

Survivorship and Follow-up Care



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Survivorship is a Critical Part of a Comprehensive Cancer Control Program



From Cancer Patient to Cancer Survivor: Lost in Transition

Institutes of Medicine 2005 Report

Hewitt M, Greenfield S, and Stovall E, eds.

http://www.cancer.net/patient/Survivorship/IOM_Executive_Summary.pdf

- 1. Surveillance for cancer recurrence or new cancers**
- 2. Management of symptoms that persist after treatment ends**
- 3. Evaluation of risk for and prevention of late effects of treatment**
- 4. Assessment of psychosocial needs and provision of support**
- 5. Counseling of patients on lifestyle modifications for prevention of cancer-related morbidity and mortality as well as quality of life**

BHGI 5th Global Summit: *Supportive Care and Quality of Life*

Vienna, Austria October 2012

<http://portal.bhgi.org/>

3 resource-stratified guidelines:

- **Long-term Follow-up Care and Survivorship**
- Treatment-related Supportive Care
- Pain and Palliative Care



The Breast Health Global Initiative

BHGI: Supportive Care After Curative Treatment for Breast Cancer (Survivorship Care)

Ganz PA et al, The Breast 22: 606-615, 2013

- **Breast cancer survivors may experience long-term treatment complications, must live with the risk of cancer recurrence, and often experience psychosocial complications**
- **In LMICs supportive care services are frequently limited**
- **Survivorship care is a distinct aspect of cancer treatment that should be integrated into all breast cancer care programs**

A Model for Providing Survivorship Care

Seattle Cancer Care Alliance

Women's Wellness Follow-up Clinic

Patient population: breast and gynecologic cancer survivors more than 5 years from diagnosis and without recurrence

Providers: Nurse Practitioners

Services provided:

- Screening for cancers
- Physical therapy
- Nutrition
- Psychology and social services
- Reconstructive surgery
- Genetic counseling
- Management of menopausal symptoms
- Screening for osteoporosis, cardiac risk factors
- Education (newsletter, lectures, retreats)



Team Survivor Northwest

An Exercise and Fitness Program for Women Affected by Cancer



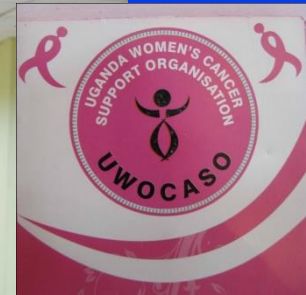
- Weekly workouts
- Twice weekly walks
- Running
- Hiking
- Biking
- Yoga and tai chi
- Dragon boating
- Swimming
- Annual fitness retreat

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- **Survivorship care is intended to maximize health and well-being, while monitoring for recurrence and late-effects of treatments**
- **Health professionals must be prepared to educate women and their families about the most common issues they are likely to experience, and to address specific problems in order to enhance recovery, improve functioning, and maximize adherence to medications**
- **The most effective way to expand survivorship care in LMICs is through involvement of primary care networks and community-based programs**

Supportive Care During and After Treatment for Breast Cancer: Engaging Patient Advocates and Community-based Programs



**WE CAN East African Breast and Cervical Cancer Advocacy Conference
Kampala, Uganda, Sept 2013
9 countries represented**