

cancer answers

Cancer Answers is a series of free public lectures, presented by *Cancer Care Nova Scotia*, on a variety of cancer-related topics. The lectures, delivered by cancer experts, are designed to raise awareness and educate participants about issues related to prevention, screening, early diagnosis, treatment, survivorship and palliative care.

Following each lecture, the presentations are posted on the *Cancer Care Nova Scotia* website @ www.cancercare.ns.ca



After Lymphoma Treatment

Adjusting to Life in Remission

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Hematologist, Capital Health
May 10, 2011

Adjusting to Life in Remission



Abandonment

2010

January

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December

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20	21	22	23	24	25	26
27	28	29	30	31		

What you want to know

- Why am I still so tired?
- When can I go back to work?
- Do I still need my blood test every week?
- When will I get my CT scans?
- What signs should I be looking for?
- Can I go to Florida?

What your doctor wants to tell you

- What is your chance of relapse?
- What is your chance of late complications?
- How often you need to come to clinic?

Communication Gap

YOU

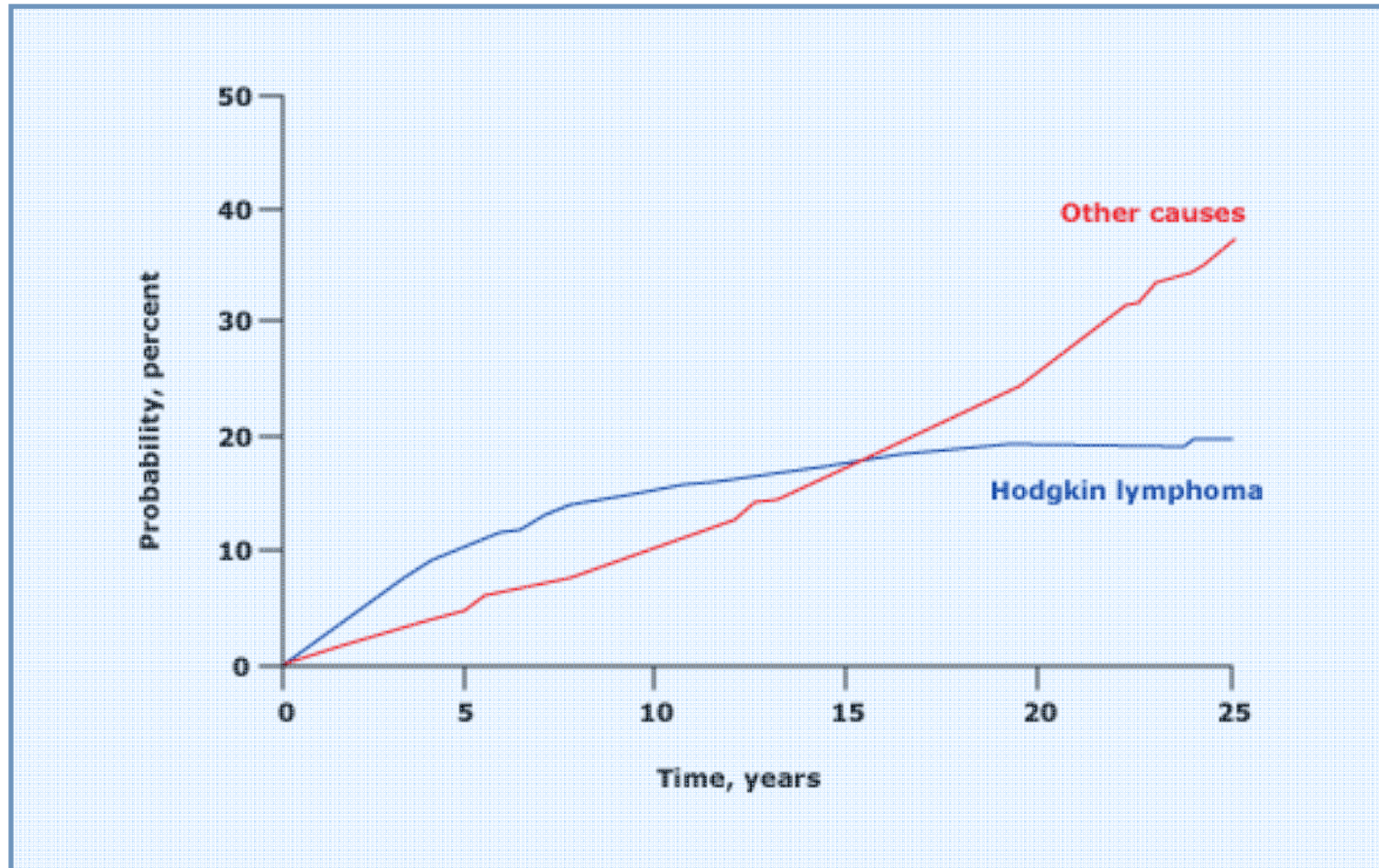
- Why am I still so tired?
- When can I go back to work?
- Do I still need my blood test every week?
- When will I get my CT scans?
- What signs should I be looking for?
- Can I go to Florida?

ME

- What is your chance of relapse?
- What is your chance of late complications?
- How often you need to come to clinic?



Cause of death in patients with HL



Late Effects of HL Treatment

- Risk of developing another cancer 25 years after Hodgkin lymphoma diagnosis is 21.9%
- The risk of coronary artery disease is 6% at 10 years, and 10-20% at 20 years
- chest radiation in women under 30 results in a 30% risk of breast cancer at 30 years following treatment
- after chest radiation for HL, risk of lung cancer is 20 times higher in heavy smokers, and 7 times higher in light or nonsmokers

Lymphoma Basics

CURRENT INCIDENCE AND MORTALITY

Table 1

Estimated New Cases and Deaths for Cancers by Sex, Canada, 2007

	New Cases 2007 Estimates			Deaths 2007 Estimates		
	Total	M	F	Total	M	F
All Cancers	159,900	82,700	77,200	72,700	38,400	34,300
Lung	23,300	12,400	10,900	19,900	11,000	8,900
Breast	22,500	170	22,300	5,400	50	5,300
Prostate	22,300 ²	22,300 ²	–	4,300	4,300	–
Colorectal	20,800	11,400	9,400	8,700	4,700	4,000
Non-Hodgkin Lymphoma	6,800	3,700	3,100	3,100	1,700	1,400

Lymphoma Basics

Indolent

- Slow growing
- Long survival
- Treatable
- Not Curable
 - Follicular
 - Marginal Zone
 - Lymphoplasmacytic
 - Small Lymphocytic

Aggressive

- Fast growing
- Curable, but...
- Short survival of not cured
 - Diffuse Large B Cell
 - Burkitt's
 - Lymphoblastic
 - Hodgkin's

Goals of Treatment

Indolent

- Improve symptoms
- Improve QOL
- *Disease-free interval*

Aggressive

- Cure
- *5-year survival*

Goals of Treatment

Indolent

- *Disease-free interval*
- Example – Follicular Lymphoma
 - Maintenance Rituximab
 - average length of remission:

● with maintenance Rituximab	52 months
● without maintenance Rituximab	32 months

Goals of Treatment

Aggressive

- *5-year survival*
- Example – DLBCL
 - Adding Rituximab to CHOP

	age <60	>60
● Alive in 5 years with Rituximab	90%	60%
● Alive in 5 years without Rituximab	80%	50%

Recommended Lymphoma Follow-Up

- Clinic visits
 - Every 3 months for 2 years, then
 - Every 6 months for 3 years, then
 - Once annually
- Hematologist or GP?
 - Halifax versus Yarmouth



Recommended Lymphoma Follow-Up

- What is the risk of relapsing over time?

Disease	1 year	2 years	5 years
Advanced DLBCL, Age >60	30%	40%	50%
Advanced DLBCL, Age<60	10%	15%	30%
Follicular	20%	30%	50%

Recommended Lymphoma Follow-Up

Tests

- Physical examination and bloodtests each visit; CXR each visit if had chest radiation
- Annual TSH, mammogram (start @40 if radiation, 50 if no radiation), Pap smear
- Annual flu shot

Recommended Lymphoma Follow-Up

- What about CT scan???
- Depends on goals of treatment

Recommended Lymphoma Follow-Up

- What about CT scan???
- If goal was cure (aggressive lymphoma)
 - If CT at end of treatment showed complete remission, no further routine CT required
 - If CT at end of treatment showed a residual mass, repeat CT in 3-6 months

Why not routine CT scans?

- *MOST* relapses occur *between* scheduled visits or tests
- In this case *the patient* is usually the first to know!!!



Recommended Lymphoma Follow-Up

- What about CT scan???
- If goal was control (indolent lymphoma)
 - Results after R-CVP:
 - Complete remission 40%
 - Partial remission 40%
 - No remission 20%
 - If CT at end of treatment showed a residual mass, repeat CT in 3-6 months

Recommended Lymphoma Follow-Up

- Why can't I have another PET scan?
 - If a CT was done at end of treatment, and there is worry about a mass, then a PET scan will often be done
 - We are now doing routine PET at the end of treatment, so this is no longer an issue
 - Studies show that routine follow-up PET scans have high false-positive rates, so these are not recommended.

Recommended Lymphoma Follow-Up

- Why can't I have another PET scan?
 - Studies show that *routine* follow-up PET scans have high false-positive rates, so these are not recommended.



What should I look out for ?

- New lumps
 - Aggressive lymphomas – contact us right away
 - Indolent lymphomas – if you feel fine, keep your eye on it – if rapid growth, call us
- Fevers, night sweats, weight loss
- New unexplained pain, bowel symptoms, urinary symptoms

What should I look out for ?

- New lumps

- Aggressive lymphomas – contact us right away

FEAR

- Indolent lymphomas – if you feel fine, keep your eye on it – if rapid growth, call us

- Fevers, night sweats, weight loss

- New bone pain, symptoms, urinalysis

HOPE

VITALITY

What can I do to prevent relapse?

- *Probably nothing*
 - But what about green tea?
- SO, time to shift your focus
 - How do I optimize my quality of life?
 - Physical – why am I so tired?
 - Psychological – how can I deal with stress?
 - Functional – when can I go back to work?

Physical Activity

- EPIC Study!
 - 343,000 Europeans from 10 countries
 - 778 cases of Non Hodgkin lymphoma
- NO relationship between physical activity and risk of developing lymphoma

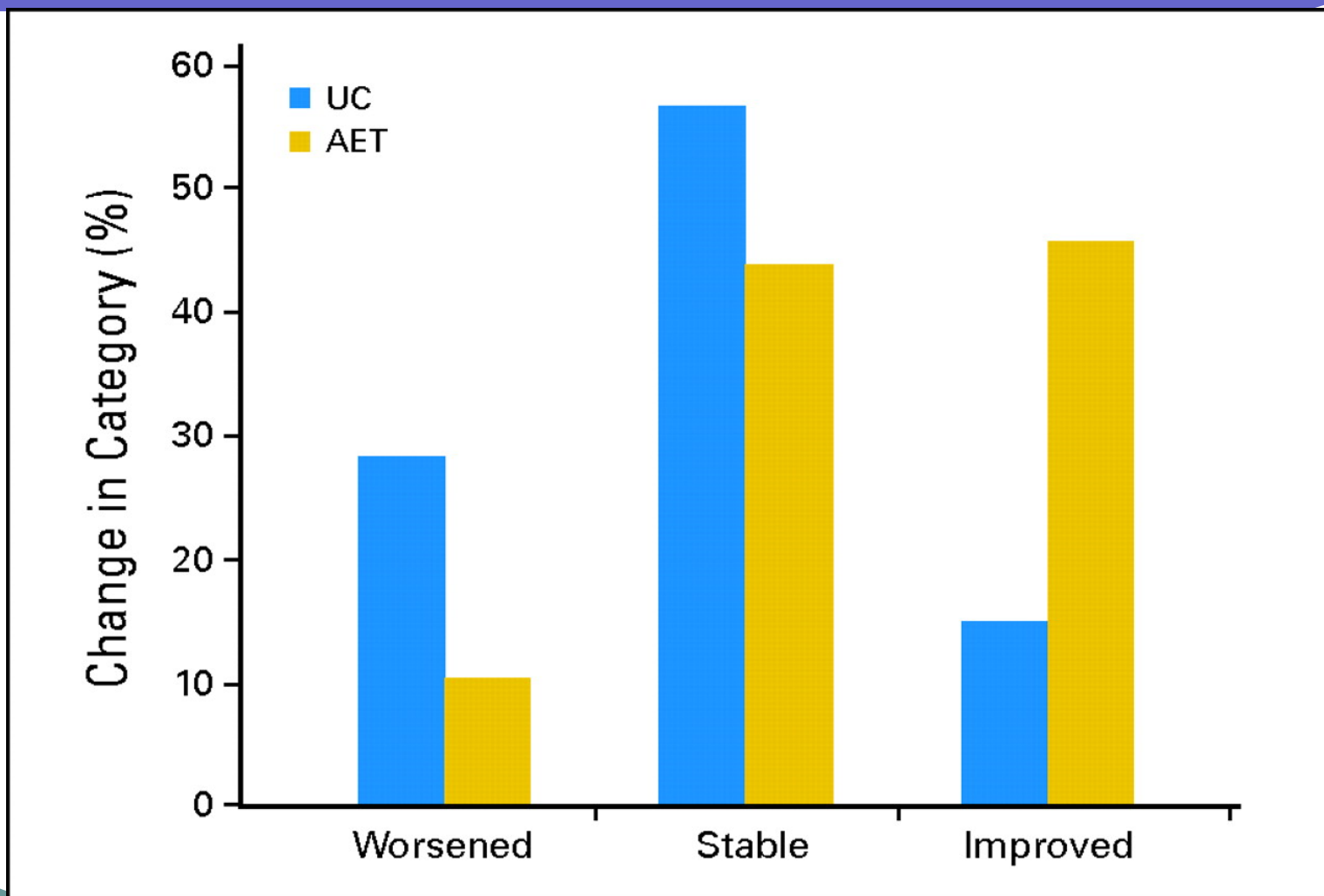
Physical Activity *in your past*

- EPIC Study!
 - 343,000 Europeans from 10 countries
 - 778 cases of Non Hodgkin lymphoma
- NO relationship between physical activity and risk of developing lymphoma

Physical Activity *in your Future*

- **Randomized controlled trial of the effects of aerobic exercise on physical functioning and quality of life in lymphoma patients.**
- **PURPOSE:** Lymphoma patients commonly experience declines in physical functioning and quality of life (QoL) that may be reversed with exercise training.
- **Study:** 122 lymphoma patients were randomized to usual care or 12 weeks of supervised aerobic exercise training

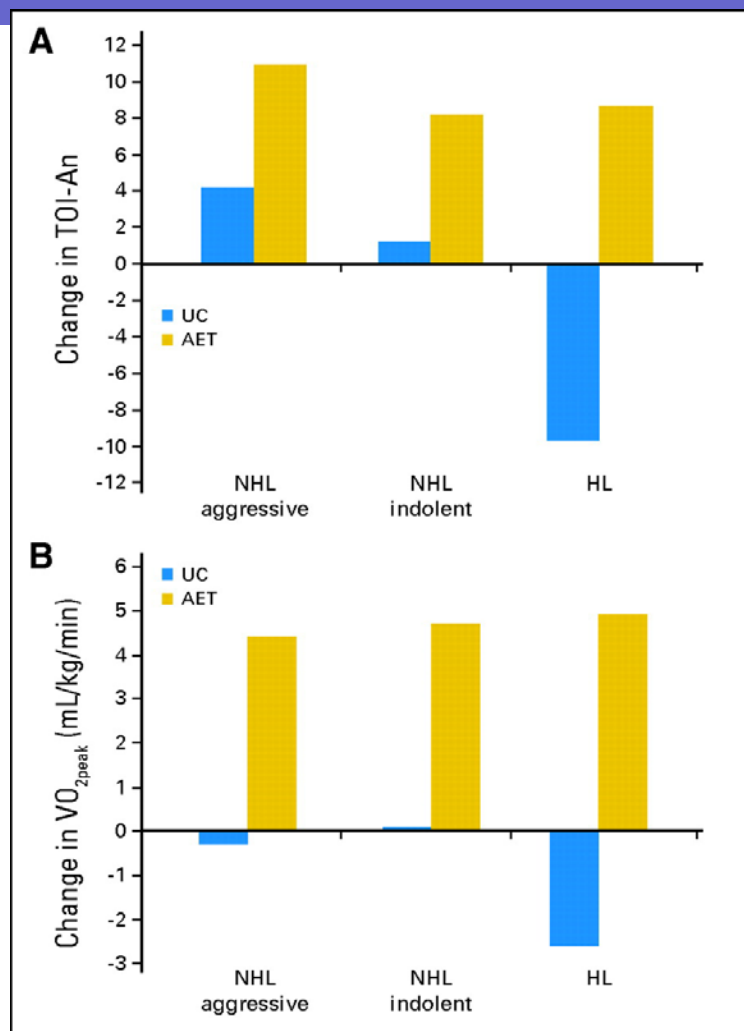
Category change in patient-rated general health by group assignment.



Courneya K S et al. JCO 2009;27:4605-4612

JOURNAL OF CLINICAL ONCOLOGY

Change in (A) patient-rated physical functioning and (B) peak oxygen consumption (VO₂peak) by major disease type.

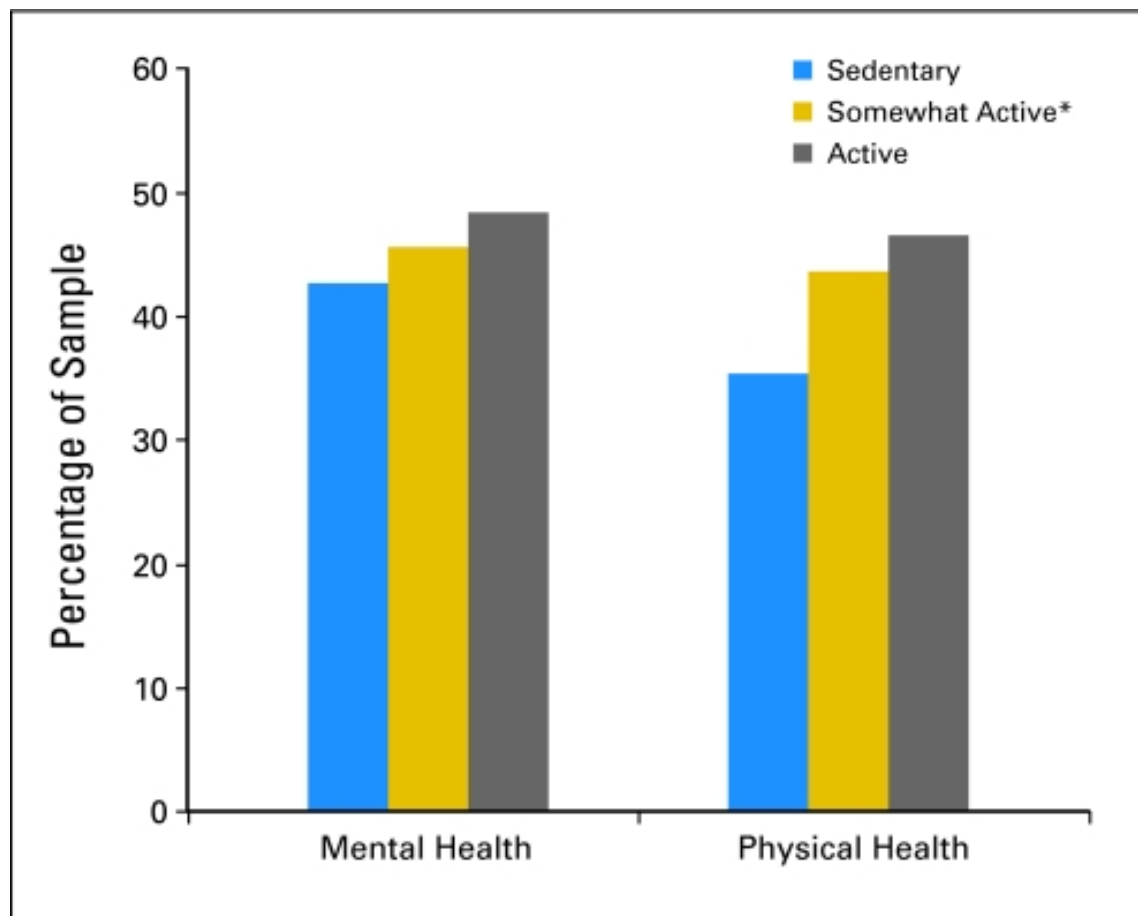


Courneya K S et al. JCO 2009;27:4605-4612

Physical Activity *in your future*

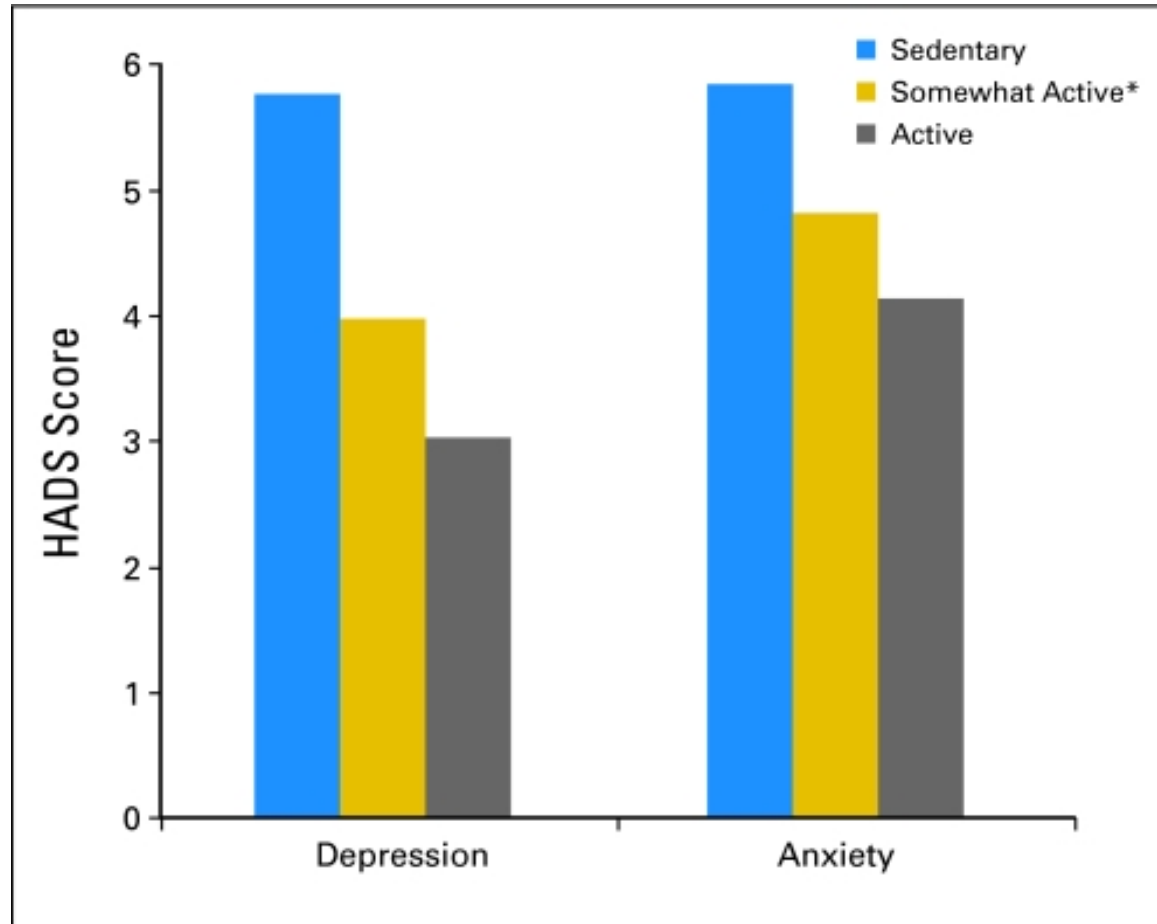
- **Physical activity and quality of life in adult survivors of non-Hodgkin's lymphoma.**
- **PURPOSE:** To examine the prevalence and correlates of physical activity in adult survivors of aggressive non-Hodgkin's Lymphoma (NHL) and to explore the association between physical activity level and health-related quality of life (HRQOL).
- **STUDY:** 319 lymphoma survivors (2-5 years) completed surveys about physical activity and QOL. Results were divided into moderate activity (150 minutes per week), less activity (50-150 minutes per week), or no activity (<50 minutes per week)

Improvements in QOL depending on amount of activity



Courneya et al. J Clin Oncol. 2009

Depression and anxiety scores are lower for those engaging in physical activity



Courneya et al. J Clin Oncol. 2009

Psychological Well-Being

- Diagnosis of lymphoma is stressful
- 35-45% of cancer patients suffer significant stress at some point
- Some survivors have *Post Traumatic Stress Disorder (PTSD) !!!*

PTSD

- Study of 886 lymphoma survivors
 - 8% met full criteria for PTSD
 - 9% met partial criteria
 - 39% had at least one symptom
- Note: in a non-cancer population, rate of PTSD is 2.4%

Stress / Distress Resources

- Screening for Distress Program
- Patient Support Groups
- Cancer psychologists
- *The Healing Circle*



[Home](#) [Healing Program](#) [Video](#) [Services / Products](#) [About Us](#) [Support HCF](#) [Blog / Podcast](#)

[Home](#) >

Healing and Cancer Foundation

Welcome!

The Healing and Cancer Foundation helps people affected by cancer with a practical, integrated approach to their diagnosis. We offer life skills training and a unique perspective on mind, body and spirit that can transform the experience of illness into a journey toward wholeness.

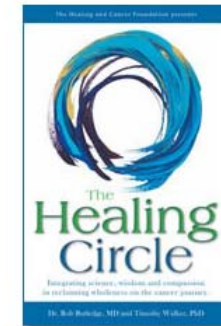
We endorse 'integrated cancer care' which means getting the best of scientifically-proven medical care and combining it with wisdom-based healing practices. We focus on the many simple and effective things you can do for yourself every day to improve your health and overall well-being, and to live a life filled with love and purpose.

Our core belief is that every person possesses the wisdom, compassion and power within to heal - including you.

Upcoming Events

May 19th, Montreal. Hope and Cope Centre. Healing Circle Public Talk.

What's New



[Click here to learn more and order the book:](#)

[Meet people in the book, watch videos from a retreat, and practice healing skills.](#)

[I have cancer
What can I do?](#)

[The Healing and
Cancer Series](#)

[Professionals &
Volunteers Retreat](#)

[I want to organize
an event](#)

[Fundraising
Opportunity](#)



Registered Canadian Charity

Functional Well-Being

- 761 lymphoma survivors completed a quality of life study
 - Average survivor was 10 years post-diagnosis, average age 62
 - 60% were retired or unemployed due to issues related to lymphoma

Functional Well-Being

- 242 lymphoma survivors
 - 49% report no change in work status
 - 17% reduced work hours
 - 34% stopped working or retired
- Survivors who maintain work status reported higher physical QOL than those who reduced hours or stopped completely.

Functional Well-Being

- *“Rehabilitation programs that improve vitality in cancer patients, especially those treated with chemotherapy can influence the work-force participation positively and have a high social impact since half of cancer survivors experience work changes after cancer.”*

Summary

- Lymphoma is a diverse and unique cancer
- More and more patients are **Living** *After Lymphoma Treatment*
- This difficult transition occurs at the same time your oncology clinic visits are cut way back!

Summary

- Physical, Psychological, and Functional Well-Being are an important focus of lymphoma survivorship
- You are not alone
- There are many resources available to help

Adjusting to Life in Remission



www.lymphoma.ca



Lymphoma Foundation Canada



[Lymphoma 101](#) | [Patient Journey](#) | [About LFC](#) | [Resources](#) | [Make A Difference](#) | [News & Events](#) | [Support](#) | [Others Like Me](#) | [My Profile](#)



Lymphoma 101

Cancer, the lymphatic system and lymphoma types can be complicated. This section delivers what you need to know first in a language you understand.

1 2 3 4

▼ Cancer Basics



- + What is Cancer?
- + Why does Cancer Occur?

▶ The Lymphatic System

▶ Lymphoma Basics

▶ Types of Lymphoma

Lymphoma Foundation Canada

Welcome to www.lymphoma.ca

Lymphoma Foundation Canada is a charitable not-for-profit organization that provides information on new treatments and research, as well as support patient education workshops and seminars to help people understand and manage their cancer. We support lymphoma-specific research through the creation of fellowships, as well as provide community-based resources to help people

2011 Golf Tournament

Join us Aug 23 at Eagles Nest Golf Club for our 2011 Golf Tournament with Honourary Chair Anwar Knight, Weather Anchor, CTV. [Click here](#) for

www.llscanada.org



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Disease Information & Support

Ways To Help

Researchers & Healthcare Professionals

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Disease Information & Support

www.llscanada.org/diseaseinformation



Did you know?

A hematologist oncologist is a doctor who specializes in treating blood cancer patients.

- Leukemia «
- Lymphoma «**
- Hodgkin Lymphoma «
- Non-Hodgkin Lymphoma «
- Myeloma «
- Myelodysplastic Syndromes «
- Myeloproliferative Diseases «
- Managing Your Cancer «
- Get Information and Support «
- For Caregivers «

The Word:

Search...



Glossary

Disease Information & Support // Lymphoma

Lymphoma

What Is Lymphoma?

Lymphoma is the name for a group of blood cancers that develop in the lymphatic system. The two main types are [Hodgkin lymphoma](#) and [non-Hodgkin lymphoma](#) (NHL).

In 2010 about 8,430 Canadians will be diagnosed with lymphoma. Most will be diagnosed with NHL - an expected 7,500 people.

Hodgkin lymphoma has characteristics that distinguish it from other diseases classified as lymphoma, including the presence of Reed-Sternberg cells. These are large, cancerous cells found in Hodgkin lymphoma tissues, named for the scientists who first identified them. Hodgkin lymphoma is one of the most curable forms of cancer.

NHL represents a diverse group of diseases distinguished by the characteristics of the cancer cells associated with each disease type. Most people with NHL have a B-cell type of NHL (about 85 percent). The others have a T-cell type or an NK-cell type of lymphoma. Some patients with fast-growing NHL can be cured. For patients with slow-growing NHL, treatment may keep the disease in check for many years.

LLSC Support Services

The Leukemia & Lymphoma Society of Canada (LLSC) offers many ways to help you cope, from [live telephone support](#) to [family support groups](#) to [online chats](#) and more. To learn more about our free programs for patients, family members and caregivers, see Find Support.

We also offer free informational publications and education programs, such as:

- » disease and treatment guides for [Hodgkin lymphoma](#) and [NHL](#)
- » the [Lymphoma Education Series](#), provided by The Leukemia & Lymphoma Society in the United States, features the latest information about each disease type and treatment options
- »

» Share     

GET INFORMATION & SUPPORT

Contact an Information Specialist.

 **1.800.955.4572**
Mon. - Fri. 9 a.m. - 6 p.m.

 **Live Chat**
Mon. - Fri. 10 a.m. - 5 p.m.

 **Email**

- » Financial Matters
- » Patient Education Programs
- » Online Support Groups
- » Free Education Materials
- » And More

Newly Diagnosed?

START HERE



About cancer



- ▶ Types of cancer
- ▶ Your healthcare team
- ▶ Treatment
- ▶ Coping with cancer
 - Living with cancer
 - Exercise can help
 - Nutrition
 - Sexuality
 - Managing stress
 - Life after cancer
 - Advanced cancer

- ▶ Cancer statistics
- ▶ Cancer myths
- ▶ Cancer encyclopedia
- ▶ Info in other languages
- ▶ How we know
- ▶ Editorial Policy

Life after cancer

Your treatment is over. You feel glad, excited and anxious all at the same time about life after cancer.

I'm a survivor

You may feel like a "survivor" or have heard the term used in conversation. But what does it mean? It means different things to different people. You may not like the way the word is used, or you might feel that it doesn't apply to you. But the word "survivor" helps many people. It can be powerful, and for some, it's a positive way of looking at themselves. Using it helps them to cope with their life after cancer.

The end of treatment

During treatment, it might have been hard to imagine that it would come to an end. You and your family were probably living day-to-day.

You may not have spent much time thinking beyond treatment. Now you wonder if you'll be able to pick up where you left off before your diagnosis. It's time to get back to normal and feel good about the future. But what's "normal" after cancer treatment?

The new normal

Just as everyone's cancer experience is unique, adjusting to life after treatment will be unique as well.

RELATED INFORMATION

- ▶ Understanding your feelings after cancer
- ▶ Worrying that cancer will come back
- ▶ Work and cancer
- ▶ Living well after cancer
- ▶ Our booklet
- ▶ In-depth information
- ▶ Suggested links for survivors
- ▶ Stories of hope

Have questions?
Looking for support?



Talk to us



Resources

- Lymphoma Foundation Canada
 - www.lymphoma.ca
- Leukemia and Lymphoma Society
 - www.llscanada.org
- Canadian Cancer Society
 - www.cancer.ca