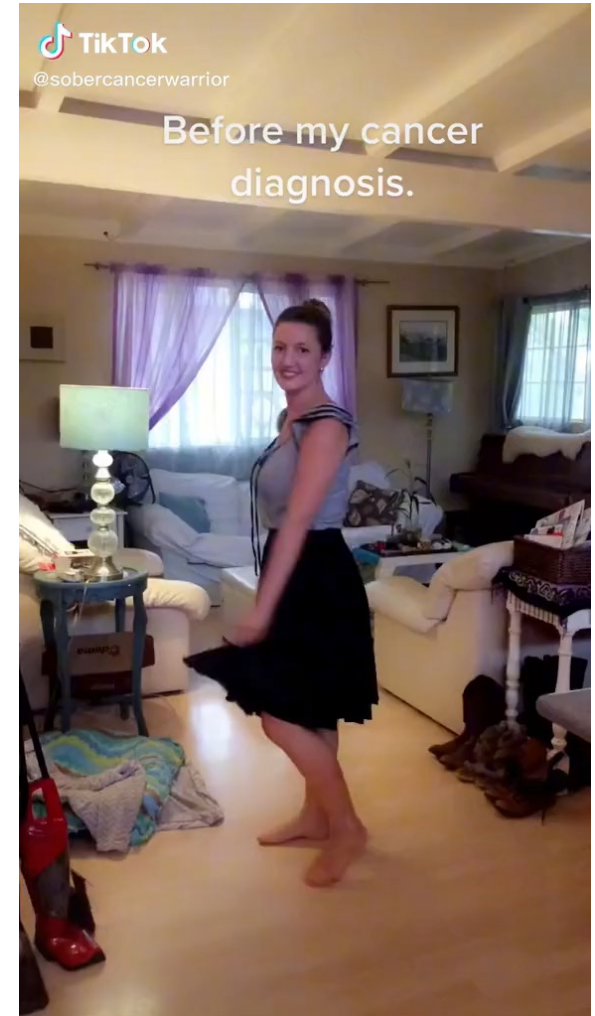


# Survivorship: Time of Diagnosis through the Balance of Life

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# Survivorship

Supportive  
care

Rehabilitation

Long term  
and late  
effects

Vitality

Metabolic  
health

Relational  
health

Occupational  
health

# Phases of Post Treatment Survivorship: Setting Achievable Goals and Expectations

-Time component to post treatment survivorship, care plan will vary based on this

-Early post treatment survivorship, weeks to ~6 months out

-Mid: 6 months to 1-2 years

-Late: 2+ years out from end of active treatment

-Labs and scans often show improvement earlier than cognitive recovery and energy for life

-Healing is non-linear: energy budgeting (there will be good days and rough days, rough days occur less often the farther from the end of active treatment)

-Acute illness (colds and flus) and “recurrence scares” may cause backslides in progress

# Onco-PCP Approach to Symptom Evaluation



# How to have an onco-pcp experience (without an onco-pcp):

1

Schedule regular check ins, phone or video is OK, more important to keep your PCP up to date

2

Ask about vaccines in cancer and updated metabolic parameters (A1c, lipids, blood pressure)

3

Ask about non-pharmacologic forms of pain and symptom management: acupuncture, PT

4

Optimize iron, B12, vitamin D and glucose for limb pain

5

Ask about rehab services: PT, OT, speech, physical medicine and rehabilitation

6

COG: Look up your treatments and what you're at risk for, bring this information to your PCP

7

Tell your PCP about organizations you've found helpful

# Key terms in survivorship

Integrative oncology - CAM to mitigate toxicity and to help manage symptoms

Oncology rehabilitation/Exercise Oncology (like cardiac rehabilitation or neurologic rehabilitation)

Psycho-oncology (treatment related mood changes are not the same as classic “depression” or “anxiety”)

Onco-endocrinology (metabolic healing, hormone changes- they cause a lot of symptoms)

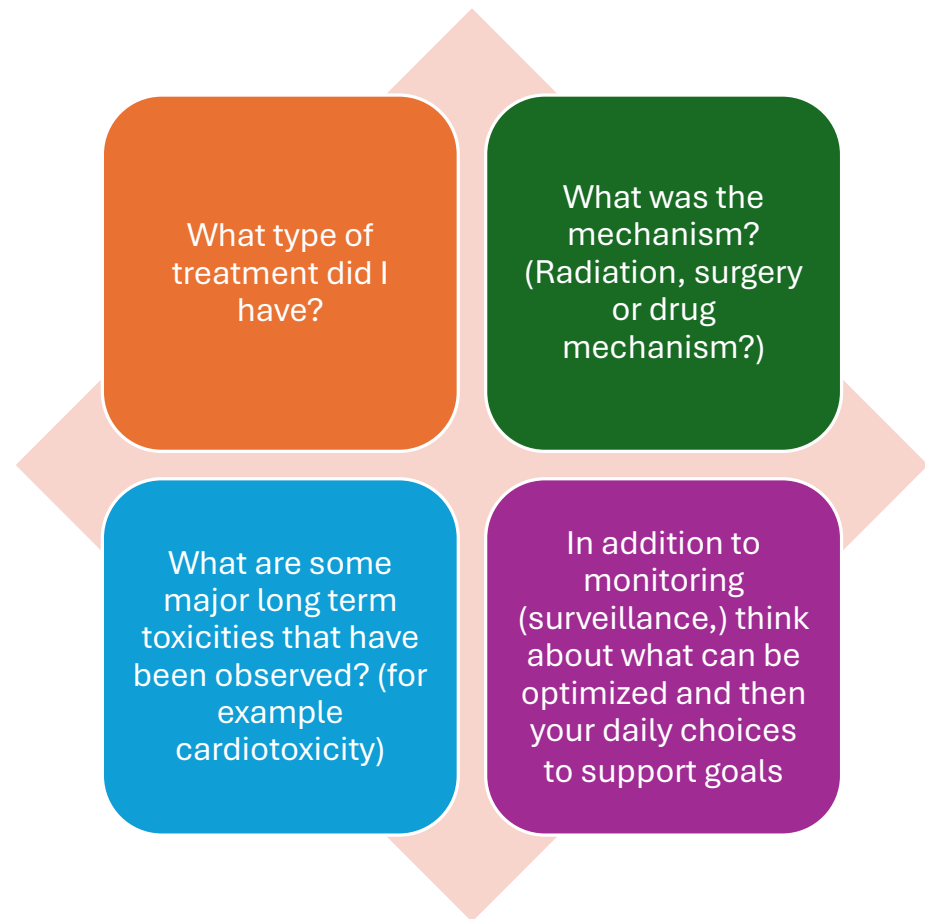
Cardio-oncology (fatigue might not be fatigue)

Scanxiety

Fear of Cancer Recurrence (FCR) – learning how to reset to brain/body alarm system

CRCI – Chemotherapy related cognitive impairment – optimize all root causes (sleep, vitamins, hydration, etc)

# Treatment Focused Prevention Strategy



## Take home points:



- Healing is a non-linear process
- Health and wellness are not necessarily tied to remission status
- Health is not a destination, it is a daily practice
- Surveillance is not survivorship
- Shift the focus from mortality to VITALITY

# Where to Learn More: Advocacy is Medicine

Cancer Nation

CSPN

[Cancersurvivorshipprimarycare.org](http://Cancersurvivorshipprimarycare.org)

Society for Integrative Oncology

Multinational Association for  
Supportive Care in Cancer

The Patient Story