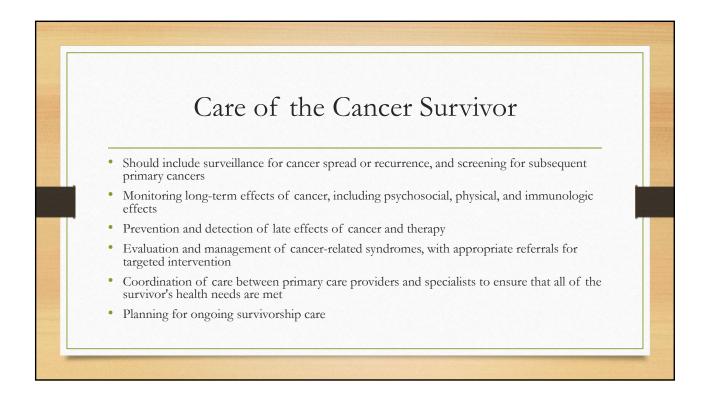


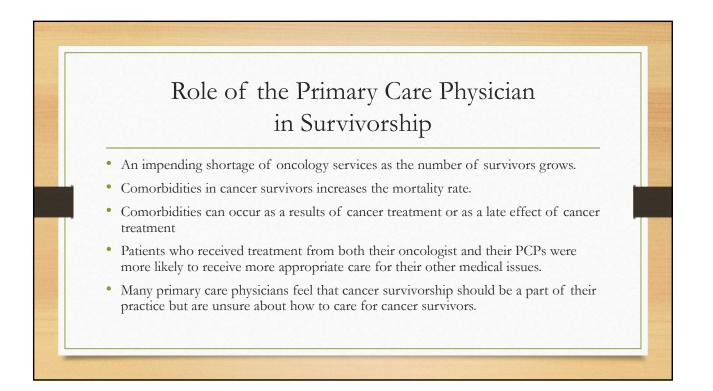
Breast Cancer Survival

- There are more than 275,000 breast cancer diagnoses in the United States each year. Fortunately, new treatments have pushed the disease's five-year survival rate to 90%.
- 5 year survival rates:
 - About 96% for localized disease
 - About 85% for regional disease
 - About 30% for metastatic disease



Survivorship Care Plans

- Good communication at the oncology/primary care interface may allow survivors to feel they have the continuity of care
 they desire. Some data suggest that treatment summaries and survivorship care plans lead to improvements in outcomes for
 survivors, such as having fewer emotional concerns and more often reporting that their needs have been met.
- Include information on treatment received (surgeries, radiation therapy, and systemic therapies)
- Information regarding follow-up care, surveillance, and screening recommendations
- Information on post-treatment needs, including information on acute, late, and long-term treatment-related side effects and health risks when possible
- Delineates the roles of all health care providers (including oncologists, primary care physicians, and subspecialists) in longterm survivorship care with coordinated timing of care and transfer of care as appropriate
- · Promotion of adherence to healthy behavior recommendations
- · Periodic assessment of ongoing needs and identification of appropriate resource



Role of the Primary Care Physician in Survivorship

• Care providers are also encouraged to assess the following at regular intervals:

- Current disease status
- Functional/performance status
- Medication use (including over-the-counter medications and supplements)
- Comorbidities
- Prior cancer treatment history and modalities used
- Family history
- Psychosocial factors
- Weight and health behaviors that can modify cancer and comorbidity risk (including tobacco/alcohol use)
- · Fertility concerns for adults of childbearing potential
- Review disease-specific recommendations for surveillance/follow-up

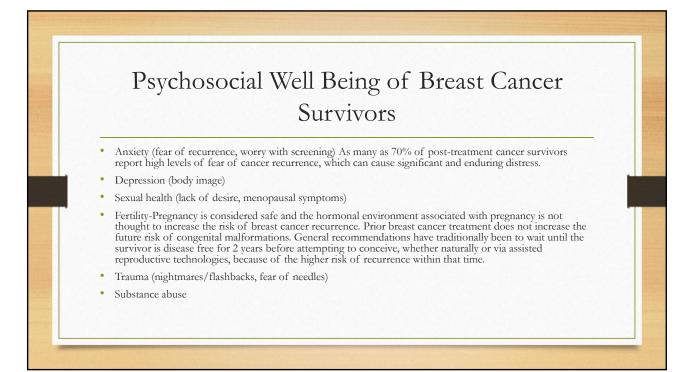
Risk of Subsequent Cancers

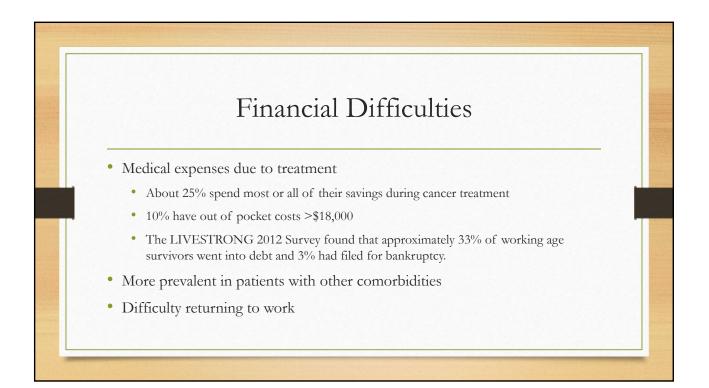
• The overall cancer rate in survivors is higher than in the general population due to genetic susceptibilities and/or family history, shared etiologic exposures (smoking, environmental exposures, health behaviors, HPV) and mutagenic effects of cancer treatment.



- Breast cancer
- Colorectal cancer
- Skin cancers
- CBCD

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Modifiable Lifestyle Changes

- Health behaviors should be modified as possible to decrease the risk of subsequent malignancies
- Smoking cessation
- Moderate alcohol consumption
- Regular physical activity improves overall fitness as well as enhances emotional wellness and reduces fatigue
- · Healthy diet high in fruits, vegetables and whole grains
- Maintain lean body weight
- Sun safety-sunscreen, covering exposed skin

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