



# Moving on with life after cancer treatment

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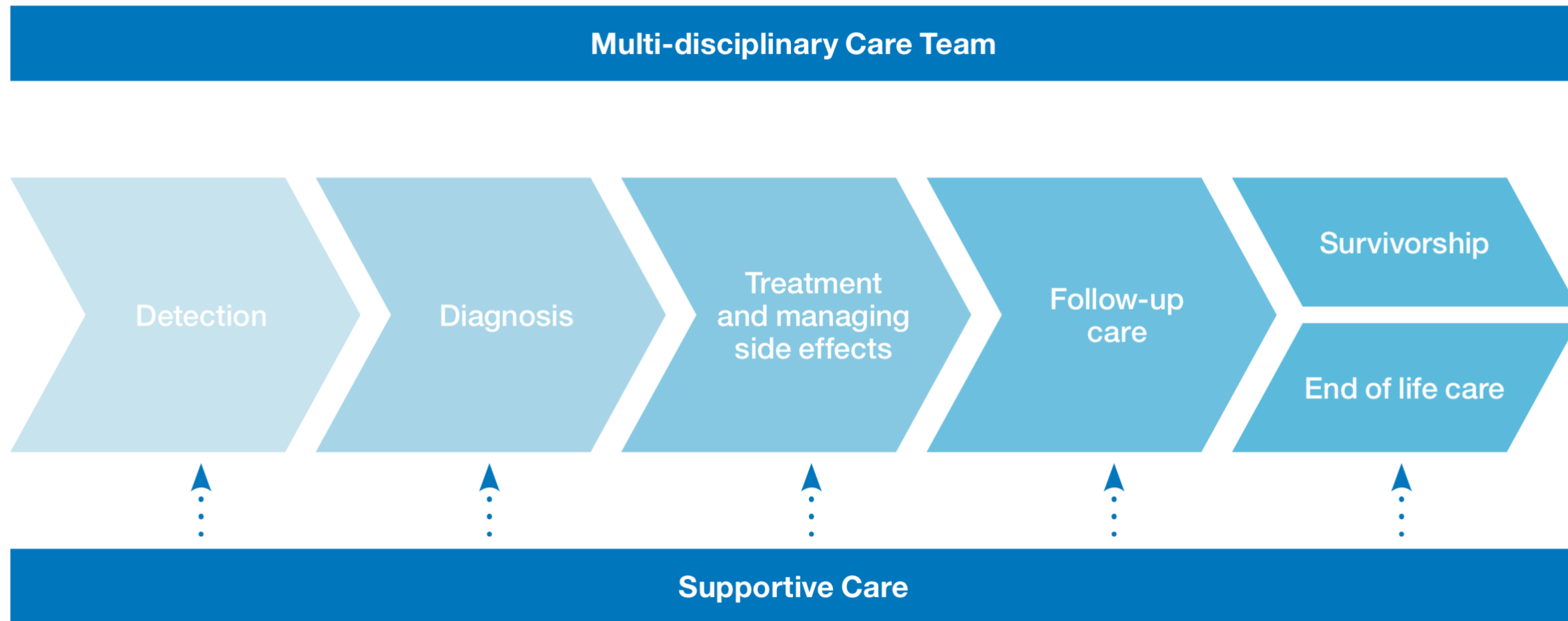
Hoag Memorial Hospital Presbyterian

# Cancer Survivorship

- Navigating cancer treatment
- What approaches are used to treat cancer and what are the goals?
- What to expect after surgery
- What to expect after radiation
- What to expect after chemotherapy
- What does it mean to be a “cancer survivor”?
- “Surveillance”



## YOUR CANCER JOURNEY





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Cancer we can “see”



SURGERY



RADIATION



HORMONE  
THERAPY



CHEMO-  
THERAPY



TARGETED  
THERAPY

**LOCAL**

**SYSTEMIC**

Cancer we may or may not “see”

# Cancer Survivorship

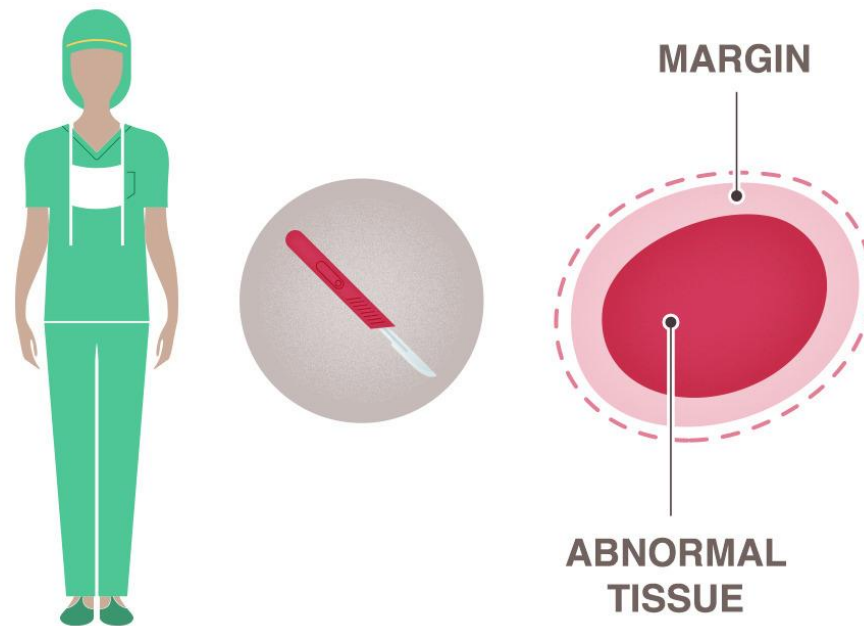
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# Surgery

- Short term effects
- Long term effects
- Lymphedema

**SURGERY OFTEN INVOLVES  
REMOVING THE TUMOR AND  
NEARBY MARGINS.**

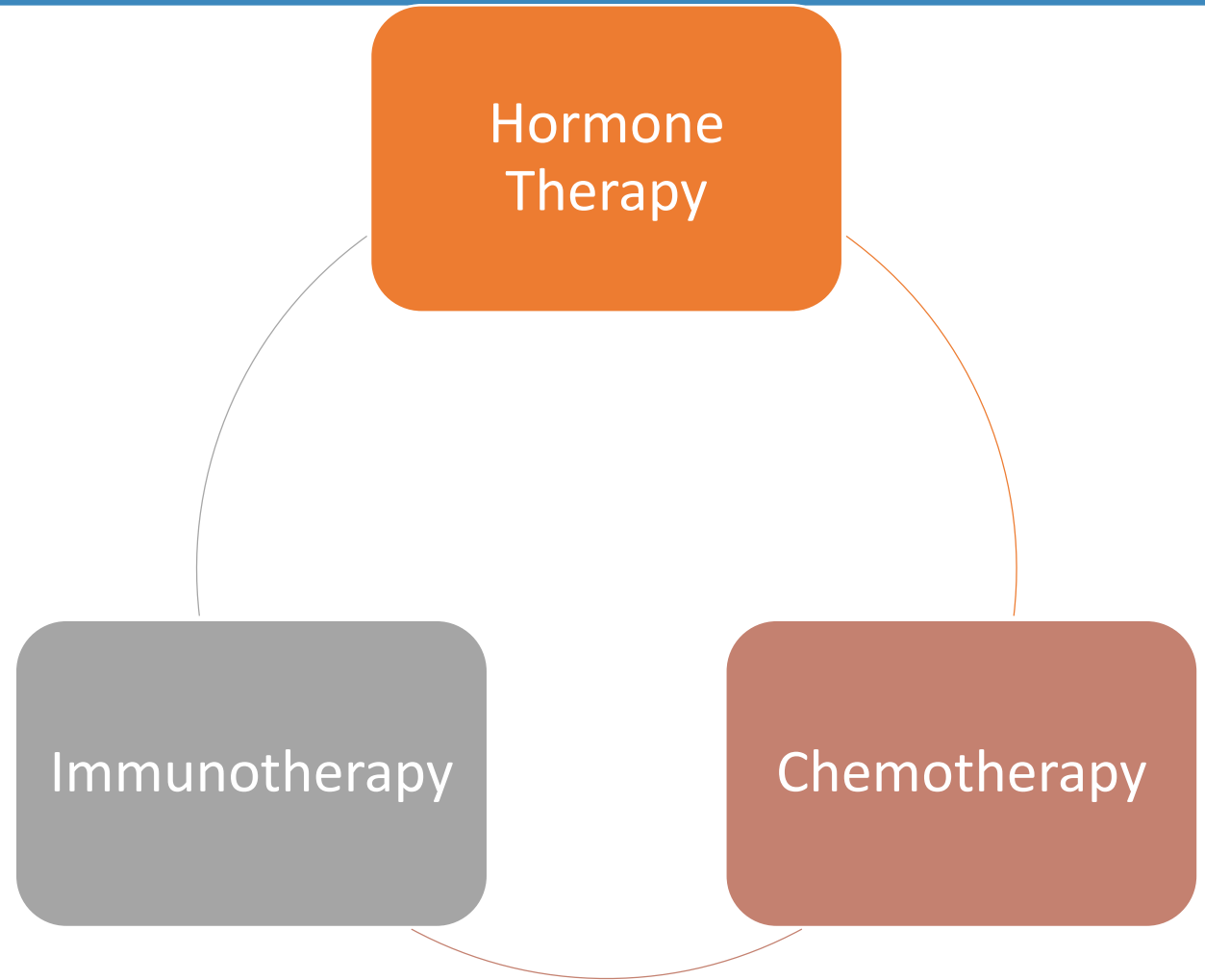


# Radiation Therapy

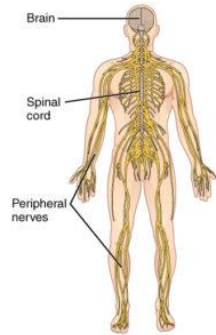
- Short term effects
- Long term effects



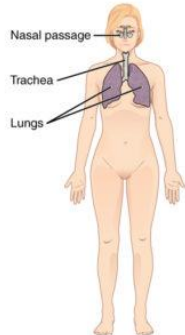
# Systemic Therapy



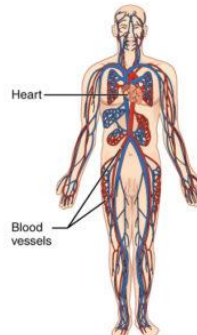
### Nervous System



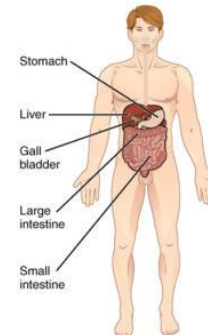
### Respiratory System



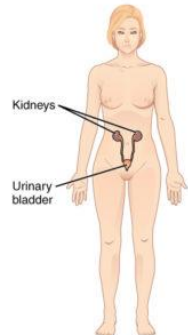
### Circulatory System



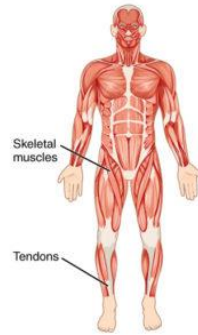
### Digestive System



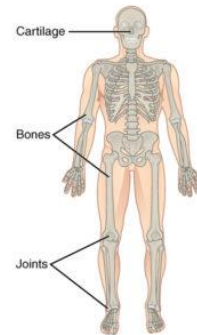
### Excretory System



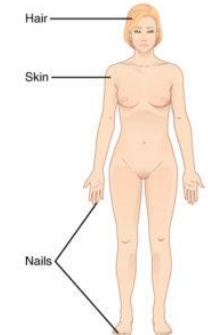
### Muscular System



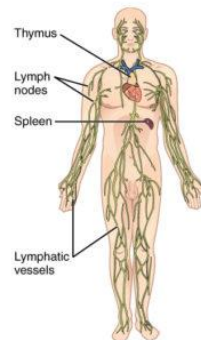
### Skeletal System



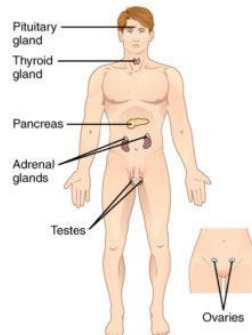
### Integumentary System



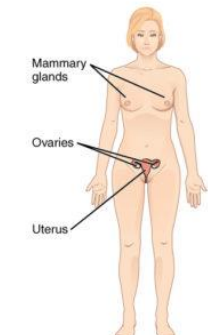
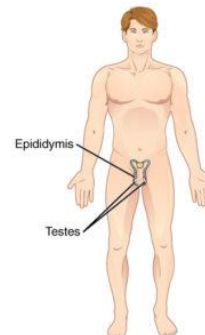
### Immune System



### Endocrine System



### Reproductive Systems



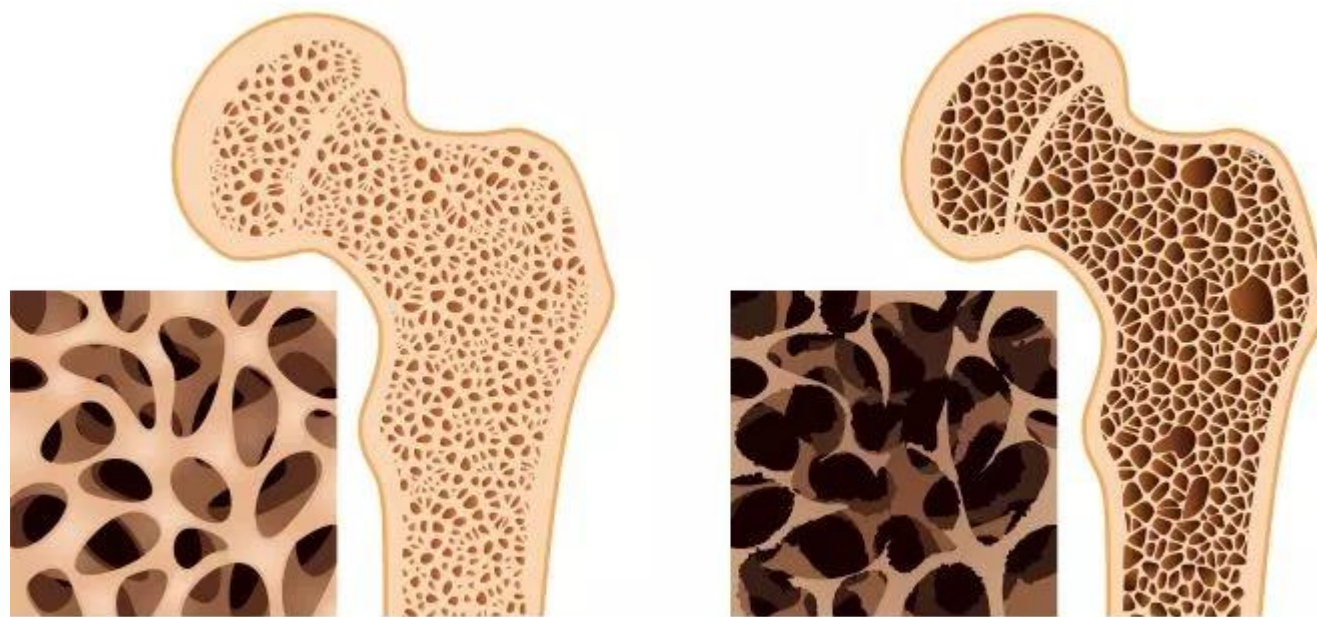
# Heart Health

- Radiation
- Certain chemotherapies (Doxorubicin, Herceptin)
- Congestive Heart Failure (Pump failure)
- Coronary Artery Disease (Risk for heart attack)
- Arrhythmia (Irregular heartbeat)



# Bone Health

- 20-35% of hip fracture patients die < 1 year
- 20% of hip fracture patients lose ability to walk
- Chemotherapy
- Steroids
- Hormonal therapy

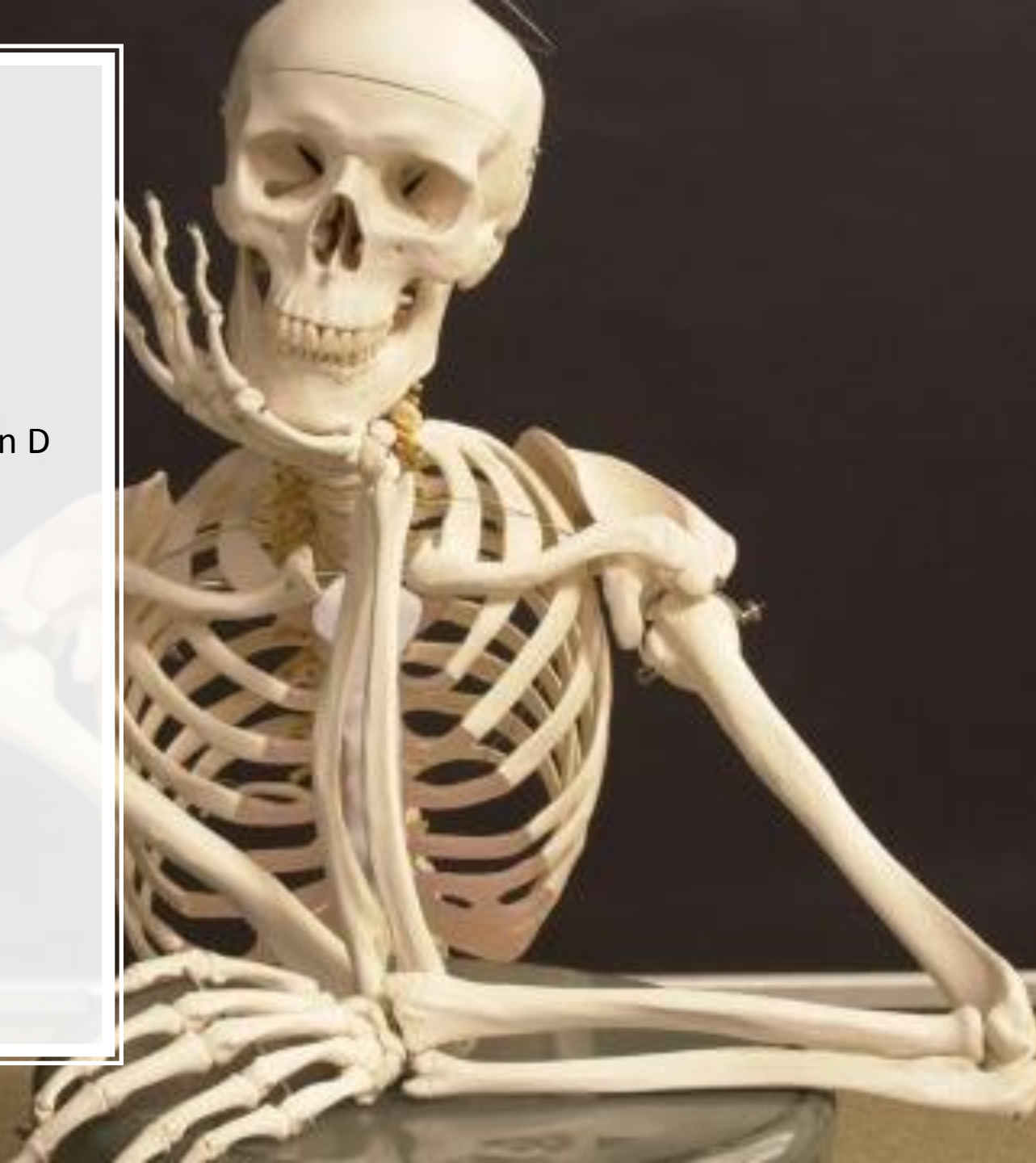


Healthy bone

Osteoporosis

# Bone Health

- DO:
  - Eat plenty of calcium and Vitamin D
  - Exercise
  - Take bone strengthening medication if recommended by your doctor
- DON'T
  - Use tobacco
  - Drink Alcohol excessively



# Emotional Health

- Relief
- Gratitude
- Fear of Recurrence
- Guilt
- Depression
- Anxiety
- Feeling alone

# Diet, Exercise



- Obesity, inactivity increases risk for cancer
- Weight loss, exercise associated with better prognosis



# Unfavorable lifestyle factors prevalent in cancer survivors

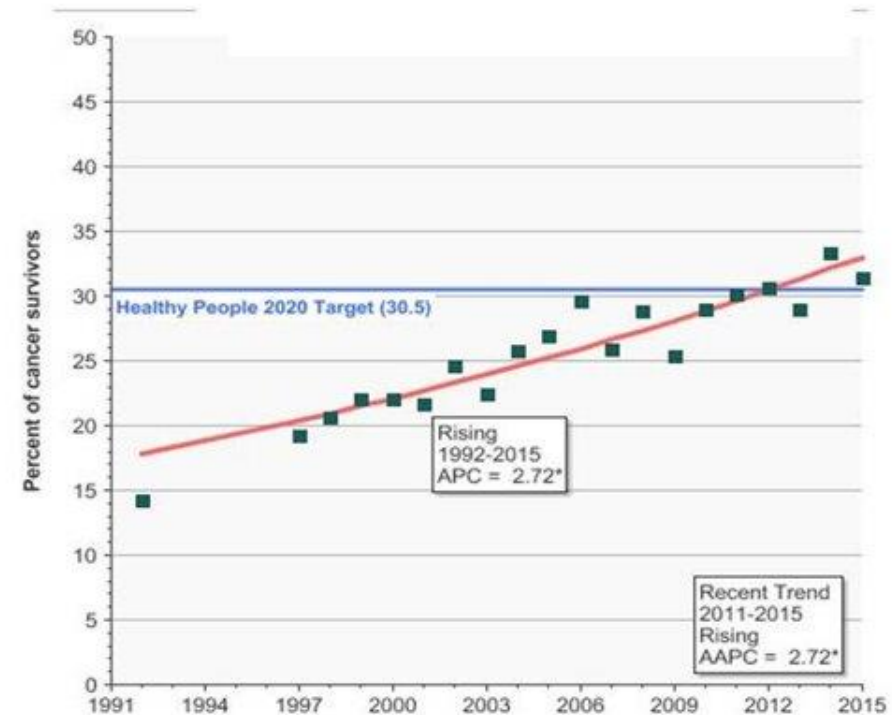
## Diet and Physical Activity in Cancer Survivors

**Table 2.** Percentage of Cancer Survivors Meeting the Recommendations for Physical Activity, Fruit and Vegetable Consumption, and Smoking by Cancer Group

Cancer Group	Physical Activity (%)	5-A-Day (%)	Smoking (%)
Breast	37.1	18.2	88.1
Prostate	43.2	15.6	91.6
Colorectal	35.0	15.9	91.3
Bladder	36.0	16.3	82.6
Uterine	29.6	19.1	91.1
Skin melanoma	47.3	14.8	89.0

Abbreviation: 5-A-Day, consumed five servings of fruits and vegetables each day.

## Obesity in cancer survivors 1992-2015



# What should / shouldn't I eat?

- Low in red meat
  - Up to 18 ounces a week has no increased risk
- Low in processed meats
  - Bacon, salami, lunch meat, hot dogs,
- Antioxidants
- Dietary Fiber
- Whole grains, fruits and vegetables

# Should I only eat organic food?

- JAMA Intern Med. 2018;178(12):1597-1606.
- Study of ~ 69,000 French adults
- Possibly 25% decreased risk of cancer
- Completely funded by government / public funds
- Highly criticized
- Harvard nutrition expert Dr. Frank Hu suggests that Americans should focus on eating more fruits and vegetables in general



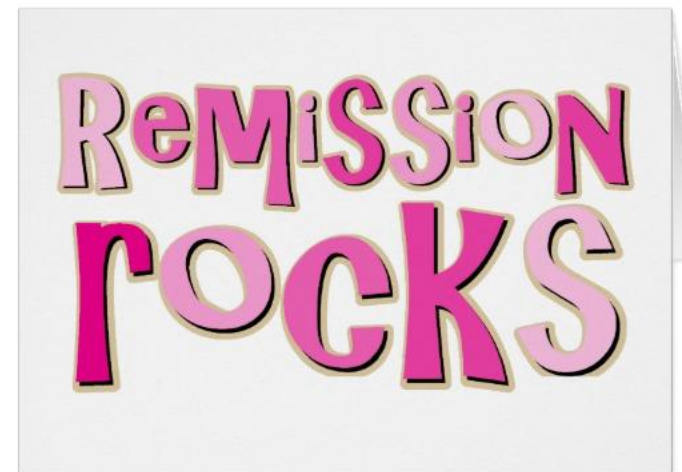
# Exercise

- How much / how often?
  - 3 – 5 hours a week
- How vigorous?
  - Brisk walking at least
- When can I start?



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# “Survivor”

- Completion of treatment



## “Survivor”

- Remission
- But is remission the same thing as cure?





"I want people to know when they hear the word cancer, it's not associated with death anymore. When the doctor told me I had cancer I thought about death. Then I found a way to beat it. I want to share my story and the glimmer of hope – I want to let people know that this isn't a death."

~ [J. Dee Marinko, synovial sarcoma survivor](#)

"Using the term survivor to describe myself was one of the hardest things I had to overcome. I was superstitious about it and afraid to use it. It took me years to feel comfortable with it and to be able to say (in the past tense), 'I had cancer.'"

Janet, colon cancer survivor

~ From [\*What Helped Get Me Through\*](#)

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# What is “Surveillance?”



SYMPTOMS



IMAGING



BLOOD TESTS



PHYSICAL  
EXAMS

