Healthy Living After Chemo

HEALTH PROMOTION PROJECT

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Objectives

- Awareness
- Survivorship
  - Nutrition
  - Staying Active
  - Support
  - Moving on
- What Happens Next
  - Treatment Summary
  - Survivorship Care Plan
- Cancer Information Resources
Cancer Awareness

- Cancer is ...
- Common Cancer Types
## The 10 Most Common Cancers (in order from highest to lowest occurrence)

<table>
<thead>
<tr>
<th>LUNG &amp; BRONCHUS</th>
<th>COLON &amp; RECTUM</th>
<th>BREAST</th>
<th>TESTIS</th>
<th>PANCREAS</th>
<th>HODGKIN’S DISEASE*</th>
<th>LEUKEMIA</th>
<th>LIVER</th>
<th>OVARY</th>
<th>BRAIN &amp; NERVOUS SYSTEM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptoms</td>
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<tr>
<td>Persistent cough, chest pain, difficulty breathing</td>
<td>Bloody stool, abdominal pain, fatigue</td>
<td>Lump in armpit, dark-colored discharge from nipple</td>
<td>Lump in testicle, pain in lower abdomen</td>
<td>Weight loss, abdominal pain, bloating, loss of appetite</td>
<td>Swollen glands in neck, armpit, or groin, fatigue, weight loss</td>
<td>Fever, swollen glands, symptoms of anaemia</td>
<td>Fatigue, pain in upper abdomen, jaundice</td>
<td>Abdominal swelling</td>
<td>Severe headaches</td>
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<tr>
<td>Diagnosis</td>
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<tr>
<td>Physical exam, chest x-ray, needle biopsy</td>
<td>Diarrhea, rectal exam, fecal occult blood test, lower GI series</td>
<td>Mammogram, physical exam, biopsy</td>
<td>Physical exam, biopsy</td>
<td>Physical exam, x-ray, lymphangiogram, biopsy</td>
<td>Physical exam, blood test, bone marrow biopsy</td>
<td>Physical exam, blood test</td>
<td>Physical exam, CT scan, biopsy</td>
<td>Physical exam, endoscopy</td>
<td>CT scan, biopsy</td>
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<tr>
<td>Treatment</td>
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<tr>
<td>Smoking, exposure to air-borne industrial pollutants</td>
<td>High fat diet, obesity</td>
<td>Heredity, late menopause</td>
<td>Heredity</td>
<td>Smoking, diabetes</td>
<td>Heredity</td>
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</table>

## Additional Cancers

<table>
<thead>
<tr>
<th>MULTIPLE MYELOMA</th>
<th>CERVIX &amp; UTERUS</th>
<th>THYROID</th>
<th>PROSTATE</th>
<th>KIDNEY &amp; URINARY BLADDER</th>
<th>MELANOMA OF THE SKIN</th>
<th>NON-HODGKIN’S LYMPHOMA*</th>
<th>SMALL INTESTINE</th>
<th>ORAL CAVITY</th>
<th>PHARYNX &amp; LARYNX</th>
<th>ESOPHAGUS &amp; STOMACH</th>
</tr>
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<tr>
<td>Infection, pain in bones, kidney failure</td>
<td>Heavy periods, painful discharge (watery to thick)</td>
<td>Swelling in front of neck</td>
<td>Weak urinary stream, bloody urine</td>
<td>A mole that spreads, changes color, bleeds, or begins to itch</td>
<td>Weight loss, fatigue, bloating</td>
<td>Weight loss, fatigue, bloody stool</td>
<td>Weight loss, fatigue, bloody stool</td>
<td>Difficulty swallowing, sore throat, difficulty swallowing/speaking</td>
<td>Difficulty swallowing, rapid weight loss, persistent heartburn</td>
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</tr>
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<td>Diagnosis</td>
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<tr>
<td>Physical exam, blood test, x-ray</td>
<td>Physical exam, Pap smear</td>
<td>Physical exam, biopsy</td>
<td>Physical exam, rectal exam, biopsy</td>
<td>Intravenous pyelogram, ultrasonogram, angiogram</td>
<td>Physical exam, biopsy</td>
<td>Physical exam, blood test, bone marrow biopsy</td>
<td>Physical exam, blood test, bone marrow biopsy</td>
<td>Physical exam, CT scan, biopsy</td>
<td>Physical exam, endoscopy</td>
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<td>Treatment</td>
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<tr>
<td>Chemotherapy, radiation therapy</td>
<td>Chemotherapy, radiation therapy</td>
<td>Chemotherapy</td>
<td>Hormone medication, radiation therapy</td>
<td>Surgery, chemotherapy, radiation therapy</td>
<td>Surgery, chemotherapy</td>
<td>Surgery, chemotherapy, radiation therapy</td>
<td>Surgery, chemotherapy, radiation therapy</td>
<td>Surgery, chemotherapy</td>
<td>Surgery, chemotherapy</td>
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</tr>
<tr>
<td>Unknown</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Men over 50</td>
<td>Light skin, excessive exposure to direct sunlight</td>
<td>Men over 50</td>
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*Causes by malignant melanoma

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Design by Michael Babuwozuh | www.michaelbabuwozuh.com

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**Online Cancer Resources:**

- [The American Cancer Society](www.cancer.org)
- [National Cancer Institute](cancer.gov)
- [National Center for Health Statistics](www.cdc.gov/nchs)
- [World Health Organization](www.who.int)
Survivorship

• What does it mean to be a survivor?
Survivorship

8 Healthy Behaviors

1. No smoking
2. Avoid second hand smoke
3. Exercise regularly
4. Avoid excessive weight gain
5. Eat a healthy diet
6. Drink alcohol in moderation
7. Stay connected
8. Get screening tests and go to your check-ups
Smoke

• Increases risk
• Quit now

Risks from Smoking
Smoking can damage every part of the body

Cancers
- Head or Neck
- Lung
- Leukemia
- Stomach
- Kidney
- Pancreas
- Colon
- Bladder
- Cervix

Chronic Diseases
- Stroke
- Blindness
- Gum infection
- Aortic rupture
- Heart disease
- Pneumonia
- Hardening of the arteries
- Chronic lung disease & asthma
- Reduced fertility
- Hip fracture
Survivorship

- Exercise Regularly
  - ↑ mood
  - ↑ energy
  - Improves physical condition and movement
  - Maintains bone health
  - ↓ risk of recurrence
  - ↓ risk of other chronic disease processes
Survivorship

• Nutrition
  ○ Achieve and maintain a healthy weight
  ○ Eat at least 2 ½ cups of fruits and veggies daily
  ○ Eat whole grain foods
  ○ Limit red meat and processed meat
  ○ Limit “bad” fats (saturated and trans fats)
  ○ Eat “good” fats (polyunsaturated and mono-saturated fats)
  ○ Limit alcohol intake
Survivorship

- Support
  - Family
  - Friends
  - Online Communities and Support
    - Cancer Survivors Network
    - I Can Cope
    - MyLifeLine.org

- Moving on
  - You can’t change the fact that you have had cancer. What you can change is how you live the rest of your life!
Prevention

- Immunizations up-to-date
- Periodic Health Checks
- Annual Eye Exams
- Dentist
- Skin Cancer Prevention
- Stress reduction
What Happens Next?

- Treatment summary
  - “Path report”
  - Treatment types
  - Imagine studies
- Survivorship care plan
- Follow-up with primary care provider

*Care Plan Example*
Common Concerns from survivors

- Recurrence
- Quality of Life after diagnosis/treatment/remission
- Concerns for caregivers and family (co-survivors)
- Periodic Surveillance
What to look for?

- **Breast**
  - **Local Recurrence Symptoms**
    - Same area where cancer was originally diagnosed
  - **Regional Recurrence Symptoms**
    - In the lymph nodes in the armpit or collarbone near the original detection spot
  - **Metastatic or Distant Recurrence Symptoms**
    - Bones, lungs, liver, brain
What to look for?

- **Vulvar**
  - More frequent health checks
  - Inspect
  - Report
    - Itching
    - Pain, tenderness or discomfort
    - Changes to skin
    - Lesions, lumps, mass
Cancer Information Resources

- Online
- Telephone
- Face-to-face
Cancer Information Resources

- **American Cancer Society**
  - [www.cancer.org](http://www.cancer.org)
  - 1-800-227-2345
  - 24-hours a day/7days a week

- **The Survivorship Center**
  - [www.cancer.org/survivorship](http://www.cancer.org/survivorship)

- **National Cancer Institute**
  - [www.cancer.gov](http://www.cancer.gov)
  - 1-800-422-6237

- **LIVESTRONG**
  - [www.livestrong.org](http://www.livestrong.org)
Dorothea Orem’s Self-Care Theory

- **Major Assumptions**
  - People should be self-reliant and responsible for their own care and others in their family needing care
  - People are distinct individuals
  - Nursing is a form of action – interaction between two or more persons
  - Successfully meeting universal and development self-care requisites is an important component of primary care prevention and ill health
  - A person’s knowledge of potential health problems is necessary for promoting self-care behaviors
  - Self care and dependent care are behaviors learned within a socio-cultural context
Dorothea Orem’s Self-Care Theory

- Self-care = health maintenance
- Empower others with knowledge to care for themselves
The greatest wealth is Health!
Questions
References


