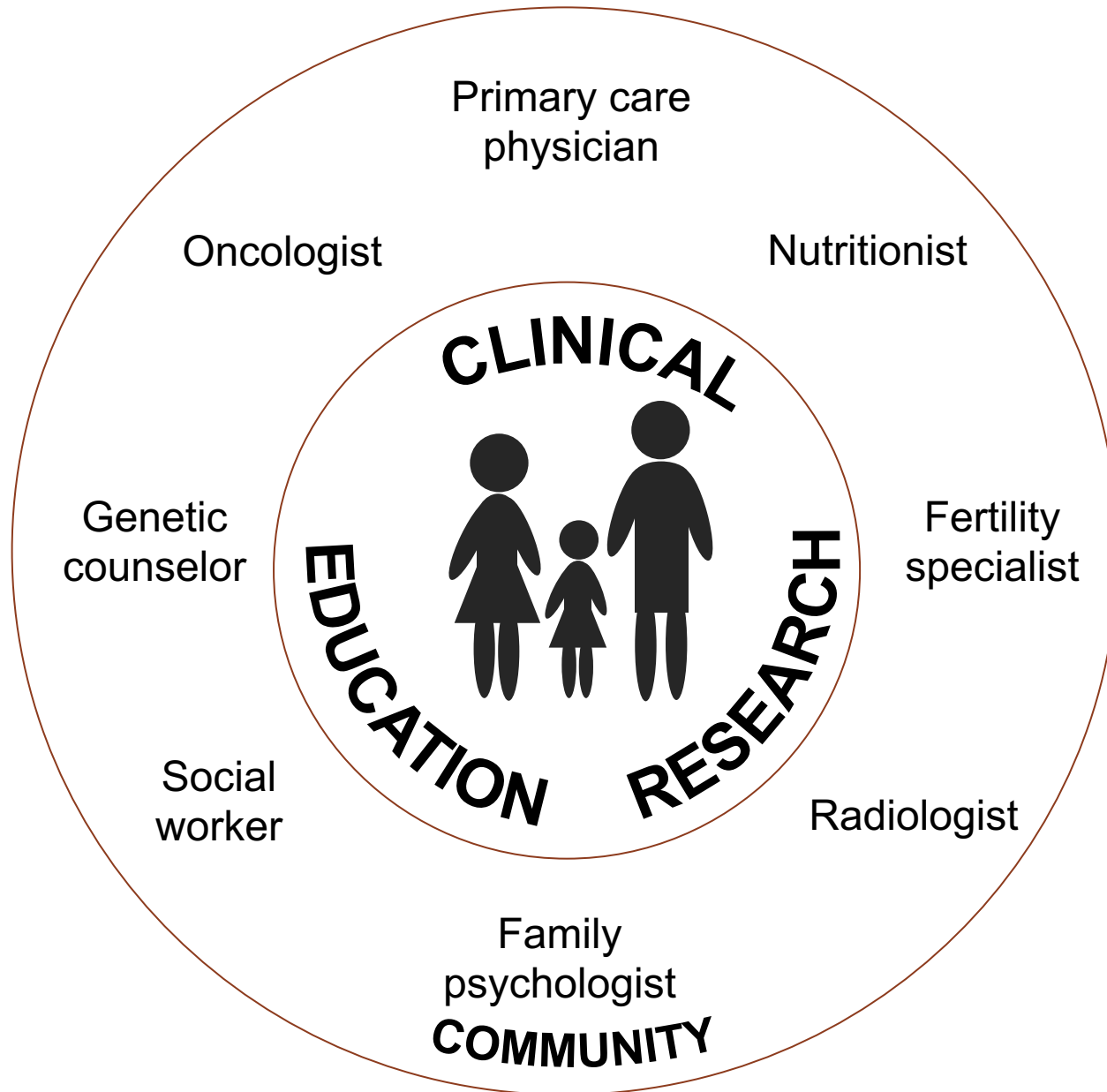
**MORE CANCER SURVIVORS = MORE CARE**

# Survivorship 2.0: Focus on Treating Patient





# Survivorship 2.0 – Survivor at the Center



# Symptoms Experienced by Cancer Survivors

- ✓ Fear of Cancer Recurrence
- ✓ Fatigue
- ✓ Insomnia
- ✓ Pain
- ✓ Cognitive dysfunction
- ✓ Physical symptoms related to treatment including neuropathy, early menopause, sexual dysfunction, weight changes and others that depend on the treatment received

# Health Consequences of Cancer and Treatment

- ✓ Infertility
- ✓ Bone loss and osteoporosis
- ✓ Premature aging
- ✓ Emotional distress, anxiety, depression
- ✓ Sexual dysfunction
- ✓ Cardiac toxicity
- ✓ Increased risk of treatment induced cancer

# Innovation in Care Delivery

- ✓ Survivor care plan
- ✓ Risk stratified approach to survivor care
- ✓ Disease specific and age specific clinics
- ✓ Integrating survivorship into primary care practice
- ✓ Shared care between oncology care team and primary care
- ✓ Continued follow-up care and surveillance by cancer team
- ✓ Self-management workshops for cancer survivors
- ✓ Supportive services to address symptom burden and provide information and guidance

# Building a Supportive Community

- ✓ Peer support – groups with expert facilitation, on line communities
- ✓ Education – finding information you can trust
- ✓ Communication within families – supporting children through a parent's illness
- ✓ Finding a path back to health and settling into a new normal

# Participating in Research

## **Cancer survivorship research is essential...but underfunded**

- ✓ Minimizing toxicity of treatment remains a top priority
- ✓ Finding better treatments for common symptoms and side-effects of cancer therapies
- ✓ Exploring use of new technologies to assist survivors in care coordination, adopting healthy lifestyles, improving communication with clinicians
- ✓ Using apps and wearables to monitor health and promote wellness



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<https://med.stanford.edu/aftercancer.html>