



# FLASCO BRIEF

## Survivor Newsletter

## OCTOBER 2020



### Healthcare is Affected by Your Vote on November 3, 2020

Your vote grants the governor, legislators, and Congress the right to take action and pass or reject laws that will determine your access to health care. Do your research on all candidates and determine which ones will support legislation and other laws relating to health care. Vote and elect people who have your best interest in mind. Do it for your loved ones, so they can have access to a Healthcare that represents your views.

### How to Vote in Florida's 2020 Election. What You Need to Know.

**You must register by Oct. 5 to vote in the Nov. 3 election.**

You can register online through the Florida secretary of state's website; if you prefer, you can go to that site to download a registration application to mail in. Or pick one up at any county supervisor of elections office or local library, or at a business that's authorized to issue fishing, hunting, or trapping permits. You can also register in person at driver's license offices, tax collector's offices, or state government offices that qualify as voter registration agencies.

<https://florida/election-voting-guide>

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### CONNECT WITH US!



# FROM THE EXECUTIVE DIRECTOR

*By Julie Newberry*



As we prepare to head to the polls in November, many may wonder “Should People with Cancer And Cancer Survivors Get The Flu Vaccine?” Just about everyone should get a flu shot in October. It’s especially important for people living with cancer, cancer survivors, and their caregivers, but make sure to always check with your doctor first. While the flu vaccine cannot protect you against COVID-19, the CDC warns it is even more important to get your flu shot this year, as it reduces your risk of illness, hospitalization, and death. Getting your flu vaccine is just the first step in preventing the spread of the flu.

## **Here are some other ways you can help stop the spread of illnesses:**

- Encourage your friends, family, and coworkers to get the flu shot.
- Wash your hands often and avoid touching your face.
- Wear a mask as directed by public health officials and your doctor’s recommendations.
- Cover your mouth and nose when you cough or sneeze.
- Stay home if you are feeling sick, and let your doctor know.
- Wipe down surfaces regularly with a disinfectant cleaner at work, home, and school.

Read more on ASCO’s patient information website, [Cancer.Net](https://www.cancer.net).

## OCTOBER CANCER AWARENESS



Breast Cancer

Liver Cancer



# NAVIGATING CANCER

## EMOTIONAL EFFECTS OF CANCER (Source: Cancer Net)

### Managing Emotions

#### Self-Image and Cancer

Self-image is how a person views himself or herself. Because of the many physical and emotional changes after a cancer diagnosis, people may experience positive and negative changes to their self-image. A professional can help you cope with and understand confusing feelings and deal with physical changes. [Learn more here.](#)

#### Coping with Uncertainty

Many people with cancer may feel a lack of certainty about what the future holds. After a cancer diagnosis, you may feel that your life is less secure than it once was. It is important to ask for support when you are feeling this way. Talk with your health care team about the resources available to help you. Acknowledging the unknowns of cancer may make you feel anxious, angry, sad, or afraid. You may even have physical symptoms from these feelings. For instance, it may cause sleeping problems or make it harder to focus on work. Learning to manage the uncertainty is an important part of staying healthy. [Learn more here.](#)

#### Managing Stress

A disease such as cancer is often one of the most stressful experiences of a person's life. Coping with cancer can be more challenging with added stress from work, family, or financial concerns. Stressors are sources of stress. Some stressors are predictable and, therefore, sometimes avoidable. You can often lower the amount of stress in your life by making small changes. Everyday stress can also make coping with a cancer diagnosis more difficult. Although you can try to reduce the number of stressors in your life, you cannot completely avoid stress. However, stress management strategies can help you feel more relaxed and less anxious. [Learn more here.](#)

#### Coping with Anger

Many people living with cancer experience anger. Often, the feeling arises when receiving a cancer diagnosis. But it can develop any time throughout treatment and survivorship. Anger is a natural emotional response. You do not need to feel guilt if you experience it. Anger is not bad. But some people deal with it and express it in unhealthy ways. Healthy anger management involves identifying the emotion and expressing it productively. When expressed in a healthy way, anger can produce positive change. For example, it may provide energy and strength to overcome the challenges of treatment. [Learn more here.](#)

#### Anxiety

Anxiety may be described as feeling nervous, on edge, or worried. It is a normal emotion that alerts your body to respond to a threat. Anxiety symptoms may be mild or severe. And some of the symptoms may be similar to those of depression. Often, this is because depression occurs along with anxiety. There are a variety of ways to cope with anxiety. Talk with your doctor or a professional counselor to find the best options for you. [Learn more here.](#)

### [Depression](#)

Some people with cancer may experience depression before, during, or after cancer treatment. Depression is a type of mood disorder. It may make it harder to cope with cancer treatment. It may also make it harder for you to make choices about your care. As a result, identifying and treating depression are important parts of cancer treatment. These symptoms range from mild to severe. Severe depression affects a person's relationships and day-to-day life. The American Society of Clinical Oncology (ASCO) recommends screening for depression. Screenings should happen at the time of a cancer diagnosis as well as during and after treatment. Although it may be hard, try to talk openly with your health care team about depression. [Learn more here.](#)

### [Fear of Treatment-Related Side Effects](#)

As you prepare to start cancer treatment, it is normal to fear treatment-related side effects. But do not be afraid to talk with your health care team about possible side effects and how to manage them. Your health care team is focused on preventing and controlling side effects. Remember that the long-term goal of treatment is to help you, not hurt you. Many cancer treatments used today are less intense and take less time than previous treatments. And many of the side effects you may experience are temporary. You can often manage side effects with medication. And many side effects can be prevented before treatment starts. Talk with your health care team about how to manage the common side effects for each treatment. [Learn more here.](#)

### [Coping with Guilt](#)

Many people living with cancer experience guilt. Guilt is a feeling of blame and regret that is usually hard to accept and express. Guilt often leads people to replay "what if" and "if only" scenarios in their minds to figure out what they could have done differently. Feelings of guilt are common, but it is not healthy to keep thinking about them. Feeling very guilty about events outside of your control and not being able to let go of guilt can lead to depression. Although depression is more common among people with cancer, it should not be considered a normal part of living with cancer. Letting go of guilt can help improve your well-being and your ability to cope with cancer. [Learn more here.](#)

### [Coping with Metastatic Cancer](#)

Metastasis occurs when cancer spreads to a different part of the body from where it started. Metastasis should not be confused with "locally advanced cancer." That is cancer that has spread to nearby tissues or lymph nodes. But it has not spread throughout the body. When doctors can treat metastatic cancer, your situation may be like someone with a chronic, or long-term, disease. Examples of chronic diseases are type 1 diabetes, congestive heart failure, and multiple sclerosis. Doctors can treat these conditions, but not cure them. Talking about fears and concerns is important, even when treatment is working well. Tell your health care team about emotional symptoms. People may live for years with metastatic cancer. Your doctor can help you have the best quality of life possible during this time. Hospitals and medical centers have many resources for you and your family. [Learn more here.](#)

## MAKING CHANGES: A STEP-BY-STEP GUIDE TO SETTING HEALTHY GOALS (Source: [This Is Living with Cancer](#))

As you look toward the future, plan for, and make important changes in your life, one step at a time. [Read more here.](#)

### BREAST CANCER



#### **Breast Cancer Treatment and Side Effects: Hot Flashes**

Women with hormone-receptor-positive breast cancer often receive hormone-blocking therapy as part of their treatment plan, which can cause side effects like hot flashes. Recently, the Oncology Nursing Society released new guidelines to help patients mitigate these issues. [Learn More](#)



#### **Breast Reconstruction Is a Personal and Complex Choice**

Women share their reasons to either forego or to move ahead with breast reconstruction surgery after mastectomy. [Learn More](#)

### LIVER CANCER

#### **What is Liver Cancer?**

Primary liver cancer is cancer that forms in the tissues of the liver. The liver, one of the largest organs in the human body, is located on the right side of the abdomen and is protected by the rib cage. The liver has three important functions: it filters and removes waste and toxins from the blood; it makes bile which breaks down fats in the digestive process; and it stores energy in the form of glycogen, a type of sugar.

Secondary liver cancer is when the cancer begins in another part of the body and then spreads to the liver. In the U.S., cancer affecting the liver is most commonly secondary cancer, and it most often spreads from colon, lung, and breast cancers. When this happens, the disease is not liver cancer. It is named for the organ where it began, and the cancer in the liver is secondary.

Primary liver cancer is rarely diagnosed early, and it often doesn't respond to current treatments, making the prognosis poor. Treatments can help pain and other symptoms of liver cancer and improve quality of life. Chances of developing primary liver cancer can be greatly reduced by protection from hepatitis and cirrhosis, which are the leading causes of the disease.

Read More: <https://www.cancersupportcommunity.org/liver-cancer>





# FDA UPDATES

## Latest Oncology Drug Approvals

### BREAST CANCER

- atezolizumab in combination with paclitaxel – September 8, 2020: [More Information](#)

### LEUKEMIA (acute myeloid)

- azacitidine tablets (ONUREG, Celgene Corporation) – September 1, 2020: [More Information](#)

### LIQUID BIOPSY

- liquid biopsy next-generation sequencing-based FoundationOne Liquid CDx test (Foundation Medicine, Inc.) – August 26, 2020: [More Information](#)

### LUNG CANCER

- pralsetinib (GAVRETO, Blueprint Medicines Corporation). September 4, 2020: [More information](#)

### MULTIPLE MYELOMA

- carfilzomib (KYPROLIS, Onyx Pharmaceuticals, Inc.) and daratumumab (DARZALEX, Janssen Biotech, Inc.) August 20, 2020: [More Information](#)

### More FDA Information:

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



# SUPPORT GROUP HIGHLIGHTS

## THE FLORIDA BREAST CANCER FOUNDATION (FBCF)



FLORIDA  
BREAST  
CANCER  
FOUNDATION  
*Saving Lives*

The Florida Breast Cancer Foundation (FBCF) was founded by 3 Miami women in 1993. Originally named the South Florida Breast Cancer Coalition, the organization began as a nonprofit, grassroots organization dedicated to ending breast cancer through advocacy, education, and research. With the introduction of the specialty End Breast Cancer license plate in 2002, a second organization was formed - the Florida Breast Cancer Coalition Research Foundation - created to receive funds from the sale of the plate.

A few years later, the official name changed to the Florida Breast Cancer Foundation, but the mission and vision remained the same. Today, they are a *4-Star Exceptionally rated charity by Charity Navigator* and the #1 rated breast cancer organization in Florida and the nation. Their dedication to saving lives and ending the suffering caused by breast cancer continues to be unwavering as they work tirelessly to change the breast cancer landscape.

[Read More HERE>>https://www.floridabreastcancer.org/about-us](https://www.floridabreastcancer.org/about-us)

## FEATURED RESOURCES

### BREAST CANCER:

#### **American Cancer Society**

Save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer. Our impact in the mission to end breast cancer.

<https://komenflorida.org/florida-breast-cancer-resources/>

#### **Susan G. Komen**

Support groups can be an important resource for people diagnosed with breast cancer. They help increase the support network of the people in the group . <https://ww5.komen.org/BreastCancer/SupportGroups.html>

#### **CancerCare**

This breast cancer patient support group provides a safe space to connect with others coping with breast cancer and is led by an oncology social worker who provides emotional and practical support .

[https://www.cancercare.org/support\\_groups/43-breast\\_cancer\\_patient\\_support\\_group](https://www.cancercare.org/support_groups/43-breast_cancer_patient_support_group)

#### **National Breast Cancer Foundation, Inc:**

<https://www.nationalbreastcancer.org/about-breast-cancer/early-detection/breast-cancer-resources>

## **LIVER CANCER:**

### **CancerCare**

Organization provides free, professional support services for people affected by liver cancer, as well as liver cancer treatment information and additional resources. . [https://www.cancercare.org/diagnosis/liver\\_cancer](https://www.cancercare.org/diagnosis/liver_cancer)

### **American Cancer Society**

If you have liver cancer or are close to someone who does, knowing what to expect can help you cope. Here you can find out all about liver cancer, including risk factors, symptoms, how it is found, and how it is treated. <https://www.cancer.org/cancer/liver-cancer.html>

### **Cancer.Net**

This is the final page of Cancer.Net's Guide to Liver Cancer. Use the menu to go back and see other page <https://www.cancer.net/cancer-types/liver-cancer/additional-resources>

### **American Liver Foundation**

ALF promotes education, advocacy, support services and research for the prevention, treatment and cure of liver disease. ALF Southeast provides a wide variety of these services including information and referral, education programs, support groups, exciting fundraising events, and an array of volunteer opportunities. <https://liverfoundation.org/florida-state-resource-center/>

## **IN THE NEWS**

### **WHITE AND BROWN BAGGING**

Some insurers and pharmacy benefit managers (PBMs) have created policies that require patients to obtain drugs from a source other than their cancer center, or face having to pay a higher out-of-pocket amount. These policies are often called "white bagging" or "brown bagging" depending on how they are implemented. Generally, doctors oppose these practices because the safety and integrity of the medication is not assured which can be dangerous to patients and staff.

- It is anticipated that in the 2021 Florida Legislative Session as well as at the Federal Level there will be legislation addressing White and Brown Bagging. Watch this newsletter for action items relating to this type of legislation.

### **NEW LIQUID BIOPSY TESTS FOR BREAST CANCER**

Dr. Daniel Stover of the Ohio State University Comprehensive Cancer Center shares information about his research on liquid biopsies and how it could impact breast cancer patients by monitoring treatment response.

[Click here to watch](#) as he discusses with metastatic breast cancer patient advocate Kelly Shanahan on how it could change long-term outcomes.





# UPCOMING EVENTS

- \* Virtual Live "MORE THAN PINK" - Saturday, October 17th Walk
- \* Virtual Live Liver Walk - Saturday, October 24th
- \* FLASCO's Living with Pancreatic Cancer – November 12, 2020

*Florida Society of Clinical Oncology*

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