

THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**

Making Cancer History®



YOCRC Virtual Patient Conference Living With and Beyond YORC

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Living With and Beyond Young-Onset Colorectal Cancer

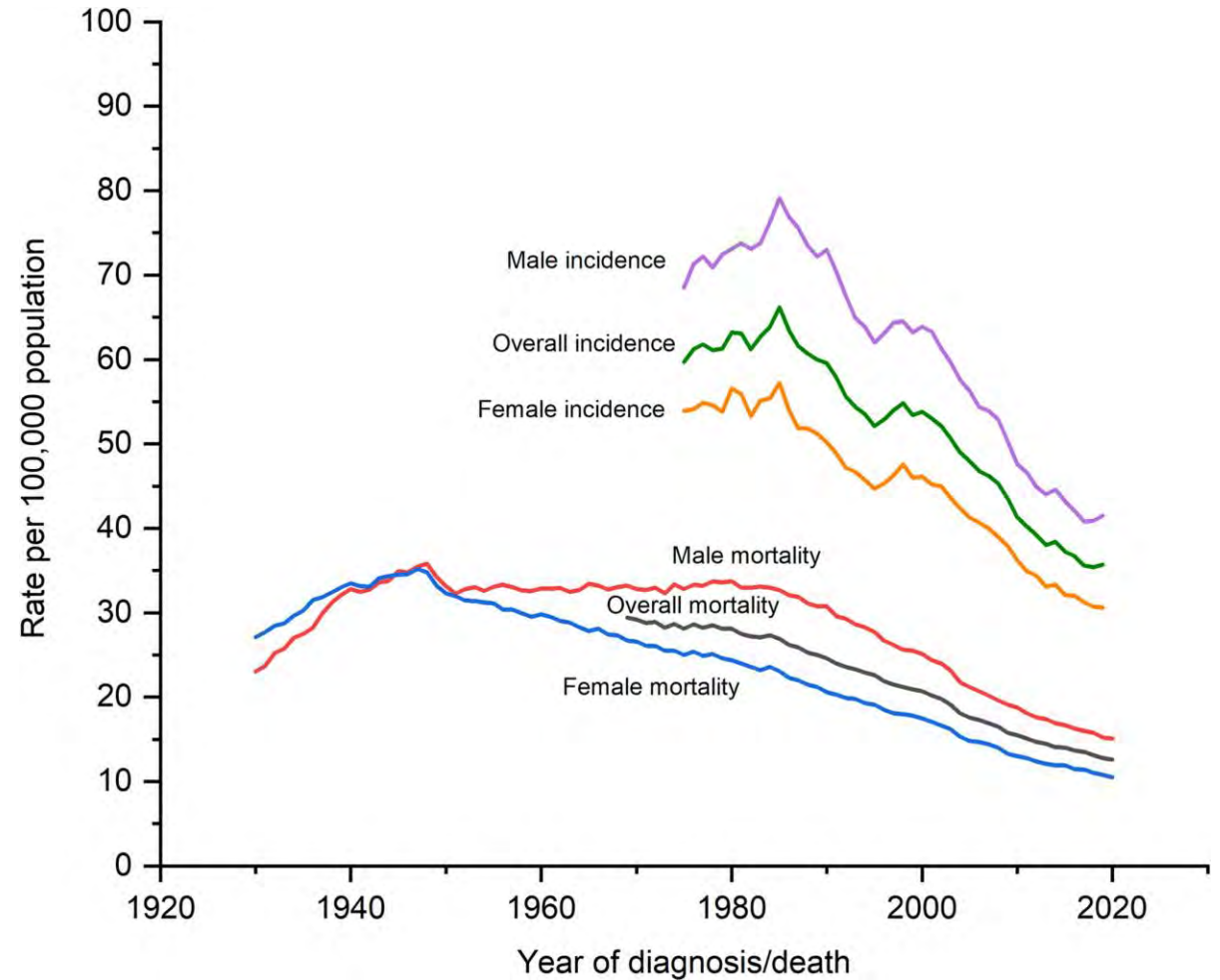
Objectives:

- **To discuss common impacts of cancer and treatment in survivorship including:**
 - **Physical effects**
 - **Psychosocial effects**

- **And to highlight management, intervention, and supportive care resources for these issues for survivor and provider awareness**

Overview

- Overall survival is improving in colorectal cancer.
- Implication is that an increasing number of people live with long-term side effects of disease and treatments.
- Treatments that have long-term effects:
 - Chemotherapy
 - Immunotherapy
 - Surgery
 - Radiation
- Both physical and psychosocial impact



Siegel et al. Colorectal Cancer Statistics 2023

Physical Effects: Chemotherapy long-term side effects

Common effects:

- **Myelosuppression: decrease in bone marrow activity, blood counts reduced**
- **Peripheral neuropathy: damage to peripheral nerves that can cause a loss of normal signals or inappropriate signals (loss of sensation, sensation of hot or cold, balance)**
- **Cognitive effects: “chemo brain”, “chemo fog”**
- **Liver dysfunction**

Management strategy: Supportive care

Physical Effects: Immunotherapy long-term side effects

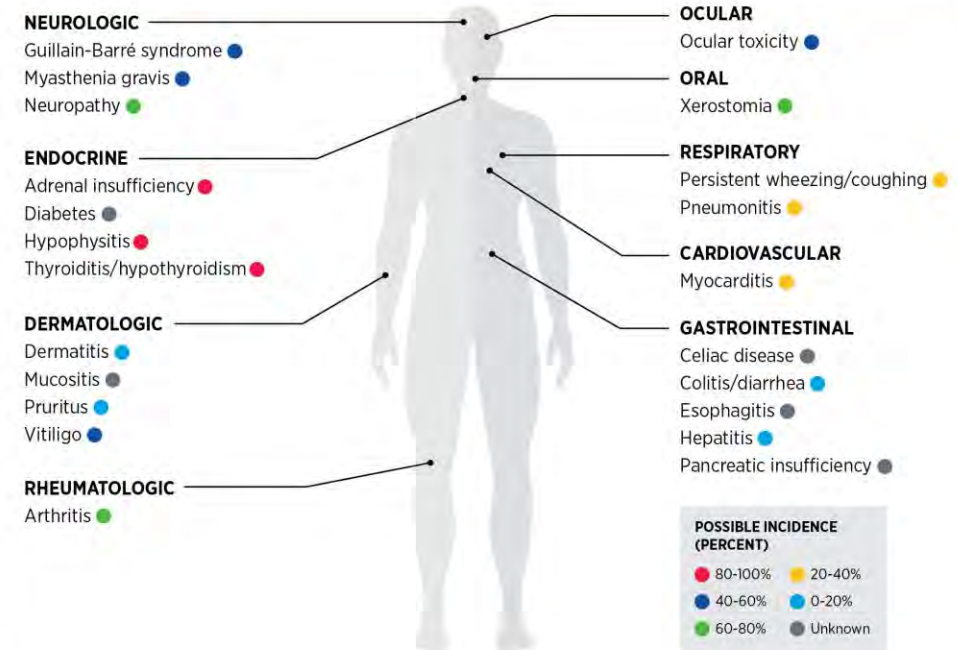
Resource:

American Association for Cancer Progress Report 2022

- Immunotherapies are a newer strategy in the treatment of cancers.
- The long-term physical impact of this therapy is still emerging.

Common Side Effects of Immune Checkpoint Inhibitors

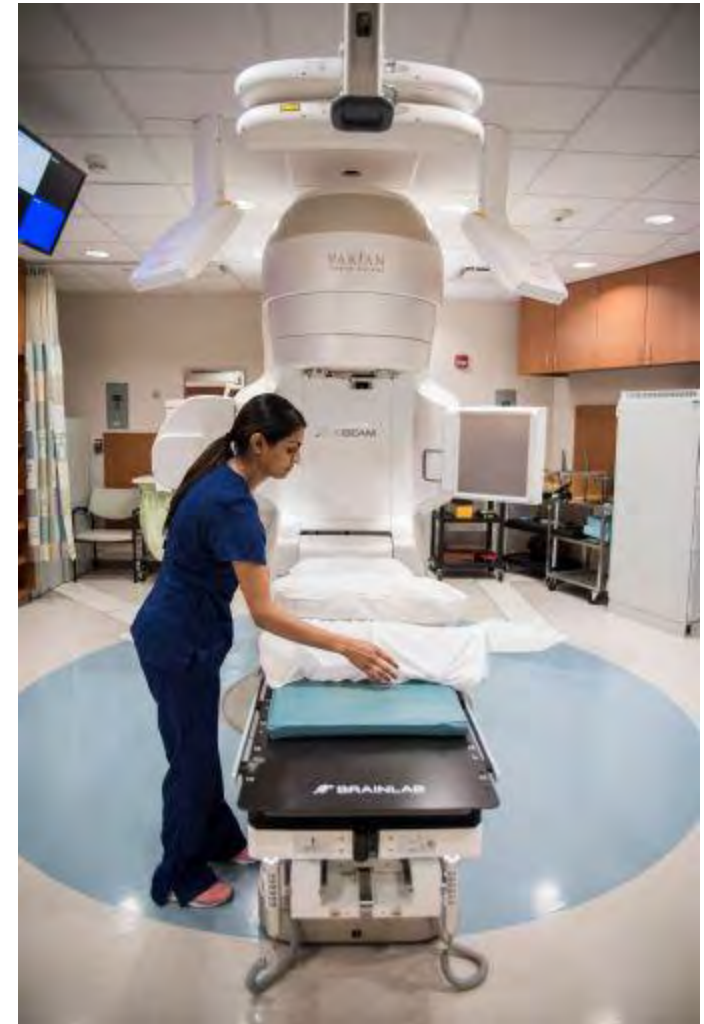
In the past decade, cancer researchers have developed a type of immunotherapy called immune checkpoint inhibitors (ICIs), which are treatments that help the body recognize and attack cancer cells. The success of this treatment has led to many more people living longer, fuller lives. Only now are we seeing the long- and late-term side effects survivors treated with ICIs can develop. Below are some of the more common side effects and the frequency in which they occur.



Physical Effects: Local therapy side effects

Local therapies in CRC include surgery and radiation therapy to the pelvis.

- Can have effects on the organs near the colon and rectum
- Impacts on bowel, bladder, and sexual function is called urogenital dysfunction



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Physical Effects: Urinary Effects

Symptoms

- **Sensation of incomplete bladder emptying**
- **Sense of decreased bladder capacity**
- **Urgency for urination**

Management

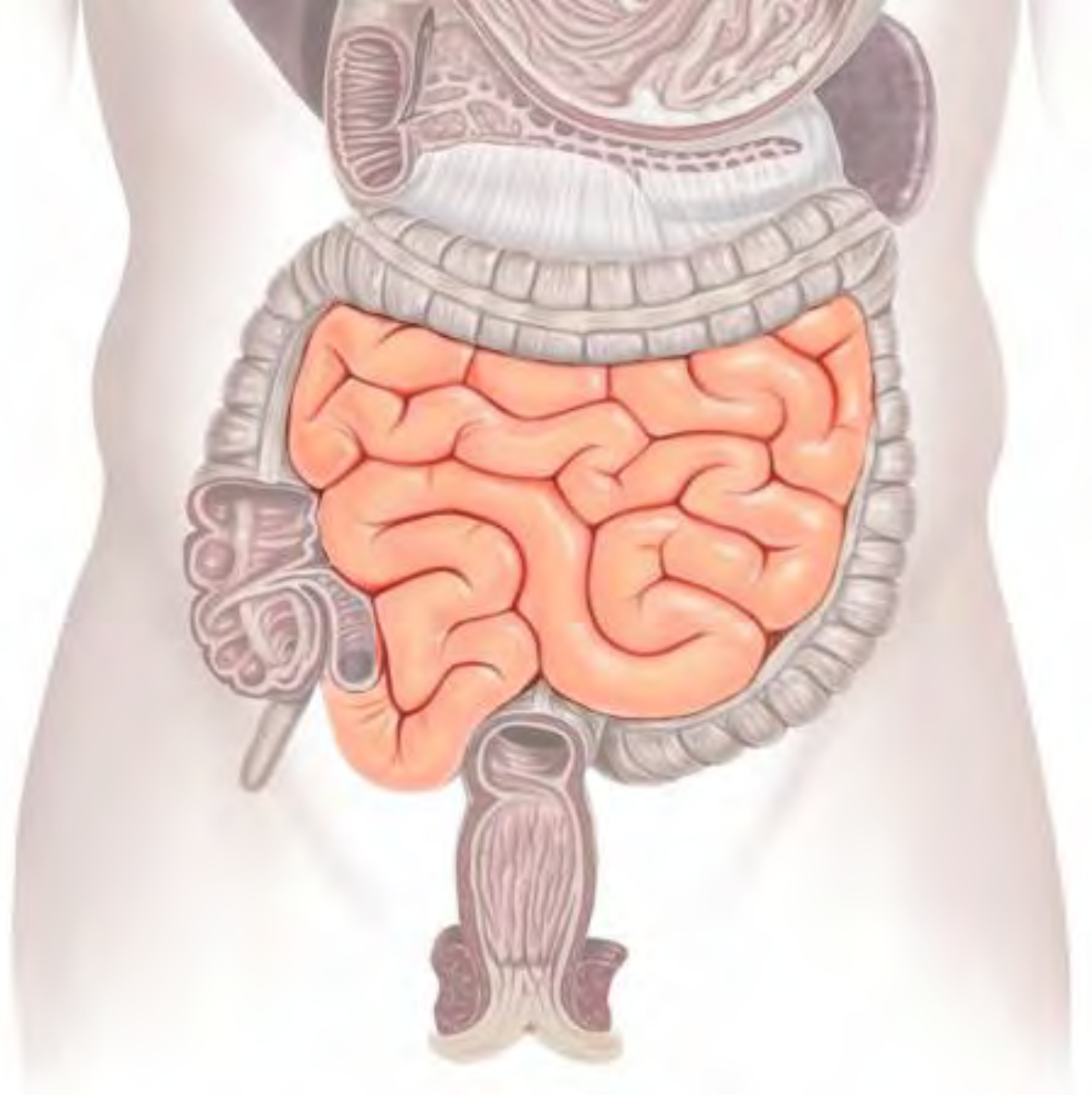
- **Referral to urologist**



Physical Effects: Bowel Issues

- Irregular bowel movement
- Incomplete evacuation
- Clustered
- Incontinence
- Urgency
- Inability to defer defecation
- Loss of sensation

Impact social function, activities of daily living, and quality of life.



Physical Effects: Managing Bowel Issues

- Antidiarrheal medications
- Bulk forming agents
- Laxatives and enemas
- Perianal skin care
- Dietary adjustments
- Protective undergarments
- Physical therapy, pelvic floor therapy
- Biofeedback
- Gastroenterology referral

Chronic diarrhea risk factors include low anterior resection (LAR surgery) or low anastomoses in rectal surgery, radiation to the pelvis

Physical Effects: Managing Ostomy Issues

- **Hernias**
- **Appliance Fit**
- **Regular stoma care**

Management: Wound ostomy care experts



Psychosocial Effects: Managing Ostomy Impacts

Impact

- **Anxiety and depression**
- **Body image**
- **Sexual impact**
- **Social impact**
- **Adjustment**

Management

- **Support groups**
- **Therapeutic support**



Psychosocial Effects: Provider Support

Tailoring discussions and resources to concerns

- **Education (fear of recurrence)**
- **Support services: psychology, psychiatry, supportive care, wound ostomy, physical therapy**
- **Social work, navigators and case management:**
Financial and work impact
FMLA, disability, employment accommodations

Summary

- **Comprehensive coordinated plan during the survivorship trajectory.**
- **Management of multi dimensional effects: physical, social, psychological, financial.**
- **Goal to optimize survivor quality of life and satisfaction with life.**
- **Survivorship journeys are unique, so individualizing support and interventions is needed to achieve the goal.**

Resources

- **American Society of Clinical Oncology**
- **National Comprehensive Cancer Network**
- **American Cancer Society**
- **MD Anderson Cancer Center**
- **Cancer Survivorship Series 2023**