



ENGLEWOOD HEALTH

June 2019

Dear Friends and Colleagues,

This month has been designated Cancer Survivors Month, both here at Englewood Health and throughout the world. At no time since the declaration of the War on Cancer have more cancer patients been cured or survived to live with cancer as a chronic condition. Their lives have been made better through an unprecedented partnership of the NIH, industry, oncologists, and patients and their families. This is an incredibly exciting time for cancer research.

How swiftly our understanding of cancer has advanced. When I entered the field some decades ago, I could not have imagined our current capabilities to detect cancer earlier, target treatments more effectively, utilize technology in the operating rooms and radiation suites, and manage the side effects of the treatments that enable patients to survive and live fulfilling lives. Today, I am happy to report, two out of three people diagnosed with cancer survive at least five years after diagnosis, up from one out of two in the 1970s. There are currently 14,000,000 cancer survivors in the U.S.

As we better understand the long-term screening, surveillance, and symptom-management needs of cancer survivors, The Lefcourt Family Cancer Treatment and Wellness Center and others are developing clinical guidelines to assist oncologists and other practitioners. The care of cancer survivors is the shared responsibility of oncology subspecialists and the primary care providers who are integral to the oncology follow up of these patients and share a close bond with them.

The following questions and practice guidelines are the cornerstone of survivorship programs:

- What are the optimal prevention approaches toward chemotherapy-induced neuropathies in adult cancer survivors?
- What are the optimal screening, assessment, and treatment approaches for adult cancer survivors who experience symptoms of fatigue after completing primary treatment?
- What are the optimal screening, assessment, and psychosocial-support interventions for adults with cancer who experience symptoms of depression and/or anxiety?
- How can health care providers best educate patients with cancer about the possibility of reduced fertility resulting from cancer treatments and inform them of methods to preserve fertility?

- Which evaluations, such as colonoscopy, computed tomography (CT), carcinoembryonic antigen (CEA), liver function, complete blood count (CBC), chest x-ray, history, and physical examination should be included in surveillance for recurrence?
- What secondary prevention measures should cancer survivors be counseled on?

For links to survivorship tools and guidelines in your practice, I suggest you visit the American Society of Clinical Oncology website (asco.org) and search for "Survivorship Compendium."

At our cancer center, we consider our survivorship program to be as central to our mission as our disease management teams, such as lung, prostate, and colon. The program team includes the program director, as well as a multidisciplinary team and the primary care physicians of our Englewood Health Physician Network. Cancer survivors need a variety of services, depending on their diagnosis and other factors. These may include:

- Treatment summaries and survivorship care plans
- Screening and surveillance for recurrence
- Screening for new secondary malignancies
- Physical therapy
- Genetic testing
- Nutritional consultation
- Psychosocial support
- Cardiology and endocrinology consultation

In summary, cancer survivorship care is a collaboration between primary care physicians and oncologists that encompasses the many needs of survivors, with a focus on ongoing care, surveillance for cancer recurrence, the development of care plans in the clinical setting, and care for the long-term side effects of treatment. It recognizes the unique relationship of cancer survivors with their primary care and oncology caregivers. Collectively, we will continue to identify ways to improve the lives of individuals living with cancer.

To learn more about the Survivorship Program at The Lefcourt Family Cancer Treatment and Wellness Center, please visit our website or call 201-608-2266.

Thank you,

A handwritten signature in blue ink that reads "Steven Brower, MD". The signature is fluid and cursive, with a long horizontal stroke at the end.

Steven Brower, MD, FACS
Medical Director
The Lefcourt Family Cancer Treatment and Wellness Center
Chief of Surgical Oncology and HPB Surgery
Professor of Surgery