



FLASCO BRIEF

Survivor Newsletter

NOVEMBER 2020

What Is Palliative Care and Could it Help Me? (Source: Patient Power)

Palliative care is for people undergoing medical treatment to improve their quality of life, and it is often confused with hospice. Learn the difference between the two and how it may help you. Palliative care is simply about supporting the whole individual from a quality of life perspective.

How can you find a doctor who specializes in this?

[Learn More](#)



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FROM THE EXECUTIVE DIRECTOR

By Julie Newberry



Cancer teaches us a lesson of gratitude for the good in our lives, and hope for a better tomorrow. 2020 will be a year that all of us will never forget. While we have all faced challenges, struggles, and losses, in the future, as we look back upon this time, my hope is that you remember fondly the strength, resilience, and kindness shared by many, the new hobby or passion you may have started, and the family bonds that have grown throughout this year. I would like to take this opportunity to **thank you**, for your support of Florida Society of Clinical Oncology, and your flexibility as we have been learning and adapting new ways of carrying out the business of our state society together. As we all know, cancer doesn't stop, even for a world-wide pandemic. As FLASCO's members remain on the front lines of this public health emergency, they have continued to volunteer their time and talent to further FLASCO's mission.

FLASCO is looking forward to 2021 with excitement and a focus on growing our society to meet the ever-changing needs of the oncology community of Florida.

Thank you for supporting the Florida Society of Clinical Oncology.

As we prepare for Thanksgiving celebrations, please be safe, follow the CDC guidelines, and take good care of yourself and your families.

NOVEMBER CANCER AWARENESS

Carcinoid Cancer

Lung Cancer

Pancreatic Cancer

Stomach Cancer

National Family Caregivers Month

National Hospice and Palliative Care Month

NAVIGATING CANCER

Physical, Emotional, and Social Effects of Cancer

(Source: Cancer Net)

What is Palliative Care?

Cancer and its treatment can cause physical symptoms and side effects. Cancer can also cause emotional, social, and financial effects. Treating these effects is called palliative care or supportive care.

Palliative care is an important part of care that is included along with treatments to slow, stop, or cure the cancer. Research shows that palliative care can improve the quality of your life and help you feel more satisfied with the treatment you receive. You may start palliative care soon after learning you have cancer and continue to receive this type of care through treatment and recovery. For example, cancer survivors who have ongoing or new symptoms, or side effects after treatment is completed, also may receive palliative care. [Learn More](#)

Types of Palliative Care

Palliative treatments vary widely and often include:

- Medication
- Nutritional changes
- Relaxation techniques
- Emotional and spiritual support

Social

You might find it hard to talk with your loved ones or caregivers about how you feel or what you are going through. Or you might need a support group or a ride to and from treatment. A social worker can help with these situations.

Emotional

Having cancer can make you feel many different emotions, such as sadness, anxiety, or anger. It can also make you very stressed. A support group, counselor, psychologist, or other specialist can help you understand and cope with these emotions. To find help, talk with your health care team about how you feel. You can also find ways to cope with emotions.

Spiritual

Having cancer can bring up many spiritual questions. You might struggle to understand why you got cancer. Or you might want a greater purpose after surviving cancer. If you belong to a faith community such as a church, synagogue, or other group, your spiritual leader or community members might be able to help support you spiritually. A hospital chaplain can also provide spiritual support, whether you are religious or not. Chaplains work with people of all faiths and those who do not have a specific faith. Learn more about spiritual support.

Mental

Cancer symptoms, treatments, and medications can all affect how your mind works. For example, if you are not sleeping enough, you might feel stressed and have a hard time thinking clearly. Or you might be very anxious about whether your treatment is working. Palliative care for mental health includes exercise, counseling, meditation, and possibly medication to help with anxiety, depression, or sleep problems. A counselor, support group leader, or psychologist might suggest that you do activities that help you reduce stress and anxiety, such as yoga, creating art, joining a group of other cancer survivors, or volunteering for a cause you find meaningful.

Financial

Cancer treatment can be expensive. This might be a cause of stress and anxiety for you and your family. In addition to treatment costs, you might find that you have other extra expenses, such as the cost of traveling to a cancer center for care. Talk with your health care team about any financial concerns. A social worker or financial counselor can provide palliative care for these concerns. For example, they might:

Physical

Physical side effects of cancer and its treatment depend on several factors. These include your type of cancer, its stage, the treatment, and your general health. Physical side effects can include:

- Pain
- Fatigue (being very tired)
- Nausea, vomiting, and loss of appetite
- Breathing problems, such as being short of breath
- Sleep problems

Palliative care for physical side effects might include anti-nausea medicines, physical therapy, or help with nutrition. You might see a palliative care specialist, sleep specialist, pain specialist, or another professional for help with physical side effects.

[Learn More](#)

To easily track the side effects of cancer and cancer treatment, Cancer.Net offers a free mobile application for iOS and Android called [Cancer.Net Mobile](#). The app allows you to record

Spiritual Support When You Have Cancer

You might consider yourself a spiritual person, or you might not. Either way, cancer can make you ask such questions as “What is my life’s purpose?” or “Why did this happen to me?” Finding spiritual support can be an important part of cancer care for you and your loved ones. [Learn More](#)

Self-Advocacy

(SOURCE: NCCS)

Self-advocacy is a way of taking charge in an overwhelming environment of tests, treatment, and doctors' offices. From arming oneself with good information, to seeking second opinions, to locating resources for support, to knowing how to ask the right questions. Personal empowerment can mean the difference between maintaining hope and enhancing quality of life or feeling helpless and uncertain.

Every journey begins with a single step. No matter where you are in your cancer journey, the step you take now may be your first to become more informed and feel more empowered to adjust to this diagnosis. Ideally, you are dealing with cancer with the support of many friends, loved ones and compassionate caregivers. Too often, people experience cancer in isolation, without financial or emotional support and with few resources to tap into. No matter what your circumstances, always keep in mind that you can always do something – even if that something just gets you through the next hour or the day. And remember, no matter where you are along the path of your survivorship, having good skills to negotiate and communicate your needs are some of your best weapons to use against cancer. [Learn More](#)

What is Public Policy and How Does it Impact Cancer Care? (Source: NCCS)

Public policy is a system of regulatory decisions, legislative actions, funding priorities, and other courses of action as well as analysis by advocates and other groups. Everyone who is diagnosed with cancer is impacted by public policy. This impact can include funding for research for certain therapies, screening guidelines, Medicare coverage for treatment, and many more financial and practical issues related to care. Since the beginning of the survivorship movement, policy change has been essential to ensuring cancer survivors have access to high-quality, evidence-based cancer care.

What Is an Advocate

An advocate is someone who supports or defends a cause. In the cancer community, an advocate supports a cause or policy regarding cancer. Cancer advocates can work on a local or national level, providing support to those living with cancer, raising public awareness of the disease, advancing cancer research, improving the quality of cancer care, or addressing legislative and regulatory issues that affect cancer care and research.

Personal Advocacy

Self-advocacy is a way of taking charge in an overwhelming environment of tests, treatment, and doctors' offices. From arming oneself with good information, to seeking second opinions, to locating resources for support, to knowing how to ask the right questions — **people with cancer can become self-advocates**. Personal empowerment can mean the difference between maintaining hope and enhancing quality of life or feeling helpless and uncertain.

Advocacy for Others

Having been successful in exchanging information with others who share a cancer experience, survivors can extend their advocacy efforts to the larger community. Through networking with other people, survivors can learn more about specific issues (e.g., sexuality, infertility, work, insurance, or reimbursement). Armed once again with valuable information, cancer survivors can go on to tell others their shared experiences and advocate for changes that can have a broad impact.

One of the easiest and most satisfying ways to advocate for others is to speak at the local community level — to church and civic groups, to medical students and physicians, oncology nurses, social workers, and others — to educate them about the complex issues that dominate survivors' lives after a diagnosis of cancer. This public speaking becomes a testimony that affirms one's survival, defies the myths and stigmas about cancer, and perhaps reaches others who are silently struggling with similar issues

FDA UPDATES

Latest Oncology Drug Approvals

HODGKIN LYMPHOMA

pembrolizumab (KEYTRUDA®, Merck Sharp & Dohme Corp) – October 14, 2020: FDA

[More Information](#)

MYELOID LEUKEMIA

venetoclax (AbbVie Inc. and Genentech Inc) – October 16, 2020:

[More Information](#)

More FDA Information:

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

SUPPORT GROUP HIGHLIGHTS

The Carcinoid Foundation



The Carcinoid Cancer Foundation began as the Carcinoid Tumor and Serotonin Research Foundation in 1968 when the NIH fund for rare cancers was terminated. The name was changed to the Carcinoid Cancer Foundation in 1995. It is a nonprofit organization chartered by the State of New York for the purpose of encouraging and supporting education and research on carcinoid and related neuroendocrine cancers. <https://www.carcinoid.org/>

GO₂ Foundation for Lung Cancer



Founded by patients and survivors, **GO₂ Foundation for Lung Cancer**, transforms survivorship as the world's leading organization dedicated to saving, extending, and improving the lives of those vulnerable, at risk, and diagnosed with lung cancer. <https://go2foundation.org/>

American Lung Association



The American Lung Association is saving lives by improving lung health and preventing lung disease. We were founded over 115 years ago by a group of volunteers dedicated to ending the lung health threat of our time: tuberculosis. With TB largely controlled in the United States, we have extended that mission to other respiratory diseases. And thanks to our donors, volunteers, program and event participants, and staff, we are America's trusted source for lung health education, lung disease research, support, programs, services, and advocacy. When you can't breathe, nothing else matters® <https://www.lung.org/>

LUNgevity:



LUNgevity is changing outcomes for people with lung cancer through research, education, and support. We are dedicated to funding scientific research because the link between research spending and improved survival is clear. Our strategic investment in both early detection and therapeutics will help people live better with lung cancer and dramatically improve on the current 19% five-year survival rate.

LUNgevity initiatives position us as **thought leaders** in the lung cancer advocacy community, providing programs and driving change for those with lung cancer today and in the future. While we fund primary research, we also conduct patient-focused research to better understand their unmet needs and convene multi-stakeholder meetings to streamline the research process and accelerate progress to patients. <https://lungevity.org/>

Debbie's Dream Foundation



Debbie's Dream Foundation: Curing Stomach Cancer is a 501(c)(3) non-profit organization dedicated to raising awareness about stomach cancer, advancing funding for research, and providing education and support internationally to patients, families, and caregivers. DDF seeks as its ultimate goal to make the cure for stomach cancer a reality. <https://debbiesdream.org/>

Pancreatic Cancer Action Network



Founded in 1999, the Pancreatic Cancer Action Network (PanCAN) is dedicated to fighting the world's toughest cancer. In our urgent mission to save lives, we attack pancreatic cancer on all fronts: research, clinical initiatives, patient services and advocacy. Our effort is amplified by a nationwide network of grassroots support. We are determined to accelerate progress and improve patient outcomes.

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

The National Pancreas Foundation:



The National Pancreas Foundation provides hope for those suffering from pancreatitis and pancreatic cancer through funding cutting edge research, advocating for new and better therapies, and providing support and education for patients, caregivers, and health care

professionals. <https://pancreasfoundation.org/>

FEATURED RESOURCES

Carcinoid Cancer Awareness Month

- **What It Is & Where We Are** (Source: Natl Fd for Cancer Research)
<https://www.nfcr.org/blog/carcinoid-cancer-what-it-is-where-we-are/>

Lung Cancer Awareness Month (Source: Cancer.Net)

- **Guide to Non-Small Cell Lung Cancer**
- **Guide to Small Cell Lung Cancer**

National Family Caregivers Month (Source: Cancer.Net)

- **Caregiving**
- **Relationships and Cancer**

National Hospice and Palliative Care Month (Source: Cancer.Net)

- [Advanced Cancer Care Planning](#)
- [Hospice](#)
- [Caring for the Symptoms of Cancer and its Treatment](#)
- [Caregiving](#)
- [End-of-Life Care](#)
- [Grief and Bereavement](#)

National Marrow Awareness Month (Source: Cancer.Net)

- [Understanding Bone Marrow and Stem Cell Transplantation](#)
- [Donating Bone Marrow](#)

National Pancreatic Cancer Awareness Month (Source: Cancer.Net)

- [Guide to Pancreatic Cancer](#)
- [Guide to Neuroendocrine Tumor of the Pancreas](#)

National Stomach Cancer Awareness Month (Source: Cancer.Net)

- [Guide to Stomach Cancer](#)

IN THE NEWS

[Cancer in the Workplace: What Are Reasonable Accommodations?](#)

What do cancer patients need to know about their employment rights? A panel of experts discuss different types of workplace accommodations, reasonable measures your employer is required to take, and when it is or is not necessary to disclose your diagnosis at work. [Learn More](#)

[How Genetic Testing Has Revolutionized Lung Cancer Treatment](#)

Dr. Martin Edelman explains how genetic testing has revolutionized the lung cancer treatment landscape. Want to learn more? [Click Here](#)

UPCOMING EVENTS



LIVING WITH Pancreatic Cancer

FLASCO invites ***you*** and ***your caregiver*** to participate
in a **LIVE WEBINAR** on
November 19, 2020 at 6:00pm

The Living With **Pancreatic Cancer** educational
webinar is a **free**, 1.5-hour program and will feature a series of
educational presentations by a panelists of Oncology experts
and professionals. A 30 minute Q&A Session will follow.

Topics will include:

- **Pancreatic Cancer– The Disease**
- **Treatment Options for Pancreatic Cancer**
- **Patient Advocacy**
- **PANCAN Presentation: Patient Assistance Programs, Caring For The Caregiver & Financial Resources**

KEY NOTE SPEAKERS



Jason Starr, MD
*Mayo Clinic
Florida*



Kabir Mody, MD
*Mayo Clinic
Florida*



Peter Hosein, MD
*Sylvester Comprehensive
Cancer Center/University
of Miami*



Michael Diaz, MD
*Florida Cancer
Specialists*

REGISTER ONLINE AT WWW.FLASCO.ORG

Support Provided By:



PANCREATIC
CANCER
ACTION
NETWORK



<https://patients.flasco.org/event/living-with-pancreatic-cancer-webinar/>

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