

Hematologic Malignancies Survivorship

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- An individual is a cancer survivor from the time of diagnosis and through the balance of his/her life.
- Attention is also given to family members, friends, and caregivers affected by a cancer diagnosis.

Goals of Survivorship Care

- Prevention of new cancer
- Surveillance for cancer spread or recurrence
- Assessment of late psychosocial effects
- Assessment of late physical effects
- Coordination of care between primary care and specialists
- Develop an individualized survivorship care plan

Survivorship Assessment

- Late effects/Long Term Physical Problems
 - Cardiac toxicity
 - Pain
 - Fatigue
 - Lymphedema
 - Hormone-related symptoms
- Late effects/Long Term Psychological Problems
 - Anxiety, Depression, and Distress
 - Cognitive Function

Survivorship Assessment

- Sexual Function
 - Fertility/Family Planning
 - Erectile Dysfunction
 - Decreased Libido
 - Pain with intercourse
- Sleep Disorders
- Immunizations and Prevention of Infections
- Financial, Legal, Employment Concerns

Survivorship Assessment

- Healthy Lifestyle
 - Physical Activity
 - Tailored to individual abilities
 - At least 150 min of moderate-intensity activity per week
 - At least 75 min of vigorous-intensity activity per week
 - 2 or 3 sessions of strength/resistance training per week
 - Stretching at least 2 days per week
 - Weight - maintain healthy BMI
 - Nutrition
 - For cancer prevention, recommend plant-based diet with majority of food being vegetables, fruit, and whole grains
 - Limited amounts of refined sugars and red/processed meat
 - Fat: plant sources such as olive/canola oil, avocados, seeds/nuts, fish
 - Carbohydrates: fruits, vegetables, whole grains, legumes
 - Protein: poultry, fish, legumes, low-fat dairy, nuts

Survivorship Assessment

- Integrative Therapies
 - Acupuncture
 - Aromatherapy
 - Massage Therapy
 - Meditation
 - Music Therapy
 - Qigong/Tai Chi
 - Yoga
 - Herbs

Resources:

- National Center for Complementary and Integrative Health/NIH
 - <https://nccih.nih.gov/health/providers>
- Memorial Sloan Kettering Cancer Center's Herbs website
 - <https://www.mskcc.org/cancer-care/treatments/symptom-management/integrative-medicine/herbs>