

# Life During and After Cancer Treatment: What Should I Expect?

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# What type of treatment will I receive?



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# Your Melanoma Treatment

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## ◆ **Surgery**

- Biopsy
- Re-excision
- Sentinel Lymph Node Biopsy +/- Lymph Node Removal

## ◆ **Radiation**

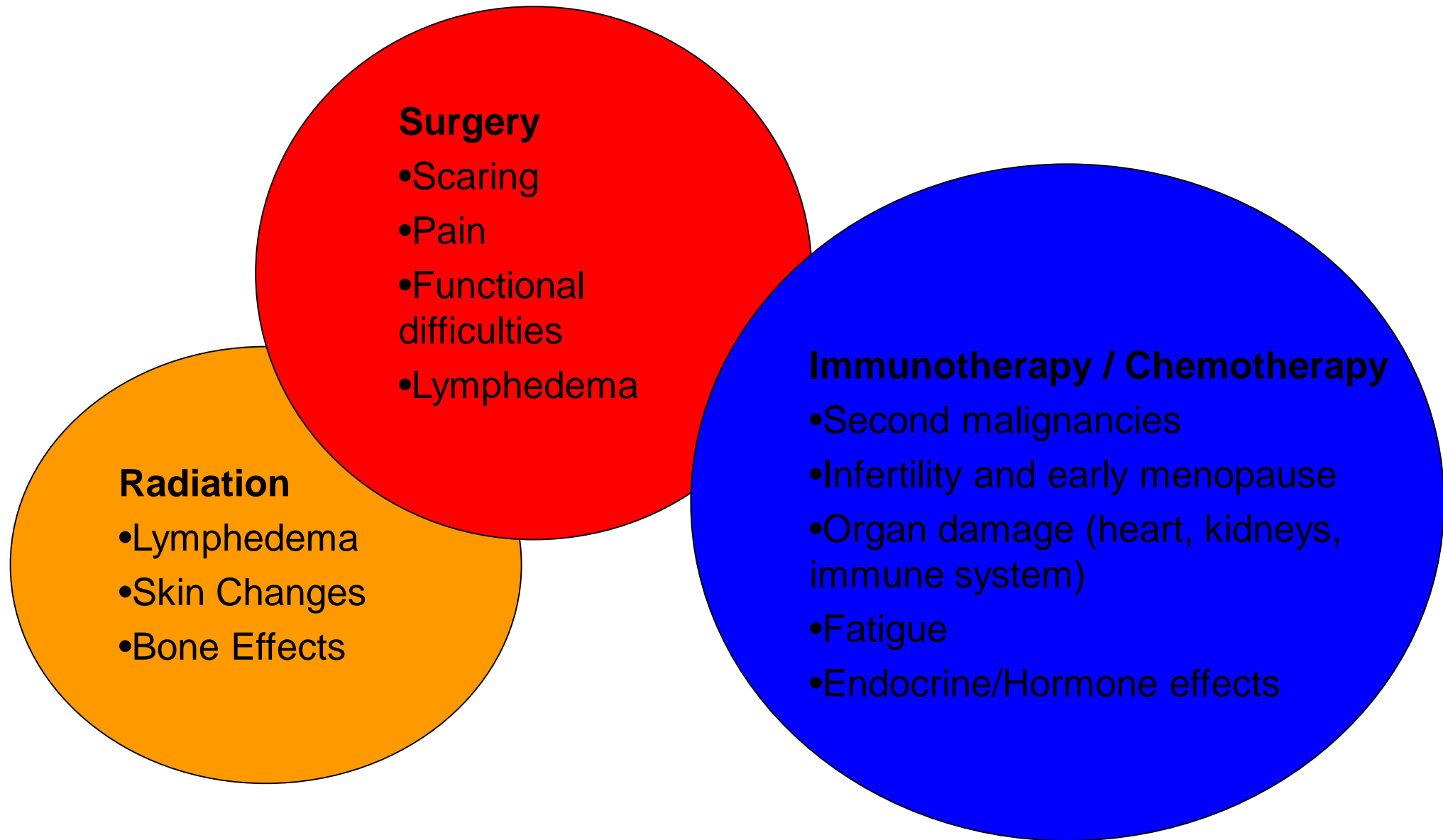
- To surgical site
- To local area
- To other sites

## ◆ **Medical Therapy**

- Immunotherapy
- Targeted therapy (BRAF/MEK inhibitors, KIT inhibitors)
- Chemotherapy



# Immediate and Late Effects



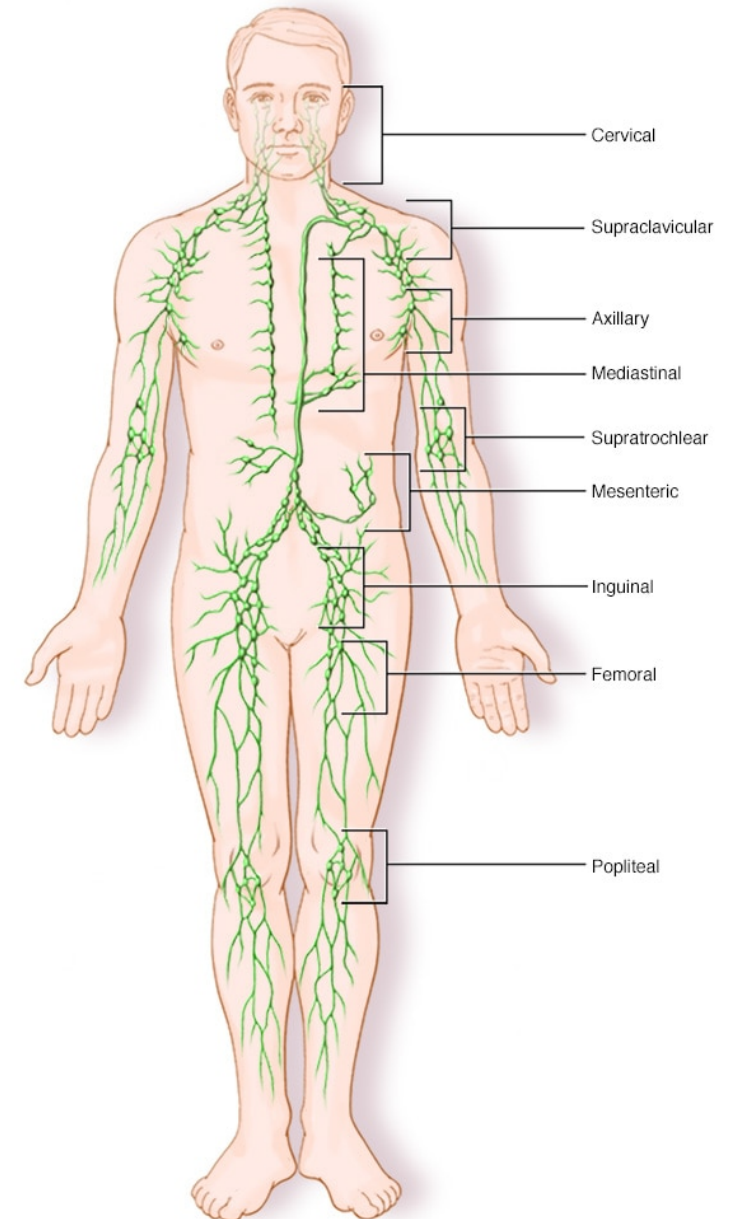
# Lymphedema

## ◆ Causes:

- Damage to lymphatic channels
  - Lymph node removal
  - Lymph node damage

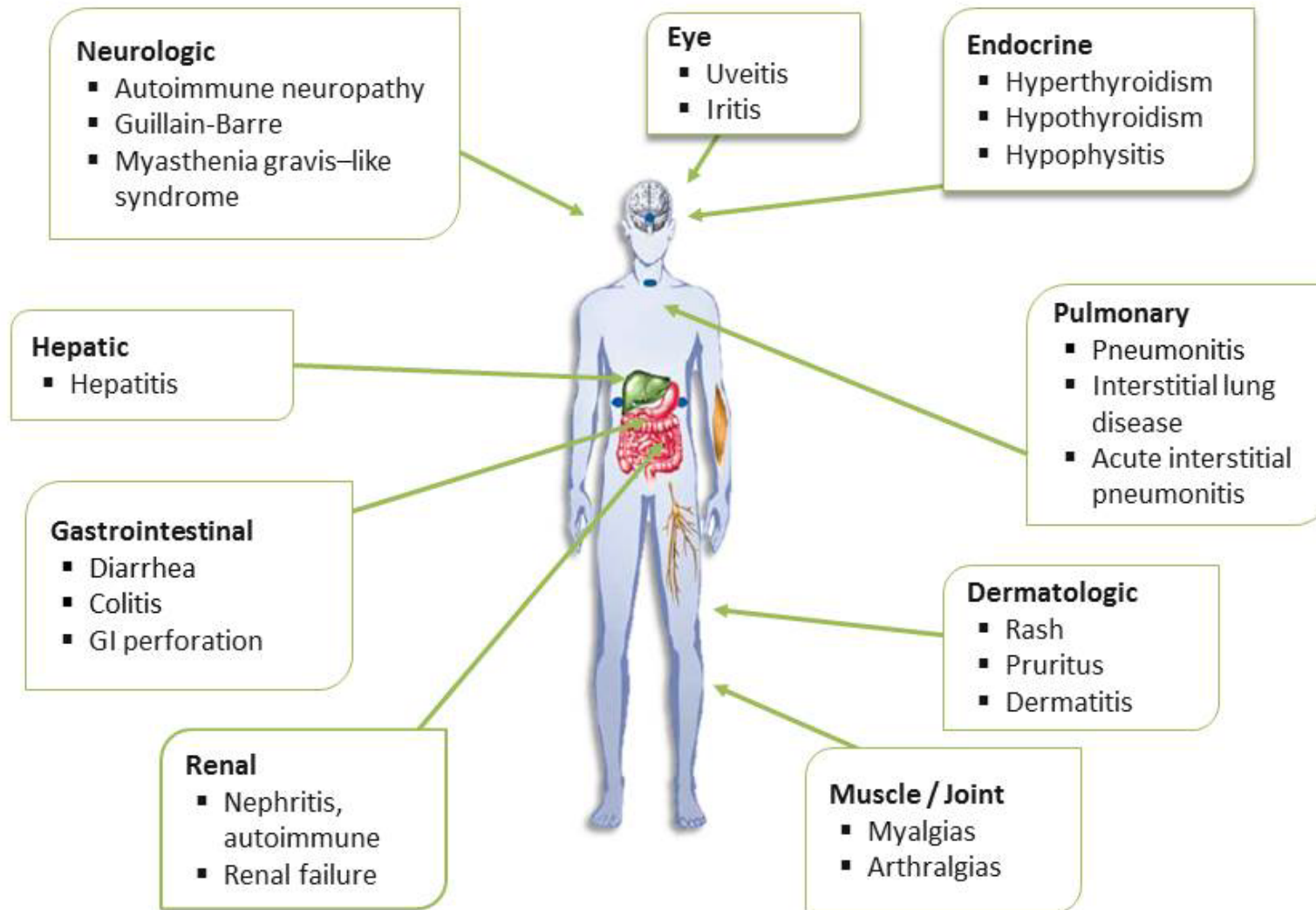
## ◆ Treatment:

- Education
- Lymphedema Therapy
  - Manual Lymphatic Drainage
  - Compression
- Exercise program
- Precautions and skin care to prevent infection



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# Immunotherapy Side Effects:



# Partner with your Care Team

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- ◆ **You know if something has changed in your body.**
  - Change in your biopsy site
  - New skin lesion
  - New symptom during treatment
- ◆ **Call/message with those changes**

**I've finished therapy...**

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**Now what??**



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# Melanoma Survivorship Statistics

- 15.5 million cancer survivors in the United States
  - 8% of those people have a history of melanoma
- 3.5% of the total US population
- Who?
- Why?
- What?
- When?
- How?

# Who is going to follow me?

## ◆ Who?

- Primary Care Provider
- Dermatologist
- Medical Oncologist
- Surgical Oncologist
- Radiation Oncologist

## ◆ Health Care Providers on your Team

- Physicians
- Nurse Practitioners
- Physician Assistants
- Nurses

# Health Maintenance and Disease Prevention

## ◆ Chronic Disease Screening

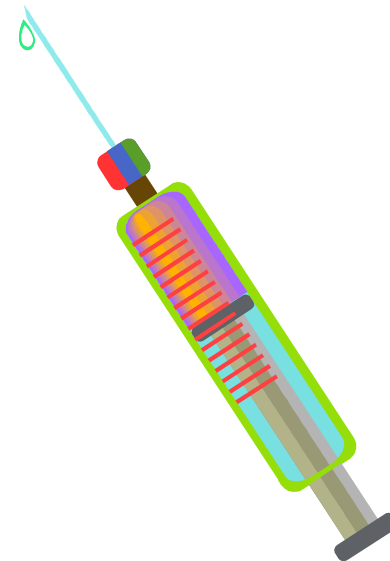
- Blood Pressure Checks
- Cholesterol
- Blood sugars
- Endocrine Changes after immunotherapy

## ◆ Cancer screenings:

- Skin Cancer
- Mammograms and Pap smears for women
- Prostate Cancer screening for men
- Colonoscopy

## ◆ Immunizations:

- Flu vaccination
- Pneumonia
- Shingles



# What is Survivorship or Long Term Follow Up?

## ◆Oncology Providers

- Recovery from prior treatments for the melanoma
- Monitor for consequences of prior treatments
- Monitor for cancer recurrence
- Screening for new cancers and medical conditions
- Treatment Summary & Survivorship Care Plan

# Treatment Summary & Survivorship Care Plan

- ◆ Be an active participant in your care
- ◆ Maintain a copy of your medical records
  - Know your stage of melanoma
  - Know what types of treatments you've had for melanoma
  - Know your plan for follow up



## Melanoma

### Your Summary

Welcome to your personalized OncoLife Survivorship Care Plan. This tool is designed for survivors of adult cancers and your survivorship plan is developed based on the information you entered on the questionnaire. Childhood cancer survivors are encouraged to visit the [Children's Oncology Group website](#) for more information specific to them. The information in this plan is based on the available research and literature concerning cancer survivors. This area is continually growing, and as new information becomes available, it will be added to the program. For this reason, *you may want to redo your plan periodically.*

The OncoLife Survivorship Care Plan provides you with information regarding the health risks you may face as a result of cancer therapies. The level of risk can vary based on the duration, doses and combinations of therapy, therefore this plan should be discussed with your oncology team to better understand your personal risks. These results can be concerning, but remember, not every survivor experiences every side effect, and some do not experience any long-term effects. This plan is to make you aware of possible long-term effects that you and your healthcare team should keep in mind. If you would like to talk to someone about your concerns, your oncology team can answer questions or help you find a counselor. Many organizations offer support programs and buddy programs that can help you navigate this time of transition.

The information in your plan is broken down by the cancer therapies you received, future screening recommendations, healthy living tips and psychosocial issues you may face. Sometimes more than one therapy can cause the same long-term effect, so you may see a particular side effect in more than one section. If there are specific things you can do to reduce the risk for or evaluate for the presence of an effect, these will be included with the information.



# Melanoma Monitoring

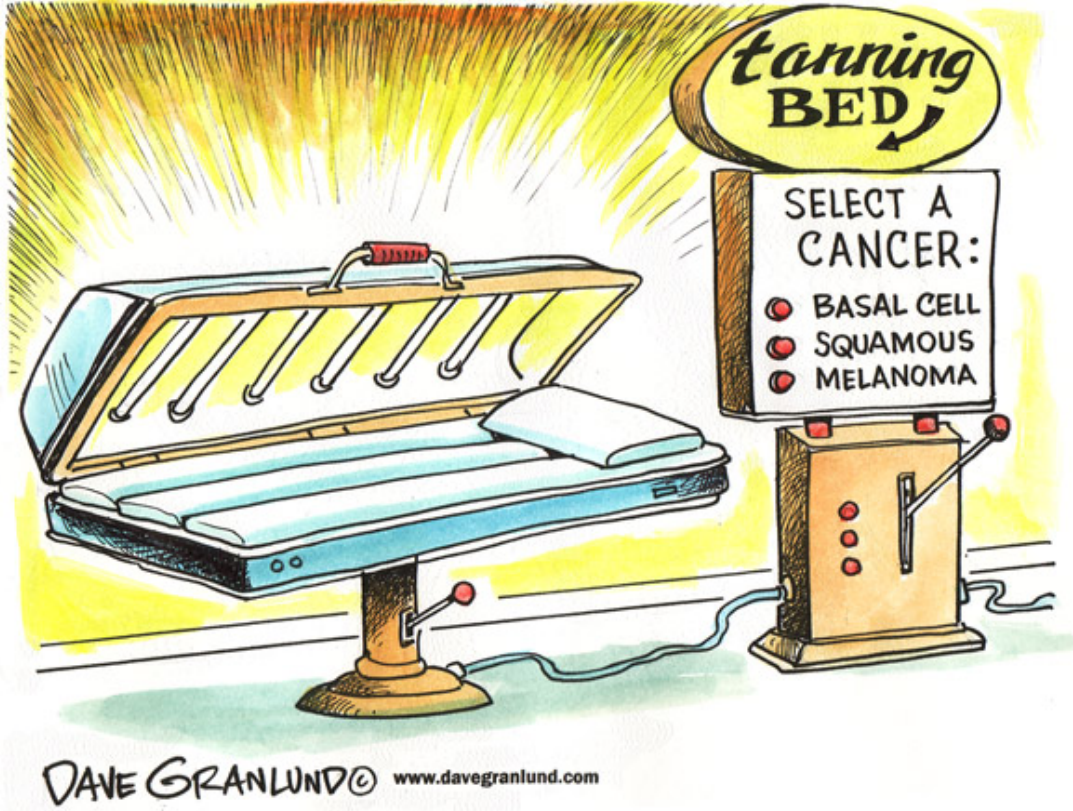
## ◆ Patient Responsibilities:

- Self skin examination
- Report any new lumps, bumps, changes in moles or lymph nodes to health care team
- Report any new symptoms to health care team

## ◆ Provider Responsibilities:

- Melanoma Recurrence
  - Physical examination (skin, lymph nodes)
  - Laboratory studies
  - Radiologic studies
- New Melanomas or other skin cancers
- Toxicities from prior Treatment

# Life Style Changes



- ◆ Sun Protective Behaviors (Slip, Slop, Slap and Wrap)
- ◆ Smoking Cessation
- ◆ Weight Management
- ◆ Increased Physical activity
- ◆ Nutrition including whole grains, fruits and vegetables
- ◆ Limited Alcohol consumption



# When? How?

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- ◆ **Skin Checks and Lymph Node Exam:**
  - At least annually for life
  - More frequent immediately following diagnosis
- ◆ **Scans:**
  - Vary by stage
  - Vary by the time from diagnosis
- ◆ **Laboratory Studies**
  - Vary depending on prior therapies



**Important to Monitor for  
Melanoma but also to  
Live your Life**