



Management of the side effects

Social, psychological and financial issues

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Management of the side effects: a central role in the clinical activity

The diagnosis and treatments have a significant impact on patient and family lives



The adverse events:

- may affect the ability of patients to cope with the disease
- may reduce their compliance with therapies

The stress of cancer diagnosis is increased by fears:

- ✓ The discomfort of side effects *can not be relieved*
- ✓ Social life *compromised*
- ✓ *Not be able* to do same things as before
- ✓ Loss of independence
- ✓ Other parts of life *will be affected* by the disease



Anxiety and depression may develop consequences on
family, social and working relationships

- Lack of information may cause psychological distress
- Communication is more challenging in cancer care where the situation add a potentially greater emotional dimension



The Information and the Education of patients play a key role

- to receive effective pretreatment information
- to learn how to manage side effects

The Humanization of care must become the modern concept of oncology

- *Reducing the distress*
- *Increasing adherence to treatments*



***"Cancer care is about the WHOLE person
NOT just the disease"***

Sometimes patients do not ask questions to their doctors

A fruitful communication can be supported by:

✓ a list of questions for the doctors

Italian project *HUCARE* (*Humanization of Cancer caRE*), with the aim to improve the psychological status of patients and families, has developed a list of possible questions

- Which side effects are most common with my treatment?
- How severe can the side effects be?
- How long could the side effects last?
- When should I contact a doctor about my side effects?



✓ Record or diary to be shared during the visits

Side effects of cancer treatments can vary on:

- severity
- when they occur

short-term/long-term/late effects

- emotive impact on patients



- not all people get every side effects
- not all people have the same side effects

Everyone is **unique** and responds to treatment **differently**



Different cancer treatments lead to different side effects

Surgery

- pain
- scars
- tissue swelling



Radiation Therapy

- pain in the chest
- fatigue
- skin red
- soreness
- increased cough and sputum



Chemotherapy

- hair loss
- tiredness
- sickness and nausea
- diarrhea
- taste change
- Infection
- constipation
- hematological toxicity
- peripheral neuropathy

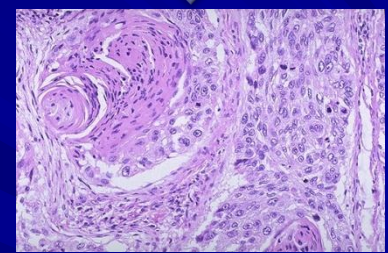
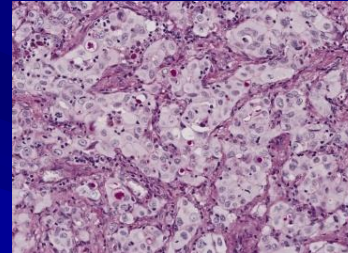


BEFORE GENOMIC ERA....

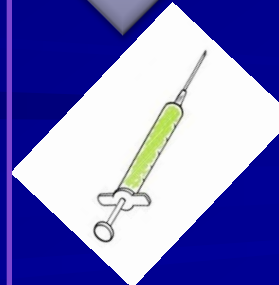


STANDARD THERAPY

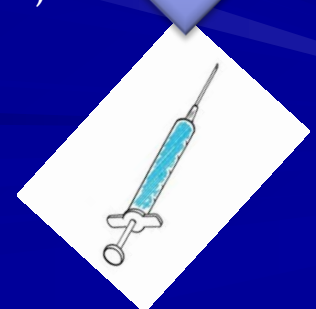
....TODAY, NEW THERAPEUTIC APPROACH



Markers expression? (TS, ERCC1,
VEGF...)
Mutation? (EGFR, KRAS)
Translocation?(ELM4-ALK)



**TARGETED
THERAPIES**



Targeted therapies

represent a cutting edge area of research
and clinical application

What has changed??



Targeted therapy side effects

- Targeted therapies *don't generally affect* the body like standard chemotherapy
- They cause **DIFFERENT** side effects, *not always less severe*

One of the most common side effect with these new drugs is the

CUTANEOUS TOXICITY

Skin reactions can cause physical discomfort as well *as distress*, but *effective treatments* are available

For side effects it's necessary to consult with the doctor
about the ways to manage them

There are medications to control side effects

The doctor may help patients to find the right one

If they don't work the doctor will provide an alternative



That could help patients to ease the fears

- Dealing with side effects means coping with *personal reactions* and with *other people's reactions*
- The situation has a great impact on **patient's quality life**:
 - *affecting the overall health*
 - *changing the daily routine*
 - *putting a strain on the personal and social life*

Coping with side effects means dealing with a *variety of issues*

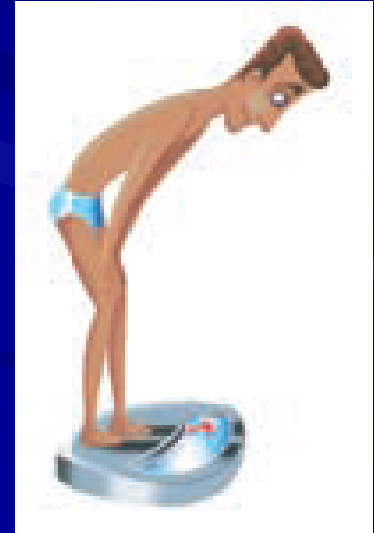
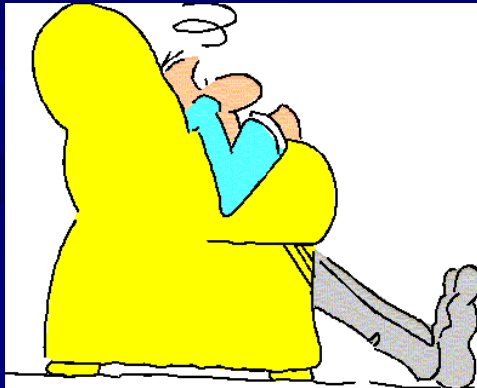
- *Physical changes*
- *Emotional changes*
- *Social changes*
- *Financial changes*

Physical issues

If treatment affects the appearance people may feel **less confident** and **afraid** about the way others perceive them

Some of the more common physical changes include:

- *Hair loss*
- *Weight gain or weight loss*
- *Changes in skin tone or color*
- *Physical changes from surgery*
- ***Fatigue***



Emotional issues

The emotional well-being is as important as the physical health
Physical side effects can contribute to the emotional distress

The emotional effects of treatments are:

- directly related to the *medication*
- related to *external factors* such as family, work and social life



Continuing to work, or returning to work is an important issue

- To work because of *economic needs*
- To work because it is *a normal life activity* and a element of *distraction*



Managing financial and practical issues may be
another cause of psychological distress

**Some families feel worried about
the financial impact of the disease**

There are many financial costs related to cancer:

- ✓ Reduced salary if you cannot work or need to reduce your working hours
- ✓ Travel to and from the hospital for treatment
- ✓ Childcare costs
- ✓ Reduced income if the caregiver gives up the job to stay home

In many countries there are *government programs* and
charitable organizations
that offer financial assistance to cancer people

In Italy, the National Health System totally covers
the costs for cancer therapies

NOT those related to the management of side effects:

- unexpected expenses related to the management of the toxicities
and other adverse events
- some patients may be not able to work or may work part-time

Patients are not alone in their feeling

It may be difficult to ask for help,
but the *support can decrease* the stress
Emotional distress and lifestyle changes affect
everyone who is close

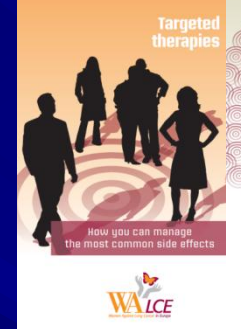


It's important to consider
all the support options are offered:

- ❖ *Family and friends*
- ❖ *Cancer centers*
- ❖ *Psycho-oncology services*
- ❖ *Cancer patient Organizations*

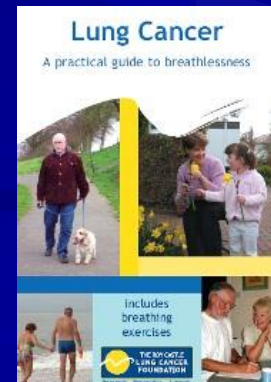
Patient-focused information materials:

booklets, DVD'S, fact sheets, newsletters, web, blogs, forum, education Workshop podcasts or telephone replay



**ACCESS FREE
LUNG CANCER CANADA
AWARENESS & EDUCATIONAL
RESOURCES**

[CLICK HERE](#)



Support groups

- Online , face-to-face, telephone and spiritual
- Free and led by professional oncology social workers
- Connect people in a similar situation



LUNG CANCER
Telephone Support Groups

Be a part of a support group that gives patients and carers the unique opportunity to:

- share experiences and knowledge
- connect with other patients or carers
- offer support to one another over the phone
- access emotional support and information



"To begin with, I didn't know if the support group was for me but I gain a lot of strength and inspiration from other peoples' stories and experiences."
Jenny (Mackay Qld)

Patient Telephone Group
3rd Thursday of each month
11.00am to 12.00pm (AEST)

Carer Telephone Group
4th Thursday of each month
11.00am to 12.00pm (AEST)

Call us today on 1800 654 301



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70 21 01 04



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*Patient organizations
have programs designed to help people
to cope with the emotional concerns
and the physical changes*



Patient's programs



32 Members

21 countries

16 Lung Cancer specific organizations



*Thank you for your
kind attention!*



www.lungcancercoalition.org