



# FLASCO BRIEF

## Survivor Newsletter

# JUNE 2020

### June is National Cancer Survivor Month

Thanks to spectacular advances in cancer research, more than 16.9 million people in the United States are cancer survivors who are living with, through, and beyond their disease. It is estimated there will be 22 million cancer survivors by 2030.

National Cancer Survivors Month is a CELEBRATION for those who have survived, an INSPIRATION for those recently diagnosed, a gathering of SUPPORT for families, and an OUTREACH to the community.

During June thousands will gather across the globe to honor cancer survivors and to show the world that life after a cancer diagnosis can be fruitful, rewarding, and even inspiring.

It is a month for everyone, whether you are a cancer survivor, a family member, friend, or medical professional.

This month provides an opportunity for all people living with a history of cancer – including America’s more than 16.9 million cancer survivors – to connect with each other, celebrate milestones, and recognize those who have supported them along the way. It is also a month to draw attention to the ongoing challenges of cancer survivorship in order to promote more resources, research, and survivor-friendly legislation to improve cancer survivors’ quality of life.



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## FROM THE EXECUTIVE DIRECTOR

By Julie Newberry

Thanks to advances in cancer prevention, early detection, treatment, and follow-up care, more people than ever before are surviving the disease. In America alone, more than 16.9 million people are alive today after being diagnosed with cancer.



However, surviving cancer can leave a host of problems in its wake. Physical, emotional, and financial hardships often persist for years after diagnosis and treatment. Cancer survivors are also at greater risk for developing second cancers and other health conditions.

Cancer survivors may face numerous challenges during and after treatment. June is National Cancer Survivor Month and we are dedicating this issue of the *FLASCO Brief* to Survivorship. Filling it with insights, tools, and resources to help you trailblaze your journey as a cancer survivor. The Florida Society of Clinical Oncology works to improve the quality of life of cancer survivors by raising awareness of the ongoing challenges of cancer survivorship, and are inspired daily by the strength, bravery, and perseverance of our cancer survivor network.

### **Have you visited the FLASCO Patient Portal website?**

[www.patients.flasco.org](http://www.patients.flasco.org)

FLASCO is continually working to improve and enhance this site to make it the one-stop resource for cancer warriors of Florida. We would love to hear your feedback and suggestions for ways to improve.

[www.patients.flasco.org](http://www.patients.flasco.org)

### **Belong to an amazing support group? Please share with us!**

We would like to help spread the word about your supportive tribe and connect others with your group.

Please send information about your support group, or suggestions for the FLASCO Patient Portal Website to [info@patients.org](mailto:info@patients.org)

# NAVIGATING CANCER

## CANCER SURVIVORSHIP ISSUES

Thanks to advances in cancer prevention, early detection, treatment, and follow-up care, more people than ever before are surviving the disease.

However, surviving cancer can leave a host of problems in its wake. Physical, emotional, and financial hardships often persist for years after diagnosis and treatment. Cancer survivors are also at greater risk for developing second cancers and other health conditions.

Cancer survivors may face numerous challenges during and after treatment:

- Limited access to cancer specialists and promising new treatments
- Denial of health insurance and life insurance coverage
- Difficulty finding jobs
- Economic burdens due to mounting medical expenses, lost wages, and reduced productivity

Add to that emotional struggles, strains on personal relationships, and the profound fear of cancer recurrence. The effects of cancer do not simply end when treatment does.

## A New Patient Tool from NCCS

The National Coalition for Cancer Survivorship (NCCS) often heard from patients that they wish they would have received important information regarding their care earlier in their cancer journey. Furthermore, many report that they feel especially isolated when transitioning from active treatment into survivorship.

With these concerns in mind, NCCS developed the “Cancer Survivorship Checklist.” This checklist is designed to be a simple, straightforward tool patients and caregivers can use as a guide for information critical to their care wherever they are on the cancer care continuum.

This tool is consistent with the principles of quality survivorship care that are embedded in the Institute of Medicine’s influential report; “From Cancer Patient to Cancer Survivor: Lost in Transition.” In drafting and refining the checklist, we engaged several NCCS advisors, including cancer survivors and health care professionals with a wide range of experience.

[Download the Checklist Here](#)



## Living Beyond Cancer

Cancer Survival Toolbox® Special Topics (National Coalition on Cancer Survivorship)

Cancer survivorship is a day-to-day, ongoing process that begins with your diagnosis and continues through the rest of your life. Living Beyond Cancer, a Survival Toolbox® Special Topics from the National Coalition on Cancer Survivorship, discusses several important issues that are specific to life beyond the diagnosis and initial treatment of cancer.

Surviving cancer is more complicated than simply being sick or well, having cancer, or being cancer free. Instead, it is a continual process that is constantly changing. There may be times when the joy you feel about survival far outweighs any anxieties you may have. Then, there will be times when your fears and uncertainties seem to take over your life, and you wonder if you will ever feel normal again.

This program will introduce you to skills to help you adapt to your life after cancer. The goal is to help you, a cancer survivor, be as healthy as possible within your personal circumstances. After listening to this Toolbox program, you will better understand:

- Common physical effects of cancer and its treatment, and what kind of medical records you need to keep maintaining a personal health history
- How to address concerns about sexuality and fertility
- How to support family relationships that may have changed during treatment
- The emotional aspects of cancer, including anxiety, depression, grief, and distress
- Health directives, wills and trusts, power of attorney, and financial planning
- How to live with hope while dealing with uncertainty

For more information and to access this program visit:

<https://www.canceradvocacy.org/resources/cancer-survival-toolbox/special-topics/living-beyond-cancer/>

# JUNE CANCER AWARENESS

Cancer Survivors Month

Cancer Survivors Day (June 7, 2020)

Men's Health Week (June 10–16, 2020)

## Nutrition and Cancer

Source: Memorial Sloan Kettering Cancer Center

The food you eat during and after cancer treatment can play an important role in your recovery. But cancer and its treatment can sometimes change how and what you are able to eat. A diet that is healthy for one person may not work for someone else.

That is why medical nutrition therapy (MNT) is an essential part of cancer care for many people. MNT combines nutritional counseling with a specialized diet plan. The goal is to help you feel your best while managing issues such as digestion problems, heart conditions, or weight gain. [Read More](#)

For additional information about nutrition and cancer visit CancerNet:

<https://www.cancer.net/survivorship/healthy-living/nutrition-recommendations-during-and-after-treatment>

## Helping Survivors Cope with Anxiety and Distress from Cancer

When treatment ends, many people with cancer do not feel ready to celebrate or move on with their lives. Learn about research efforts that are finding ways to help survivors cope with anxiety and distress after cancer. [https://www.cancer.gov/news-events/cancer-currents-blog/2020/cancer-survivors-managing-anxiety-distress?cid=eb\\_govdel](https://www.cancer.gov/news-events/cancer-currents-blog/2020/cancer-survivors-managing-anxiety-distress?cid=eb_govdel)

**More Ways to Stay Healthy** (Source: American Cancer Society)

Living a healthy lifestyle is important for everyone - whether you have had cancer or not. Get more ideas on how to live healthy by exploring the below links.

- [Eat Healthy](#)
- [Get Active](#)
- [Take Control of Your Weight](#)
- [Stay Away from Tobacco](#)
- [Be Safe in the Sun](#)
- [Find Cancer Early](#)

# FDA UPDATES

## Latest Oncology Drug Approvals

### LUNG CANCER:

- atezolizumab (TECENTRIQ®, Genentech Inc.) – May 18, 2020 [Read More](#)
  - ramucirumab (CYRAMZA, Eli Lilly and Company) - May 29, 2020 [Read More](#)
  - brigatinib (ALUNBRIG, ARIAD Pharmaceuticals Inc) – May 22, 2020 – [Read More](#)
  - Combination of nivolumab (OPDIVO, Bristol-Myers Squibb Co.) plus ipilimumab (YERVOY, Bristol-Myers Squibb Co.) - May 15, 2020 [Read More](#)
  - capmatinib (TABRECTA, Novartis) – May 6, 2020 - [Read More](#)
- The FDA also approved the FoundationOne CDx assay (F1CDx) as a companion diagnostic for Tabcrecta [Read Article](#)

### ADVANCED GASTROINTESTINAL STROMAL TUMOR (GIST)

- ripretinib (QINLOCK, Deciphera Pharmaceuticals, LLC.) – May 15, 2020 - [Read More](#)

### PROSTATE CANCER

- rucaparib (RUBRACA, Clovis Oncology, Inc.) – May 15, 2020 - [Read More](#)
- olaparib (LYNPARZA, AstraZeneca Pharmaceuticals, LP) – May 19, 2020 - [Read More](#)

### SARCOMA

- pomalidomide (POMALYST, Celgene Corporation) – May 14, 2020 - [Read More](#)

### ADVANCED EPITHELIAL OVARIAN, FALLOPIAN TUBE, OR PRIMARY PERITONEAL CANCER

- niraparib (ZEJULA, GlaxoSmithKline) – April 29, 2020 - [Read More](#)
- olaparib (LYNPARZA®, AstraZeneca Pharmaceuticals, LP) – May 19, 2020 - [Read More](#)

### NON-SMALL CELL LUNG AND THYROID CANCERS

- selpercatinib (RETEVMO, Eli Lilly and Company) – May 8, 2020 - [Read More](#)

### MULTIPLE MYELOMA

- daratumumab and hyaluronidase-fihj (DARZALEX FASPRO, Janssen Biotech, Inc) – May 1, 2020 - [Read More](#)

### HEPATOCELLULAR CARCINOMA

- atezolizumab in combination with bevacizumab (TECENTRIQ and AVASTIN, Genentech Inc) – May 29, 2020 - [Read More](#)

### More FDA Information:

- \* [FDA: Office of Hematology and Oncology Products](#)
- \* [FDA: Approved Drugs: Questions and Answers](#)

# SUPPORT GROUP HIGHLIGHTS



## National Coalition For Cancer Survivorship

NCCS' mission is to advocate for quality cancer care for all people touched by cancer. Founded by and for cancer survivors, NCCS created the widely accepted definition of survivorship and defines someone as a cancer survivor from the time of diagnosis and for the balance of life.

NCCS represents the millions of Americans who share a common experience – the survivorship experience – living with, through and beyond a cancer diagnosis. That experience has value and can be a transforming, positive force. NCCS also knows that cancer survivors and those who care for them face many challenges.

To help meet those challenges, NCCS:

- Advocates for changes in how the nation researches, regulates, finances and delivers quality cancer care.
- Empowers cancer survivors through its publications and programs, which provide tools for self-advocacy.
- Convenes other cancer organizations to address nationwide public policy issues affecting cancer survivors.

<https://www.canceradvocacy.org/>

## FEATURED RESOURCES

Many organizations encourage a greater commitment to resolving the issues of cancer survivorship through public education and awareness. Below is a partial list of resources to help you learn more about the challenges cancer survivors face.

- [Survivorship Information from Cancer.Net](#)
- [National Cancer Institute's Survivorship Resources](#)
- [Cancer Survival Toolbox](#)
- [U.S. Centers for Disease Control and Prevention's Section on Cancer Survivorship](#)
- [Post-Treatment Survivorship Resources from CancerCare](#)
- [Cancer Support Community - Living with Cancer](#)
- [Coping Magazine's Cancer Survivors Guide](#)
- [Oncolife Survivorship Care Plan](#)
- [Cancer Finances: A Toolkit for Navigating Finances After Cancer](#)
- [Cancer Financial Assistance Coalition](#)
- [Patient Advocate Foundation Co-Pay Relief](#)

*Florida Society of Clinical Oncology*

813-677-0246 | [www.patients.flasco.org](http://www.patients.flasco.org) | [info@flasco.org](mailto:info@flasco.org)