



“I Didn’t Die” and Other Chief Complaints: Addressing Mental Health Needs in Cancer Survivors

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Cancer Prevalance and Projections in U.S. Population from 1975–2040

Cancer Survivor: *def*

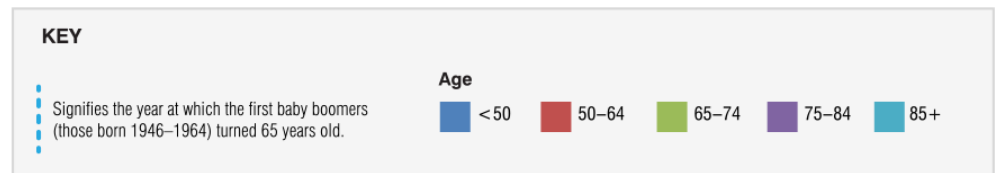
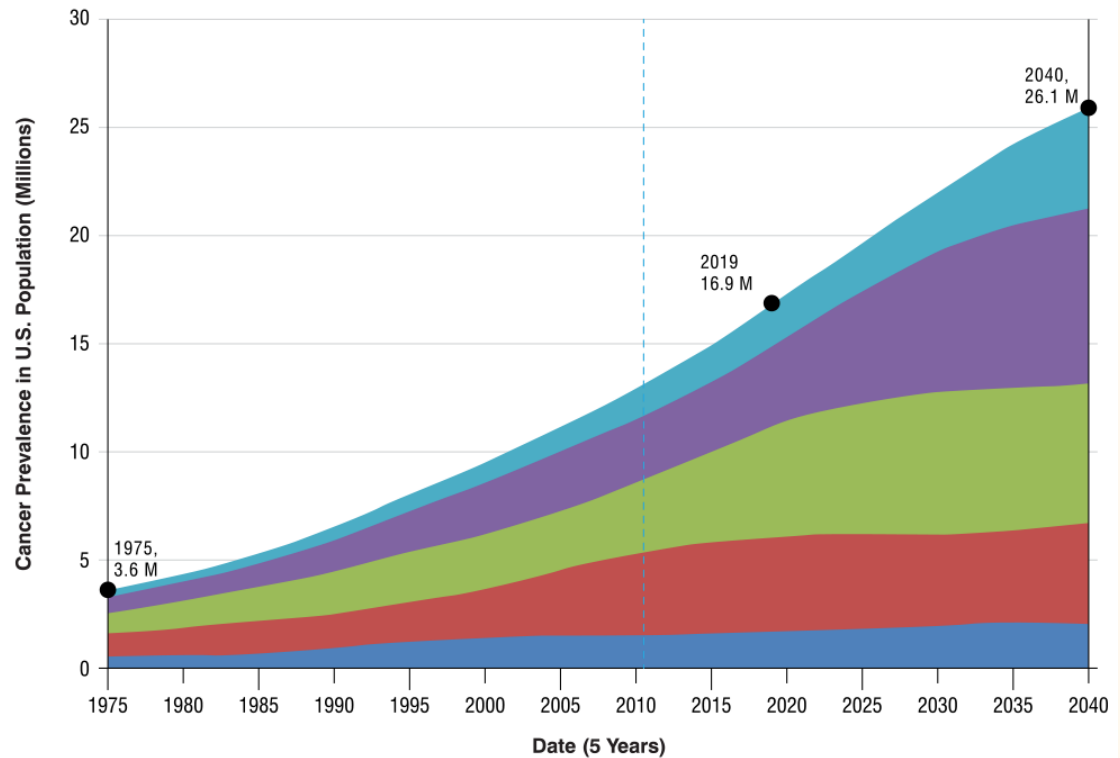
An individual is considered a cancer survivor from the time of diagnosis, through the balance of his or her life. Family members, friends, and caregivers are also impacted by the survivorship experience and are therefore included in this definition.

Trends in Survivorship

01/2019: 16.9 million

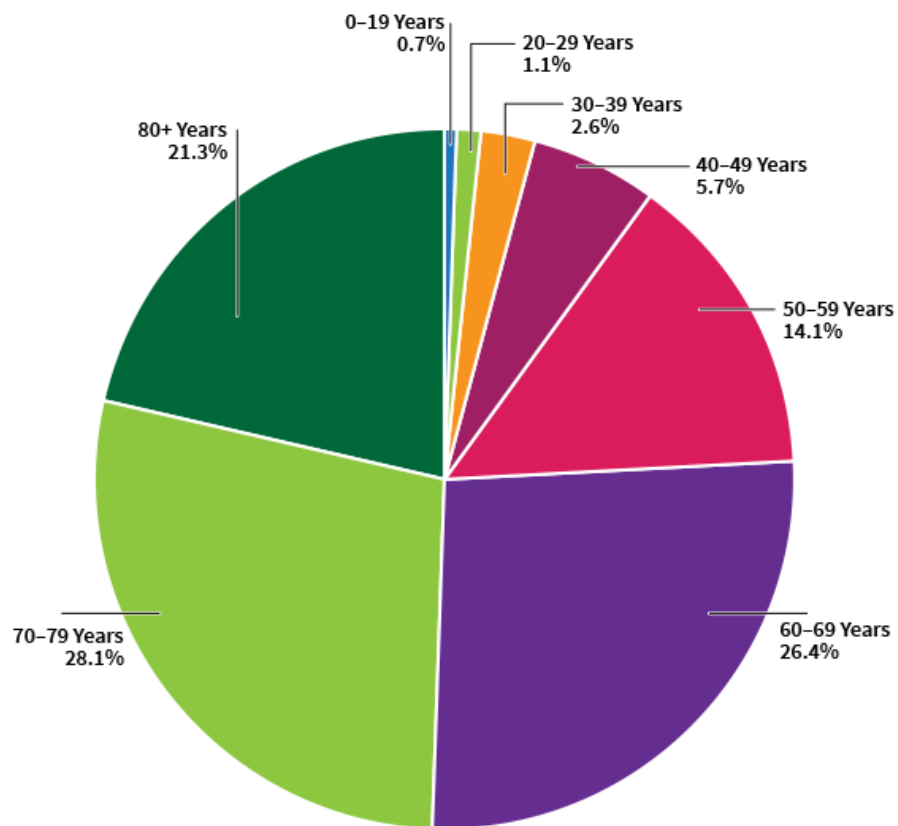
2029: 21.7 million

2040: 26.1 million



REFERENCE: Bluethmann SM, Mariotto AB, Rowland, JH. Anticipating the “Silver Tsunami”: Prevalence Trajectories and Comorbidity Burden among Older Cancer Survivors in the United States. *Cancer Epidemiol Biomarkers Prev.* 2016;25:1029-1036.

Estimated Number of Cancer Survivors in the U.S., by Current Age — More Detail

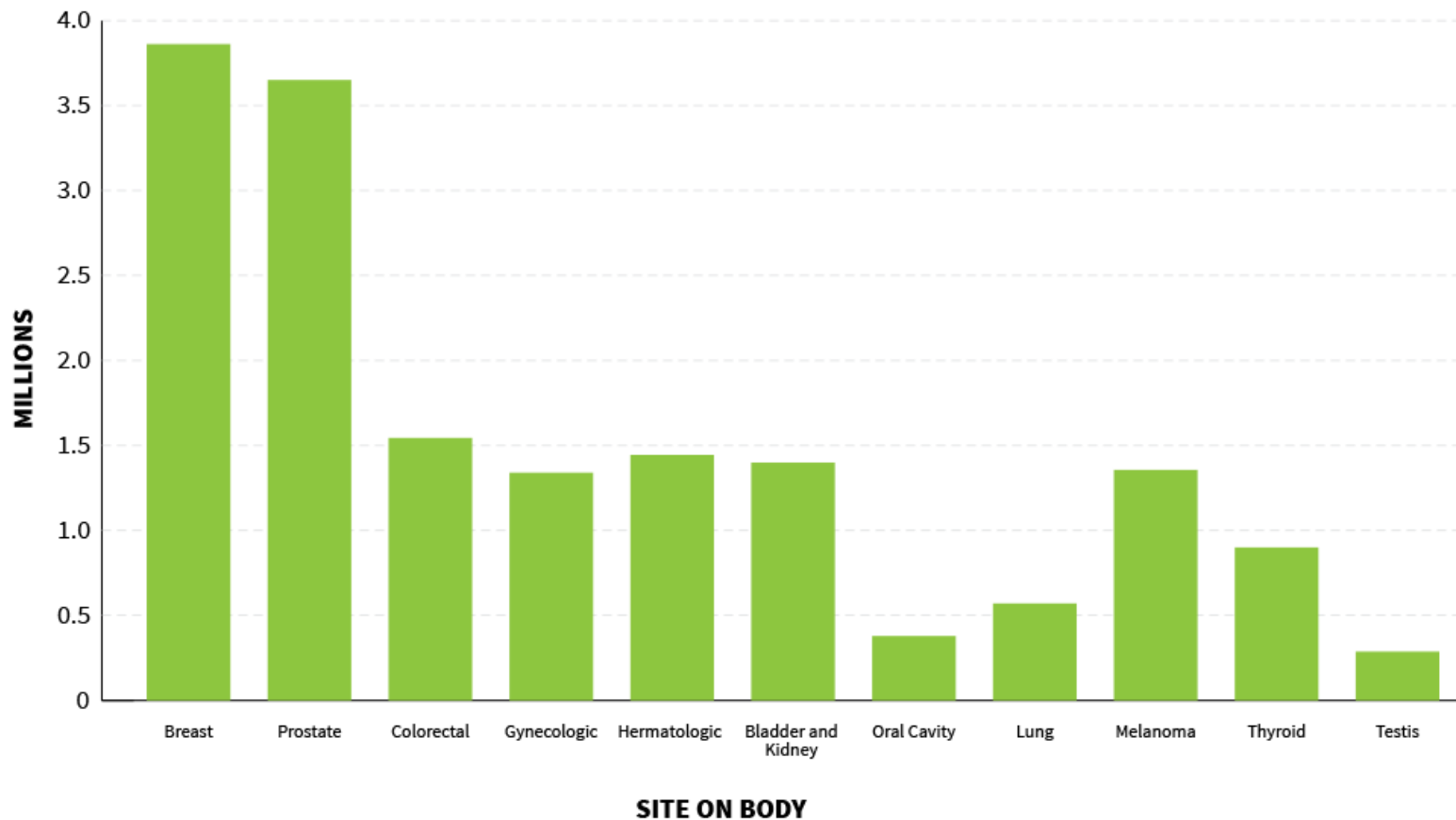


Trends in Survivorship

01/2019: 64% ≥ 65yo

2040: 73% ≥ 65yo

Estimated Number of Cancer Survivors in the U.S., by Site



REFERENCE: American Cancer Society. *Cancer Treatment & Survivorship Facts & Figures 2016-2017*. Atlanta: American Cancer Society; 2016.

Miller, K. D., Siegel, R. L., Lin, C. C., Mariotto, A. B., Kramer, J. L., Rowland, J. H., Stein, K. D., Alteri, R. and Jemal, A. (2016), Cancer treatment and survivorship statistics, 2016. CA: A Cancer Journal for Clinicians.

Why Does This Matter?

- 25% of patients with cancer have depression that warrants treatment
- Depression correlates with anxiety, pain, sleep disturbance, nutritional deficits, and fatigue
- Higher rates of suicide
- Multiple links between cancer and depression/anxiety
- Unknown long-term neuropsychiatric risks with cancer treatment

Why Does This Matter?

- Patients make different decisions about treatment
- Increased non-adherence during treatment
- Less likely to engage in future health screenings and preventative medicine
- More like to resume tobacco use
- Comorbid substance misuse
- Higher healthcare utilization and costs
- Shorter survival

Cancer Doesn't Happen in a Vacuum

- Less likely to ever marry
- Increased rates of divorce/separation*
- Family planning impacted
- Caregiver burden lasting longer than before
- Pain management
- Substance misuse
- Financial stress, transportation limitations

Distress in Long-Term Survivorship: Who's at Risk?

- Highest rates in first year after diagnosis
- Baseline distress
- Neuroticism
- Younger age, female
- Reproductive concerns, unfilled desire for child
- Cancer type and staging (sometimes)
- Physical symptom burden
- Perceived low social supports, unmarried
- Uninsured

Cook et al
Hoffman et al
Logan et al

Fear of Cancer Recurrence (FCR)

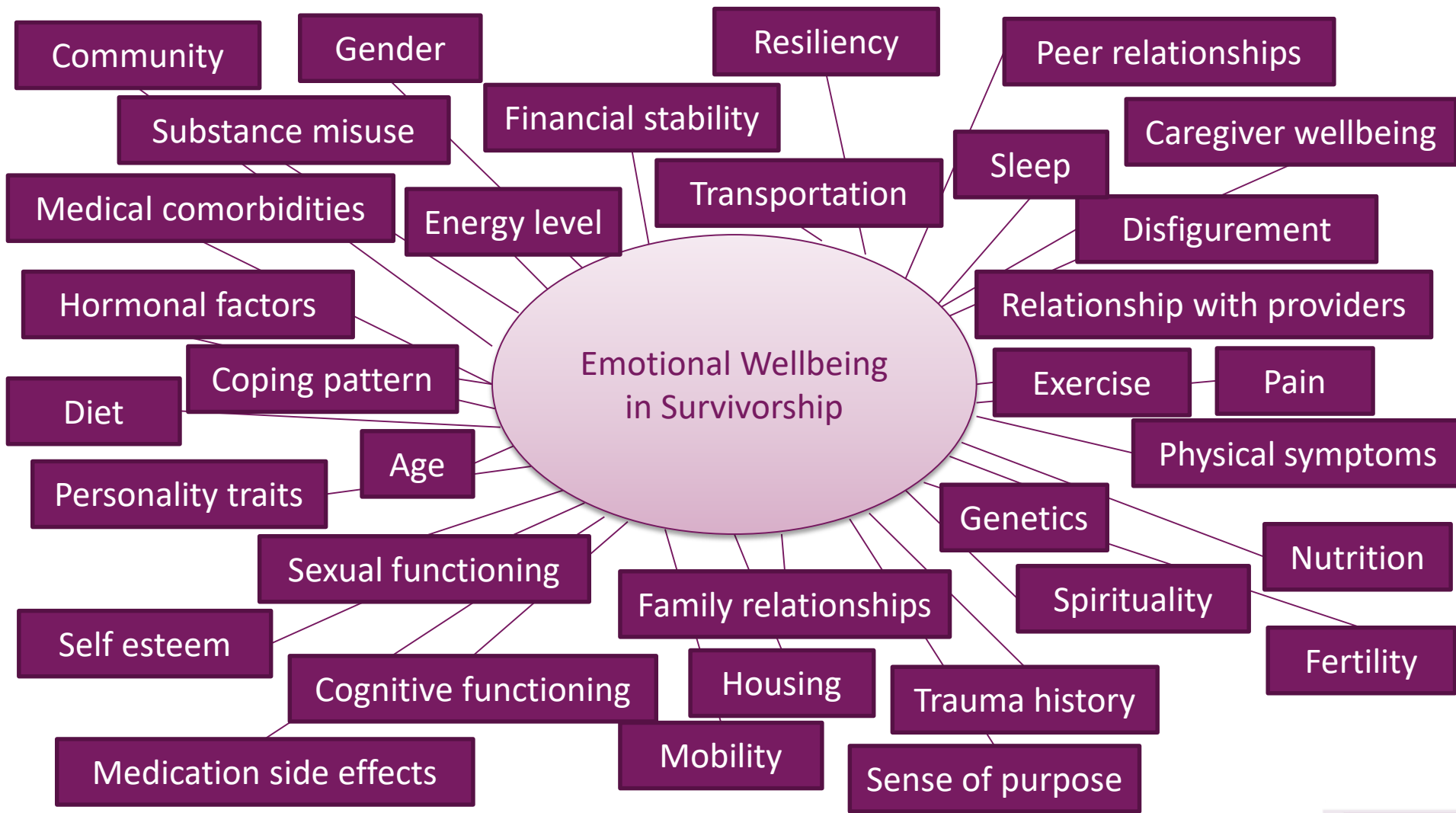
- 22%-87% moderate to high levels of FCR
- Might be caregivers > patients
- Might not decrease with time
- Preoccupation with physical symptoms
- Less satisfied with care, higher re-admission rates, higher medical costs, lower QOL
- Therapy approaches for management



Cancer-Related Posttraumatic Stress

- Avoidance, intrusive thoughts, hyperarousal
- Younger, lower SES, lower education, fewer supports, avoidance personality type
- More likely to be non-adherent with future medical care

- *High rates of prior traumas*



Therapeutic Strategies for Living with Cancer

- Physical symptom management
- Mobilization
- Nutritional support
- Sleep optimization
- Cognitive training
- Behavioral activation
- Motivational interviewing
- Mindfulness-based practices
- Peer supports
- Meaning-centered psychotherapy



Evidence-Based Strategies

- Mental health screening programs
- Earlier intervention
- Collaborative care over course of cancer care
- Group-based programs
- Technology
 - Smart phone apps, web-based
 - Telehealth
- Transitioning care to the community



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