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
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.
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
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