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#### Diagnosis to Survivorship- The Spectrum of Cancer Care from a Family Physician Perspective: Part 2 Cognitive and Psychosocial Impacts for Cancer Survivors

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  - Speakers Bureau/Honoraria: Speaker Honoria OCFP ASA, William Osler clinical Day
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# **Learning Objectives**

- Support patients in their fear of recurrence
- Prepare patients for the impact of cancer treatment on sexuality
- Describe cancer-related cognitive impairment to patients in survivorship
- Implement a back to work plan



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## The Patient's Perspective...

#### Top concerns are:

- 1. Fear of recurrence
- 2. Sexuality after treatment
- 3. Cancer-related cognitive impairment
- 4. Fatigue
- 5. Mood disorders
- 6. Back to work

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#### **Fear of Recurrence**

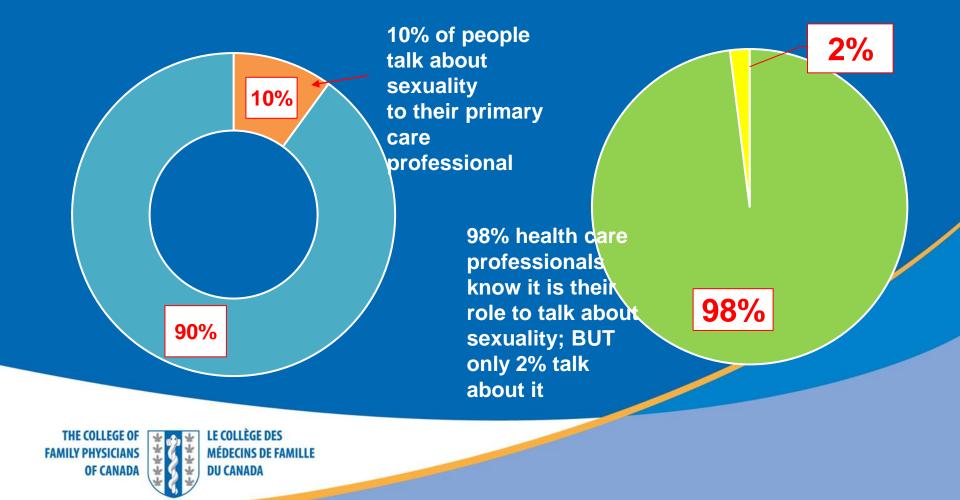
- 70% report high levels of fear of cancer recurrence
- This leads to avoiding follow-up tests and appointments and over-ordering tests without relief
- Incidence of completed suicide among patients with cancer and in survivorship is approximately TWICE that of the general population



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# Sexuality – Why Talk About It?

95% of men and 85% of women experience difficulties due to sexual dysfunction after cancer treatment



#### **Ask About Sexual Problems**

#### **Cancer Care** Ontario

#### **Action Cancer** Ontario

Edmonton Symptom Assessment System: (revised version) (ESAS-R)

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## **Treating Vasomotor Symptoms**

- Non Pharmacologic
   Fans, cooling sheets
- Pharmacologic
  - Clonidine (weak evidence)
  - Venlafaxine
  - Gabapentin/pregabalin

 Caution! HRT should NEVER be used in hormone receptor positive breast cancer (ER+/PR+)

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## **Tamoxifen Drug Interactions**

Strong or moderate Inhibitor: AVOID	Weak inhibitor: CAN USE*
amiodarone (Cordarone®)	citalopram (Celexa®)
quinidine	escitalopram (Cipralex®)
bupropion (Wellbutrin®, Zyban®)	venlafaxine (Effexor XR®)
duloxetine (Cymbalta®)	desvenlafaxine (Prisitq®)
fluoxetine (Prozac®)	mirtazapine (Remeron®)
paroxetine (Paxil®)	fluvoxamine
sertaline (Zoloft®)	trazodone
clomipramine, desipramine, imipramine	amitriptyline
terbinafine (Lamisil®)	



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BC Cancer Agency Cancer Drug Manual – Tamoxifen, Revised Feb 1, 2015

# **Genital Symptoms**

- Vaginal dryness and atrophy
  - Lubricants for sexual activity
  - Topical lidocaine for dyspareunia
  - Vaginal dilators may be of benefit
  - Pelvic floor physiotherapy
  - Counselling
  - Weighted cone system
  - Stimulation and masturbation are recommended
  - Vaginal estrogen can be used safely in some cases, but individual counselling and consultation with oncologist is advised

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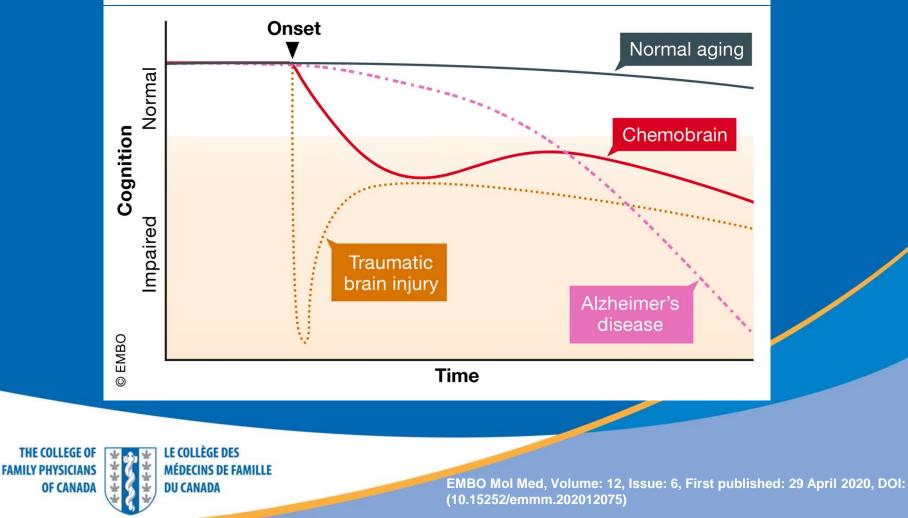


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#### **Cancer-Related Cognitive Impairment (CRCI)**

Cellular mechanisms and treatments for chemo brain: insight from aging and neurodegenerative diseases



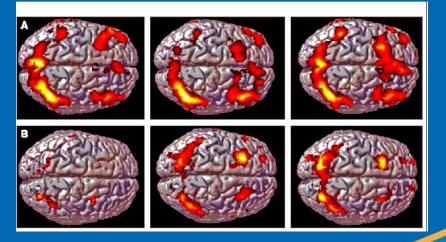
#### How does CRCI Impact Quality of Life?



#### **Cancer-Related Cognitive Impairment**

# 2.2 times longer + higher cognitive complaint score

fMRI Twin Study (Ferguson et al 2007)



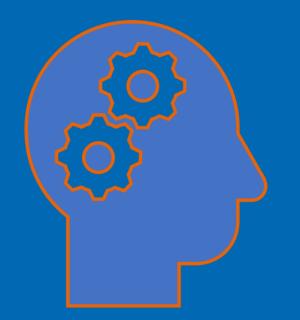
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#### **Distress, Depression, Anxiety**

- Prevalence of depression ranges from 8% to 24% within the first year of cancer diagnosis
- Canadian "snapshot" of cancer patients:
  - 44.3% report depression
  - 56.2% report anxiety



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# Back to Work Approach

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#### **Vocational Rehab Model for Cancer Survivors**

#### A 4-prong approach (Cancerandwork.ca) e-module available



**Biopsychosocial** – pre-existing disabilities, cancer treatment-related late and lasting effects



**Person-related** – changes in priorities, motivation and meaningful work. Feelings of self-efficacy, negativity towards working and stressors



- **System** health care, insurance providers, social and family supports, may impede and influence financial stability
- Work site job demands (physical, psychological, cognitive), work hours, availability of accommodations, workplace relationships and supports

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#### **Assess Function**

- Physical, psychological, cognitive
- Strengths
- Limitations
- Energy levels, duration
- Focus, multitasking, memory

"Physically there was no reason I could not do an office job, by most people's description. But it was my head that was off, psychologically."

"It was like all the files fell on the floor in my brain and it took so much longer to find things. Exhaustion hit me like a freight train physically and mentally."

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#### Resources

- •A 96 page booklet and on-line PDF document
- •All gender couples
- •Patient-friendly guide

#### **Sexuality and Cancer**



1888939-3333 | cancer.ca

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You to feel like you cannot fully empty your bladder

