

Addressing Adverse Consequences of Cancer Treatment

A Physician-Survivor's Perspective

National Academies of Sciences, Engineering, and Medicine
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DALLAS, TEXAS . .

No disclosures

WSH Perspective

- ❖ Physician
- ❖ Patient
- ❖ Subject in 3 clinical trials
- ❖ Patient advocate
- ❖ Medical writer/public speaker
- ❖ Adjunct professor UT Dallas (*Medicine, Politics and Philosophy*)

WSH Medical History



Dx Stage III indolent NHL [Nov 1990]

Promace MOPP chemotherapy [11/90 - 5/91 (CR)] periph/Hickman/PICC

XRT minimantle XRT [6/92 - 7/92 (CR)]

bone marrow harvest [8/92]

Interferon [1/93 - 5/93]

Phase I trial IDEC C2B8, Stanford [6/93 - 9/93 (PR)]

Mab Rx

Phase II trial IDEC C2B8, Stanford [2/94 - 5/94 (CR)]

FND chemotherapy [2/95 - 10/95 (CR)]

ondansetron

Phase II trial IDEC C2B8, Dallas [5/97 - 8/97 (CR)]

Rituximab [5/97 - 6/98 (CR)]

Rituximab + GMCSF [12/05 - 11/07 (CR)]

subQ immunoglobulin (07/17 - ? Rest of life)

WSH Medical History



Dx Stage III indolent NHL [Nov 1990]

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Phase I trial ID# C2B8, Stanford [6/93 - 9/93 (CR)] Mab

Phase II trial ID# C2B8, Stanford [2/94 - 5/94 (CR)]

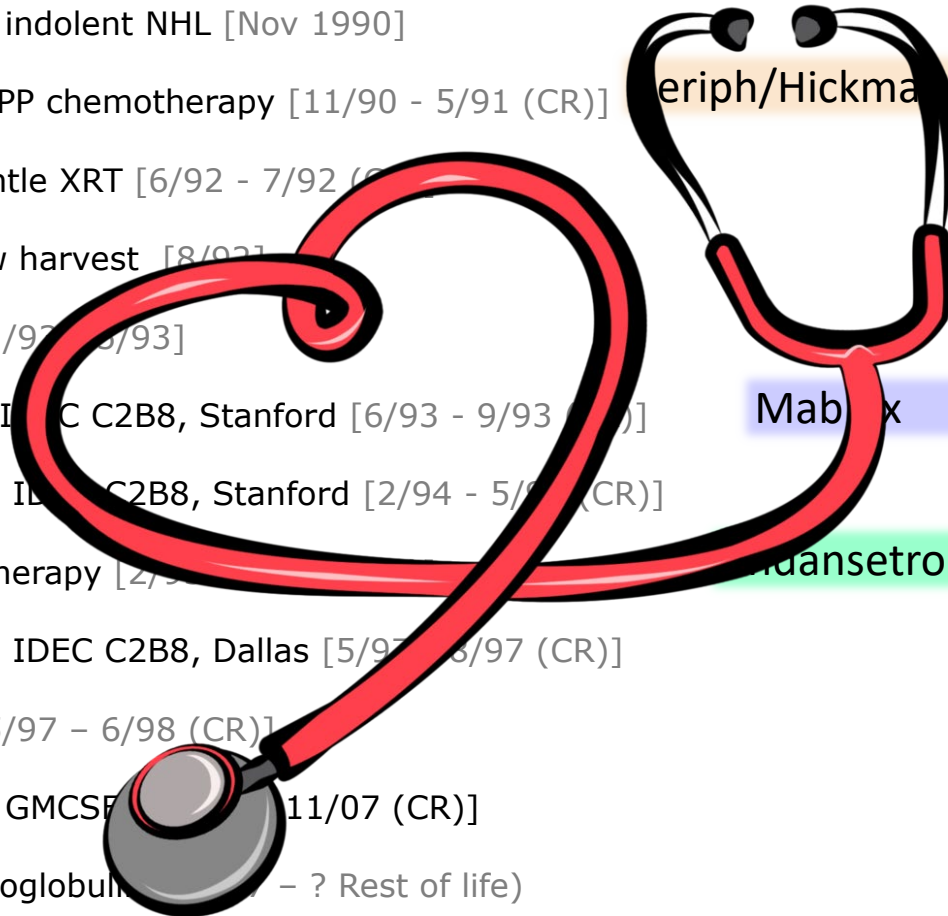
FND chemotherapy [2/95 - 5/95] ondansetron

Phase II trial IDEC C2B8, Dallas [5/97 - 8/97 (CR)]

Rituximab [5/97 - 6/98 (CR)]

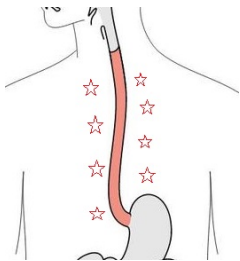
Rituximab + GMCSF [11/07 (CR)]

subQ immunoglobulin [11/07 - ? Rest of life)



Life During Cancer Treatment

Esophagitis



Neutropenia



Phlebitis



Cognitive Impairment



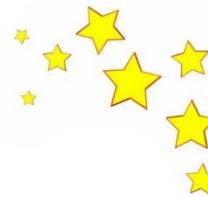
Fatigue



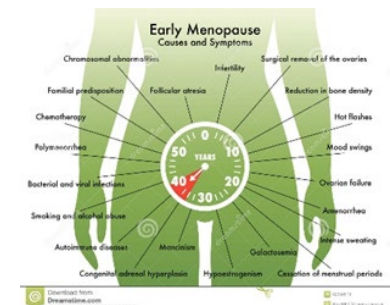
Insomnia



Optic Migraine



Early Menopause



Life after Cancer

Fatigue



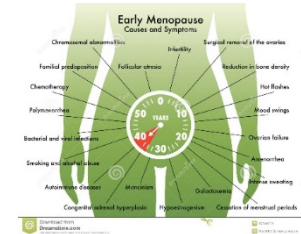
Recurrent URTIs



*Esophageal
motility disorder*



Early Menopause



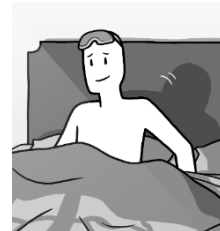
Osteoporosis



Hypogammaglobulinemia



Insomnia



Cognitive Impairment



Life after Cancer

Fatigue



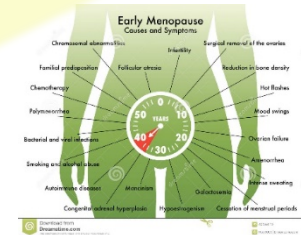
Recurrent URTIs



Esophageal motility disorder



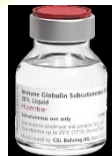
Early Menopause



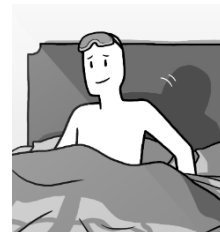
Osteoporosis



Hypogammaglobulinemia



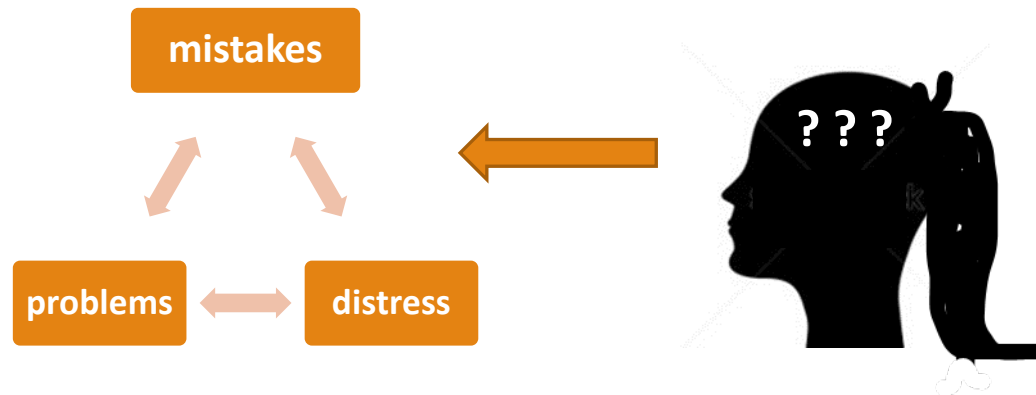
Insomnia



Cognitive Impairment



Cognitive Impairment



CA: A Cancer Journal for Clinicians

Article | [Free Access](#)

Resolving the frustration of fatigue[†]

Dr. Wendy S. Harpham MD

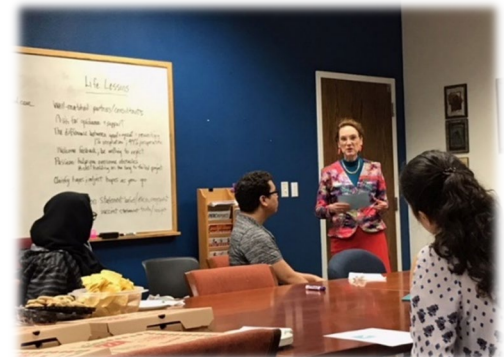
Aging and Long-term Survivorship

Aging + long-term and late effects (XRT/chemotherapy)

- Immunodeficiency
- Cancer risk
- Osteoarthritis/osteopenia
- Post-XRT Vascular Disease



Life after Cancer



Cancer Care

Addressing cancer saves lives.

Addressing adverse effects saves life.

Healthy Survivorship

A survivor who gets good care*
and lives as fully as possible
is a Healthy Survivor.

W. S. Harpham, M.D. (1992)

* good care = high-quality care that respects patient's values

Addressing Adverse Effects

Obtain **knowledge**

Find **hope**

Take **action**

How to overcome obstacles for patients?
researchers?
clinicians?

Knowledge - Hope - Action



*Healing Hope—
Through and Beyond Cancer*
(Illustration, Emma Mathes)

Facts set us free, even if it hurts when we learn them.



I HAVE INCREASED RISKS D/T Rx

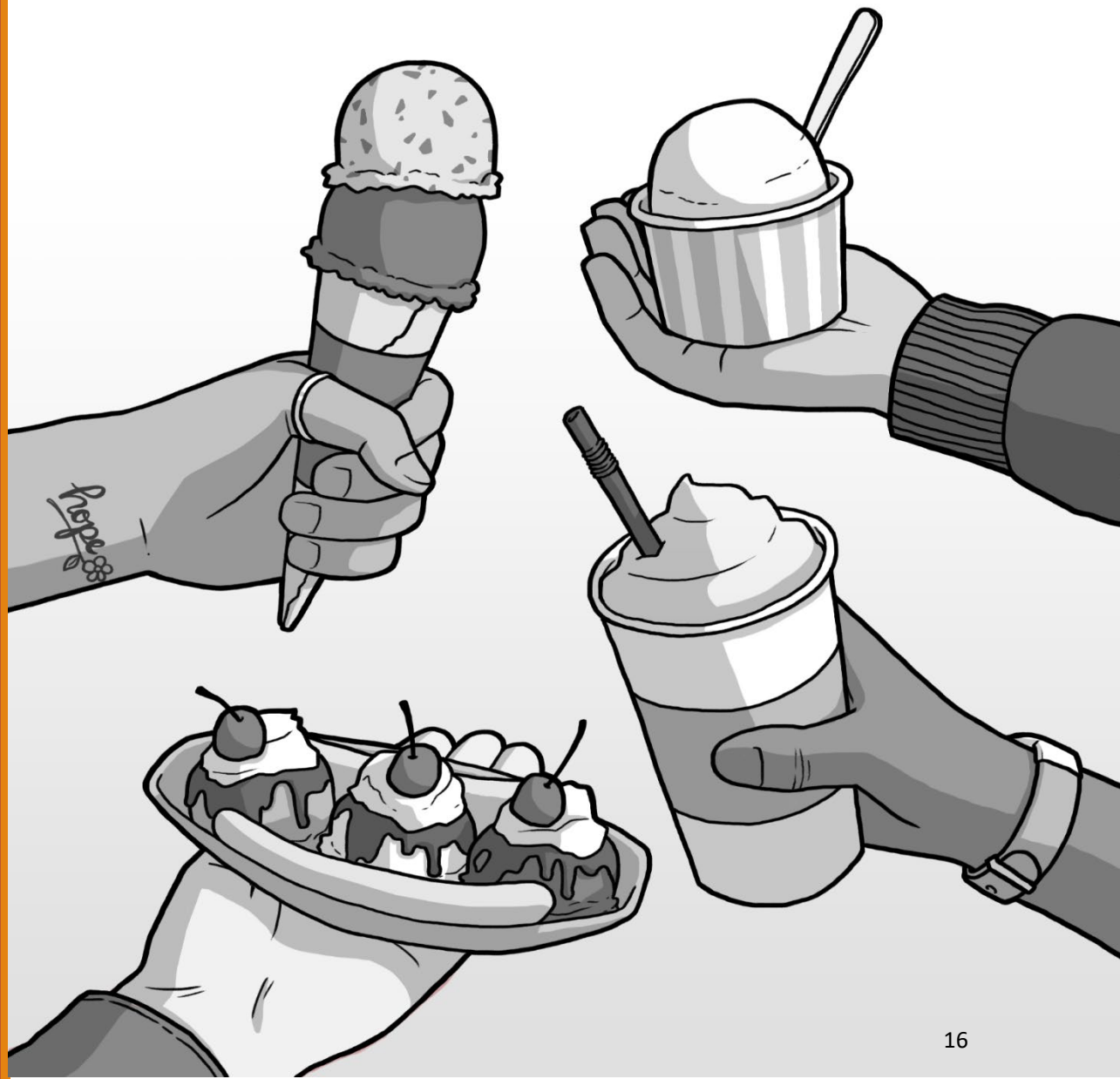


I CAN DECREASE MY *OVERALL* RISK

- Modifiable factors
- Screening
- Reporting warning signs/symptoms

*Healing Hope—
Through and Beyond Cancer*
(Illustration, Emma Mathes)

Everybody is Different...
Every Body is Different.



*Healing Hope—
Through and Beyond Cancer
(Illustration, Emma Mathes)*

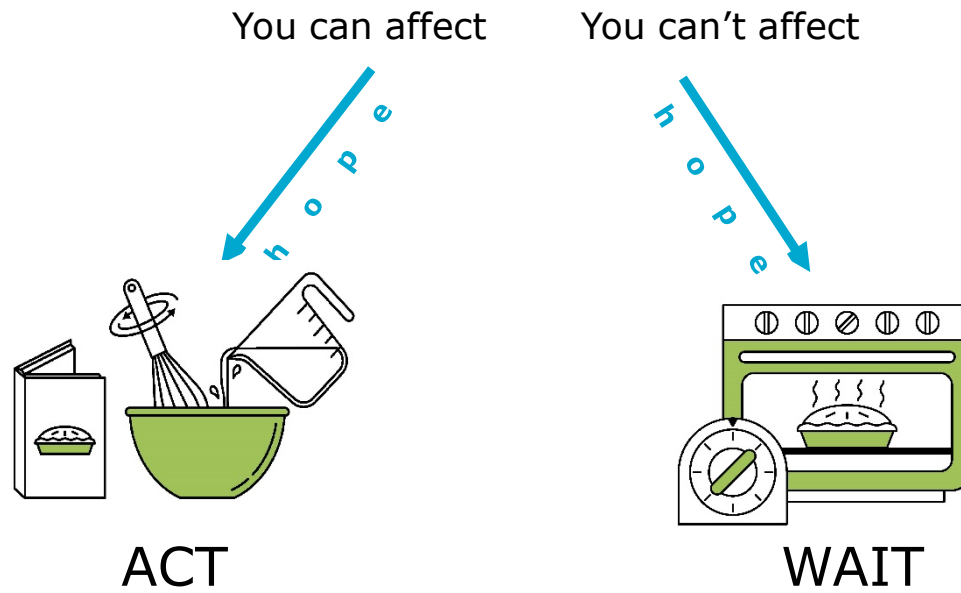
Worry About LE is a
Luxury Reserved for LTS

*Healing Hope—
Through and Beyond Cancer*
(Illustration, Emma Mathes)



Knowledge - Hope - Action

Uncertain Outcome



Graphics, P. Alert-Phillips

False Hope* is a Real Feeling

* False hope = hope based on
inaccurate information

*Healing Hope—
Through and Beyond Cancer*
(Illustration, Emma Mathes)



Reflect

Discuss

Assess



FREE RESOURCE
tinyurl.com/NAS-FHTH

Knowledge - Hope - Action

Action is the Final Answer

How to narrow the gap
between patients knowing
what to do ... and doing it?

*Healing Hope—
Through and Beyond Cancer*
(Illustration, Emma Mathes)



My Hopes for Addressing AE

Addressing cancer saves lives.

Addressing adverse effects helps people live their life.

Eliminating disparities helps everyone.

Knowledge, hope, and action

Healthy Survivors find
some happiness today
while hoping for a
better tomorrow.



*Healing Hope—
Through and Beyond Cancer*
(Illustration, Emma Mathes)

Bibliography

BOOKS

- [*Finding Hope That Heals*](#) Harpham; National Breast Cancer Foundation, 2020 (free e-book)
- [*Healing Hope—Through and Beyond Cancer*](#) Harpham; Curant House, 2018
- [*Happiness in a Storm. Facing Illness and Embracing Life as a Healthy Survivor*](#) (Harpham; WW Norton 2006)
- [*Pocket Guide to Talking About Side Effects of Cancer Treatments*](#) (Harpham; Baile; MD Anderson I* CARE, 2011)

ARTICLES (“View from the Other Side of the Stethoscope” column, *Oncology Times*)

- [*Healing Hope*](#) (May 25, 2017)
- [*Patient handout: Healing Hopes*](#) (June 25, 2017)
- [*Healthy Survivor*](#) (February 25th, 2008)
- [*Introducing “The New Normal for Now”*](#) (October 5, 2019; finalist Folio Eddie Award)

Knowledge - Hope - Action

How to help the medical community obtain knowledge that...

- Advances the science?
- Eliminates disparities?
- Involves patients in research?
- Helps clinicians personalize care and optimize outcomes?

How to help patients obtain knowledge about...

- Informed decision making
- Preventive measures
- Warning signs and symptoms
- Self-advocacy

Knowledge - **Hope** - Action

How to help the medical community...

- Find and nurture hopes that help them advance the science and eliminate disparities
- Help clinicians guide and support patients' hopes

How to help patients find hope that facilitates....

- Taking proper action; avoiding harmful action
- Waiting, when necessary
- Managing uncertainty
- Finding meaning and joy

Knowledge - Hope - **Action**

How to help the medical community take action that ...

- Advances the science and eliminates disparities
- Helps clinicians personalize care and optimize outcomes

How to help patients....

- Take proper action; avoid improper action
- Wait (when no more to do)