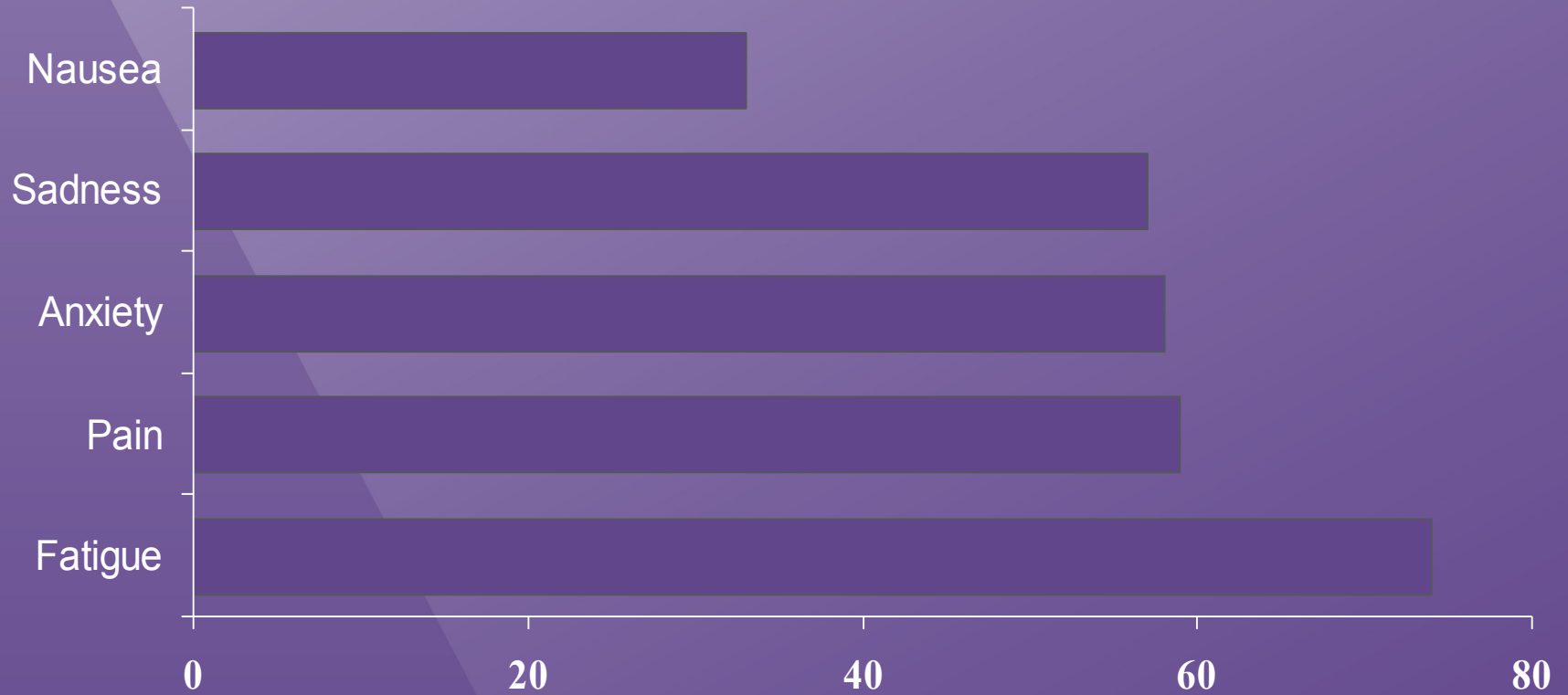




## Supportive Oncology

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# Symptom prevalence



•Cella, Seminars in Oncology, 1998

# Long-term and Late Physical Effects of Cancer

- One in four cancer survivors report poor physical or emotional health<sup>1</sup>
- The terms “late effects” and “long-term effects” can be used to distinguish health effects according to their onset<sup>2</sup>

## Long-term effects:

- Prevalent early on and may last for weeks or months
- Persist following acute care and become chronic problems

## Late effects:

- Arise months, years after treatment

1. American Cancer Society. Studies Show Cancer Survivors’ Physical and Emotional Problems Often Go Untreated. Available at: <http://www.cancer.org/cancer/news/studies-show-cancer-survivors-physical-and-emotional-problems-often-go-untreated>.
2. Hewitt M, et al. Washington, DC: National Academies Press; 2006.

# Consequences of emotional distress and fatigue

- QOL impairment
- Decreased employment functioning
- Decreased medical adherence
- Increased medical costs
- Increased health risk behaviors
- Decreased health protection behaviors

# Why must these effects be addressed?

- Needs, opportunities & options are often hidden: often patients don't discuss these symptoms with providers and providers don't always ask
- 94% of oncology specialists see support services as a priority for their patients.
- Patients and families want support
- For patients experiencing depression, anxiety, and fatigue there ARE GOOD TREATMENTS AVAILABLE

# Components of Healthy Behavior: Self-Care



Physical activity<sup>1,2</sup>



Nutritional recommendations<sup>1,2</sup>



Stress reduction<sup>1</sup>



Medical care<sup>1</sup>



Thank you!