After Cancer

Living with and beyond cancer

Lidia Schapira, MD
Associate Professor of Medicine-Oncology
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

From Cancer Patient to Cancer Survivor

Lost in Transition

INSTITUTE OF MEDICINE AND
NATIONAL RESEARCH COUNCIL
OF THE NATIONAL ACADEMIES

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

- Oncologist
- Radiologist
- Genetic counselor
- Nutritionist
- Family psychologist
- Social worker
- Fertility specialist
Primary care physician
MORE CANCER SURVIVORS = MORE CARE
Survivorship 2.0: Focus on Treating Patient

Primary care physician
Oncologist
Nutritionist
Genetic counselor
Social worker
Fertility specialist
Radiologist
Family psychologist

CLINICAL
EDUCATION
RESEARCH
Survivorship 2.0 – Survivor at the Center

- Oncologist
- Nutritionist
- Primary care physician
- Genetic counselor
- Social worker
- Fertility specialist
- Radiologist
- Family psychologist
- Community
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, online 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
Schapira@Stanford.edu

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