Monitoring & Managing Post-Transplant Issues

Moving Beyond Cancer to Wellness,
Saturday, June 3, 2017
Transplant Survivors, 2015 Reunion
Monitoring, the first year

Auto
- Disease Monitoring
- Immune Recovery

Allo
- Recovery
- Chronic GVHD
- Disease Restaging
Immune recovery

- Infection precautions – think strategically!
- About 6 – 12 months, or until GVHD resolves or maintenance therapy finishes
- Bactrim and Acyclovir for prevention
- Vaccinations starting at one year
Allo: Chronic GVHD

- What is it
- What to watch for
- How to treat
Oral GVHD
Range of Motion
Disease monitoring and restaging

- Allo: at one year, or before if clinically indicated
- Auto: monitoring by disease, follow transplant center guidelines
Auto and Allo: Recovery

- Fatigue
- Fertility/sexuality
- Cognitive
- Emotional
- Oral
- Eyes
- Return to work and school
Monitoring, after the first year

- Auto
  - Disease Monitoring
  - Late Effects Monitoring
- Allo
  - Recovery
  - Chronic GVHD
  - Immune Recovery
Disease monitoring

- Annually unless clinically indicated
- Disease specific monitoring
Annual late effects monitoring

- Secondary cancer screening
- Cardiac screening
- Labs: CBC, Fasting cholesterol, Fasting glucose, Liver function, Thyroid panel
- Dental check up every 6 months
- Eye exam
- Physical exam including height, weight, blood pressure
- Pulmonary function and bone density
- Growth and development for pediatric patients
Transplant associated risks

• New cancers: skin, oral, breast, thyroid
• Cardiac
• Metabolic syndrome
Managing: what you can do

Lifestyle choices impact risk

• **Exercise**: heart health, bone strength, decreased fatigue, better cognitive function, emotional health
• **Diet**: heart and bone health, decreased metabolic syndrome
• **Don’t smoke**: decreased risk of secondary cancer, heart, bone and lung health
• **Sun protection**: decrease the risk of skin cancer and GVHD
Managing: what you can do

Find ways to maximize your emotional health and recovery:

• close relationships
• counseling and therapy
• meaningful activities
• participate in interest groups
• participate in support groups
• reduce stress
LTFU website


• Accessible to anyone
• Includes LTFU guidelines
• GVHD clinic visit tips and forms
• Patient and caregiver FAQs, useful links
• Patient comments from LTFU survey for past decade
Connecting with other survivors

Read the patient comments from the LTFU surveys

Share Your Story (FHCRC Website)
Information and support

• Long Term Follow Up: 206-667-4415
• ltfu@seattlecca.org
• SCCA: seattlecca.org
• Fred Hutch: fhcrc.org
• National Bone Marrow Transplant Link: nbmtlink.org
• Be the Match: Be The Match.org/patient
Information and support

Be The Match app

Stay healthy after transplant

- Long-term screening results
- Chronic GVHD symptoms checker
- Checkup appointment reminders
- Set other helpful reminders
Information and support

• National Marrow Donor Program: marrow.org
• Leukemia and Lymphoma Society: lls.org
• American Cancer Society: cancer.org
• National Cancer Institute: cancer.gov
• Harmony Hill Healing Retreat: harmonyhill.org
• Cancer Lifeline: cancerlifeline.org
• Shine: retail@seattlecca.org
Your experience counts

“I admit I don’t often think about my marrow transplant any more, maybe because I was so lucky to not have any long-standing side-effects, but, filling out this questionnaire and then reading the patients’ comments brings it all back home. And now here I am, 32 extra years into this miracle called life, with all its challenges, joys, and difficulties. I’m now trying to get used to the physical effects of aging, which is a bit ironic. Life hasn’t always been easy, but it has been full and rich. My son was 6 months old when I was diagnosed, and I thought he would grow up without a father, but I now have the joy of seeing my granddaughter growing up.”

Allo transplant 1981
2015 LTFU Reunion