

Strive to Thrive! Protect Your Health after a Transplant Using Your Own Cells (Autologous Transplant)



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Celebrating a Second Chance at Life Survivorship Symposium

April 27 – May 3, 2024



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Learning Objectives

- Late and long-term complications that may develop after an autologous HCT.
- Risk factors for developing each complication.
- Steps HCT recipients and their healthcare providers can take to minimize the risk of developing complications.

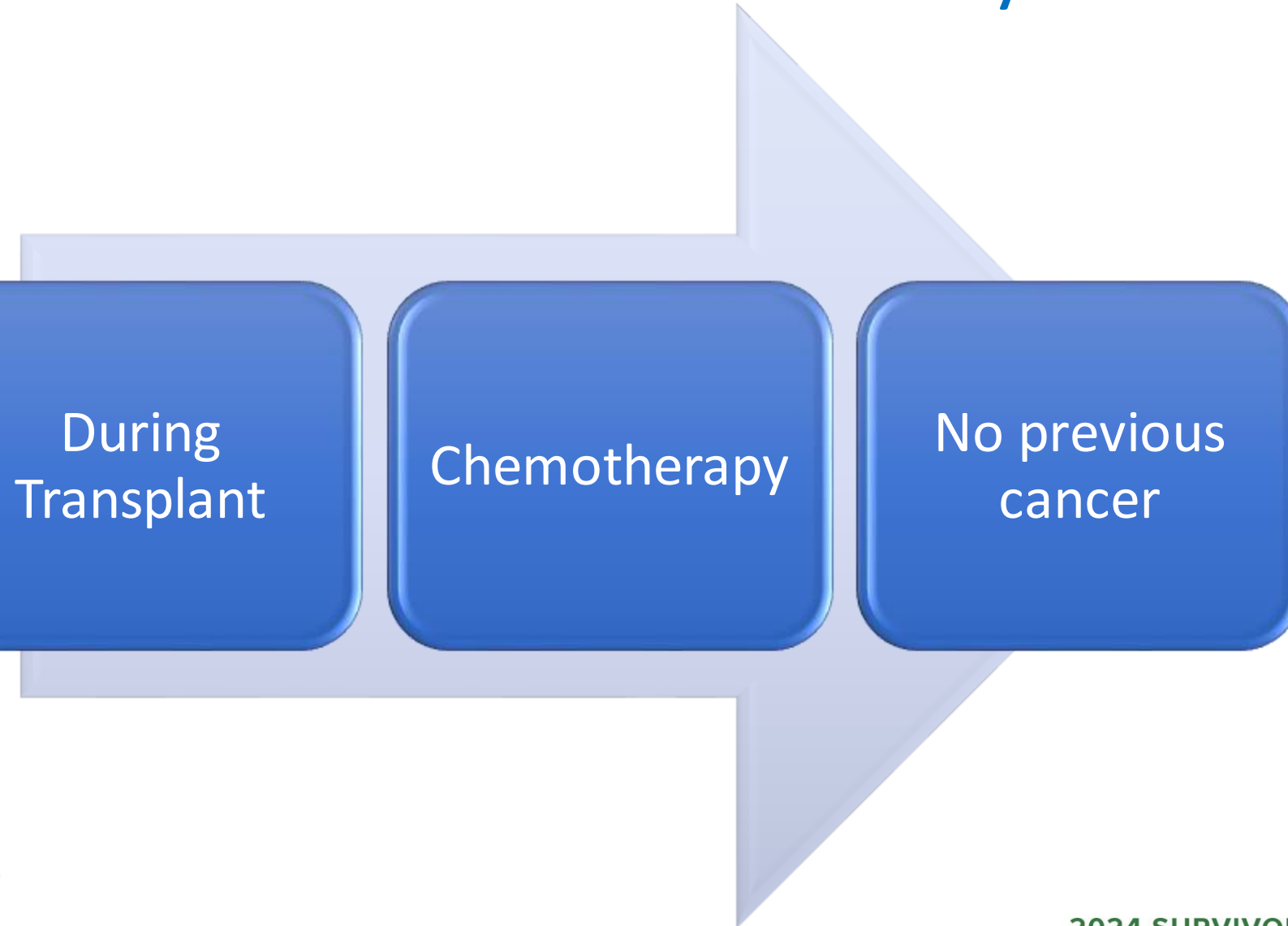
Striving: The First 100 Days

- Blood counts return to normal
- Watching for infection
- Fatigue
- Maintaining weight and physical strength
- Managing side effects

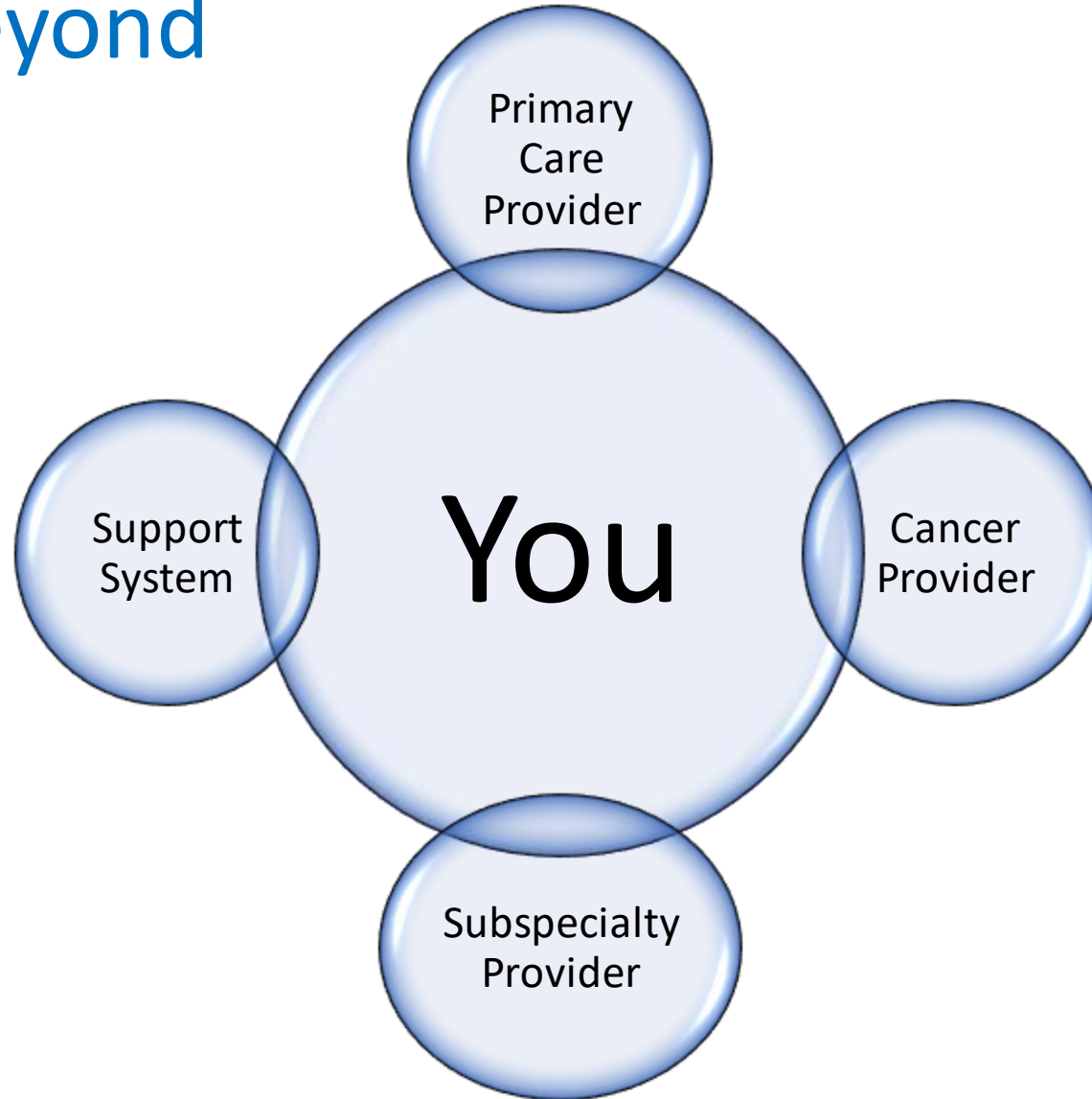
Striving: The First Six Months

- Begin re-vaccinations
- Physical recovery
 - Regain weight
 - Regain stamina
 - Less fatigue
- Mental recovery
 - Support groups
 - Therapy
 - Medications
 - “Brain fog” recovery

The First Year: Immunity



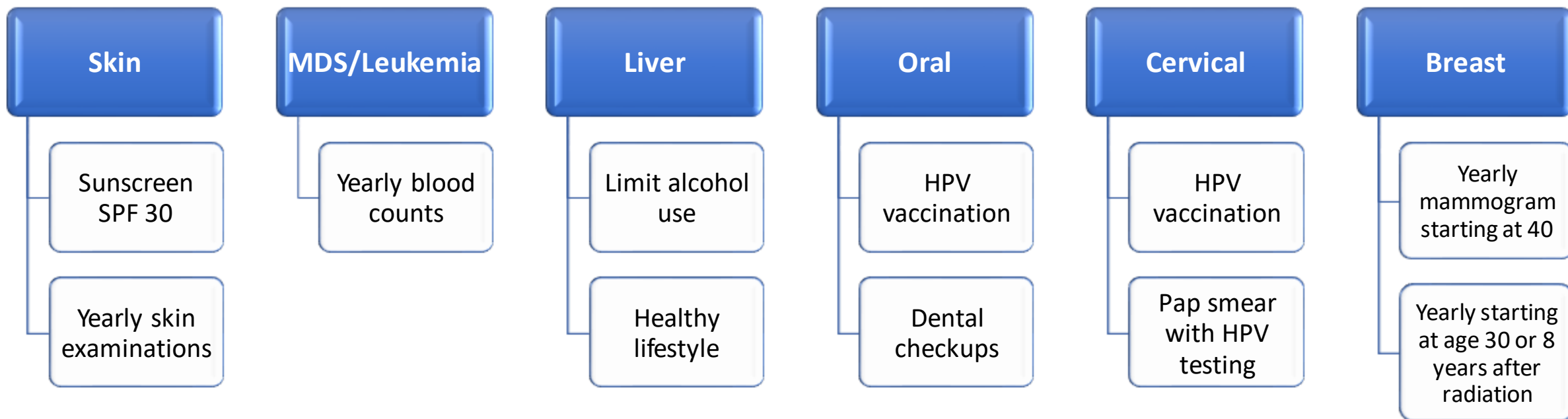
Thriving: Beyond



Thriving: You

- Healthy food choices
 - Fruits, veggies, whole grains, proteins
 - Minimize processed foods
 - Calcium and vitamin D rich diet
- Exercise
- Stress management
- Sleep

Secondary Cancer Risk



Standard Cancer Screenings

Colon

Starting at age 45

Family history may
require earlier
screening

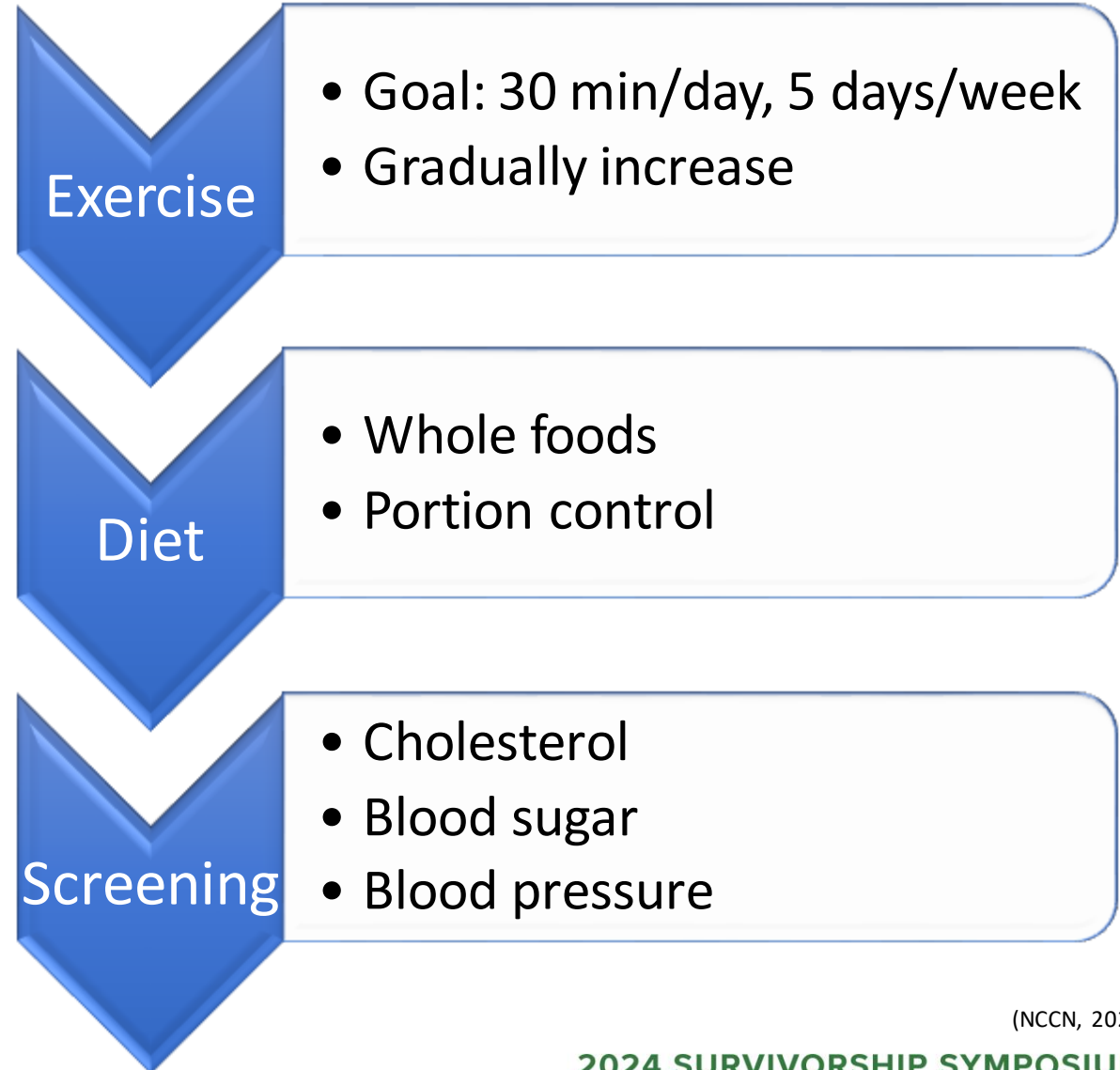
Prostate

Discuss with
primary care
provider

PSA screening
and/or prostate
exam

Heart Health

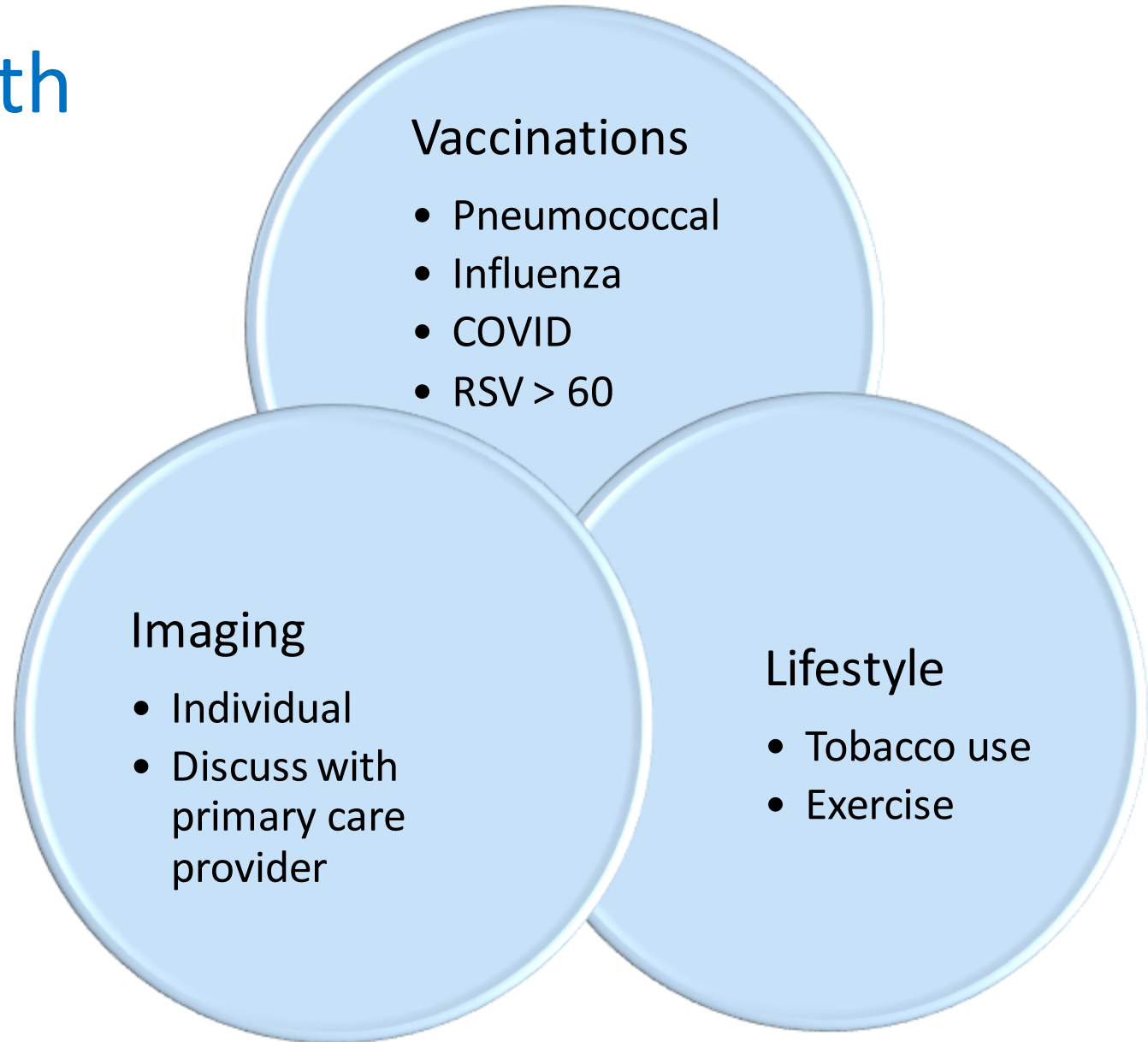
- Risk factors:
 - Anthracycline use
 - Radiation to the chest



Lung Health

- Inflammation of lungs (pneumonitis)
- Risk factors:
 - Chest radiation
 - Bleomycin exposure
 - Higher doses of transplant chemotherapy (BCNU)
 - Younger age

Thriving: Lung Health

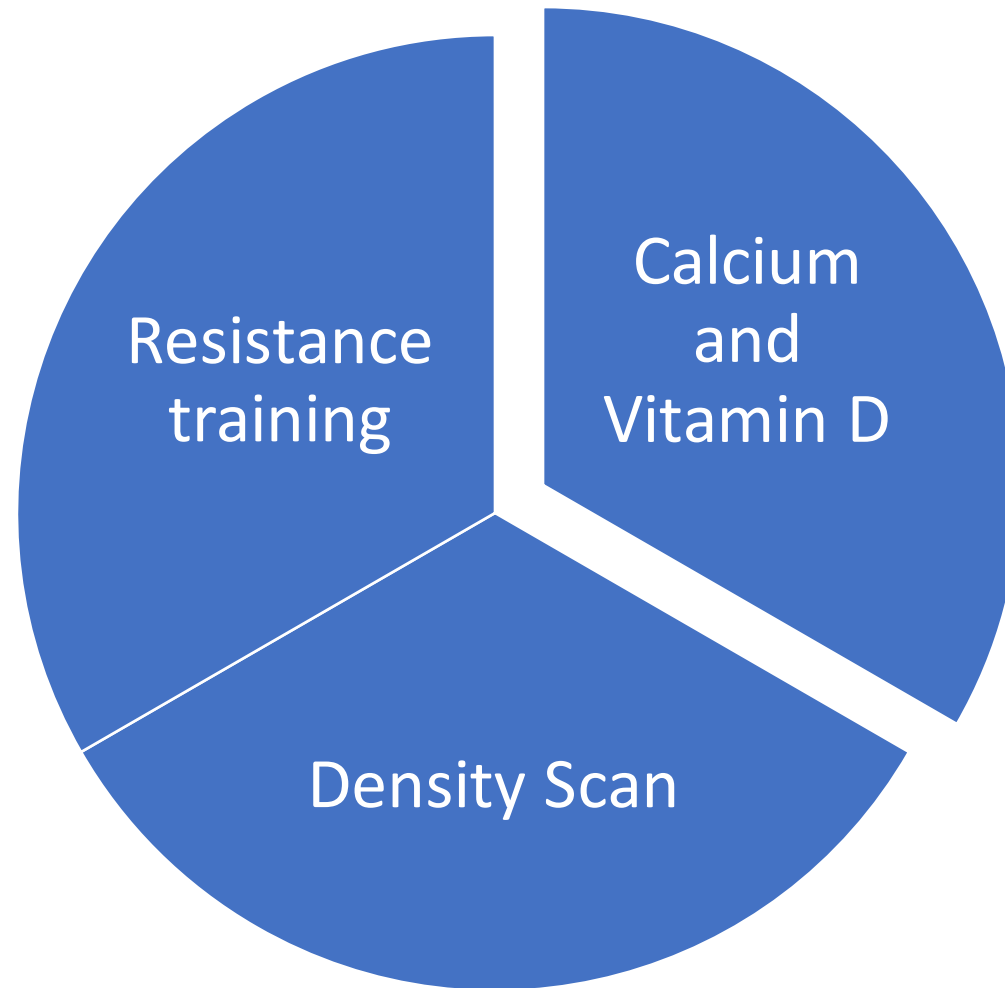


Bone Health

- Risk factors:
 - Sedentary lifestyle
 - Early onset menopause
 - Rheumatological conditions
 - Prolonged steroid use
 - Female
 - Smoking

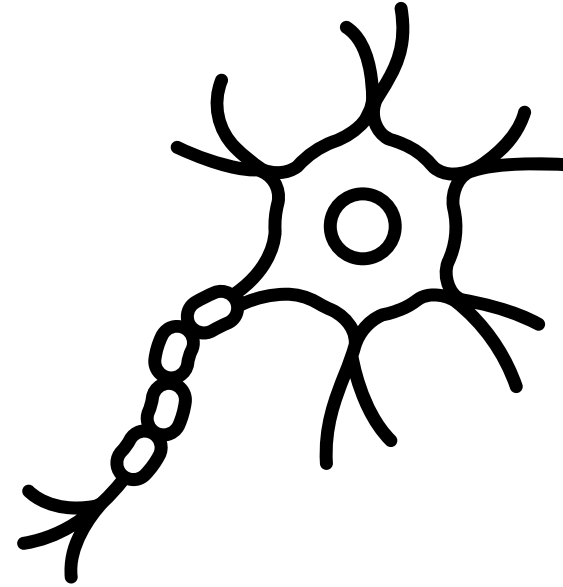


Thriving: Bone Health

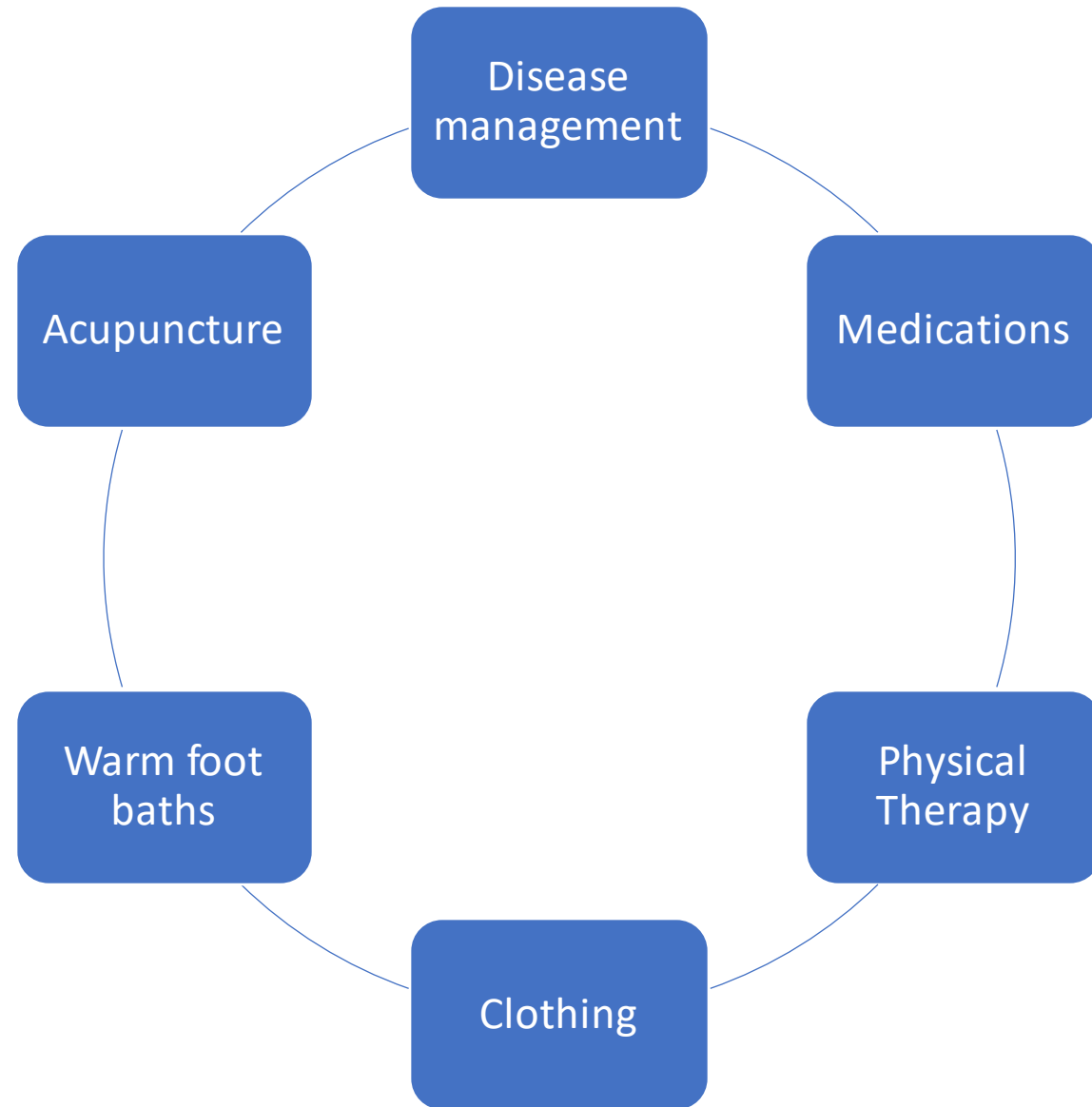


Nerve Health

- Risk factors:
 - Chemotherapy
 - Multiple myeloma

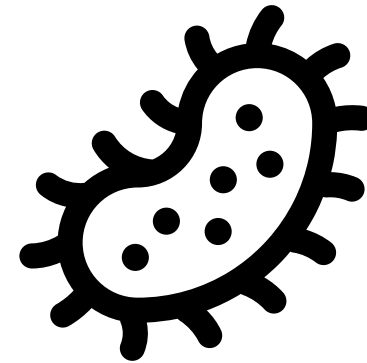


Thriving: Nerve Health

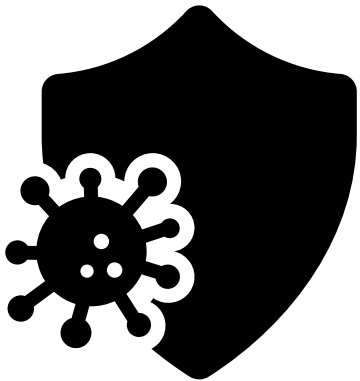
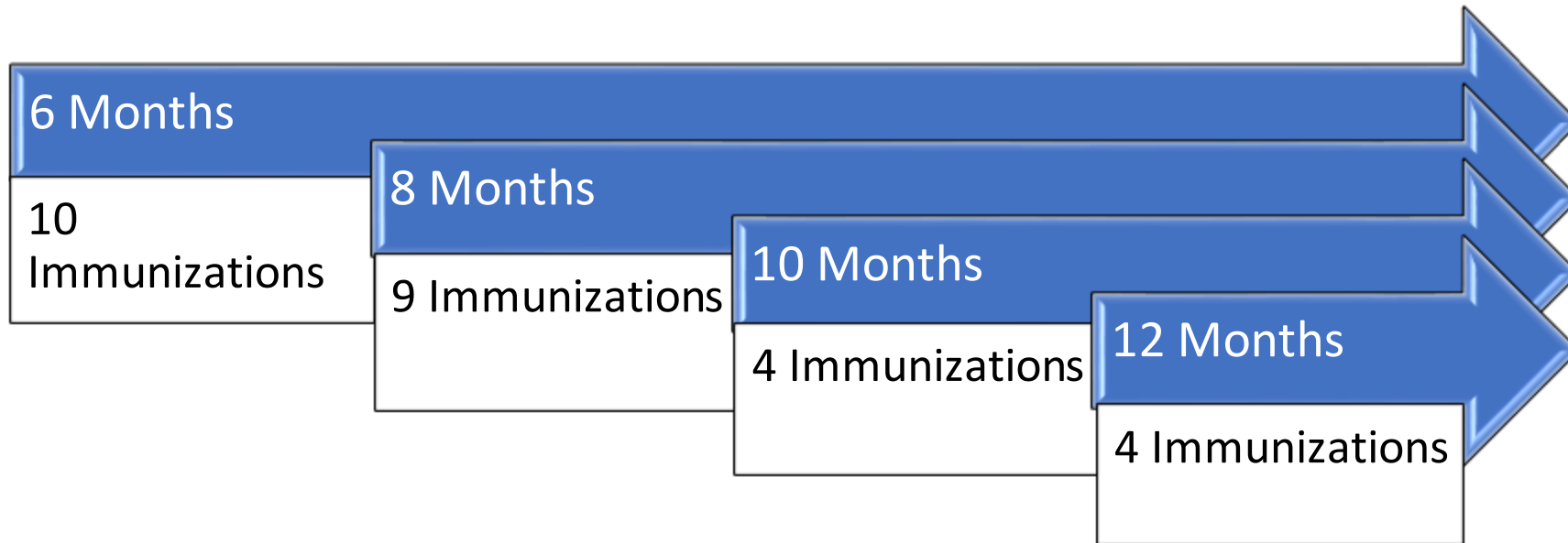


Immune Health

- Risk factors:
 - Splenectomy
 - Prior CAR-T
 - Older age



Thriving: Immune Health



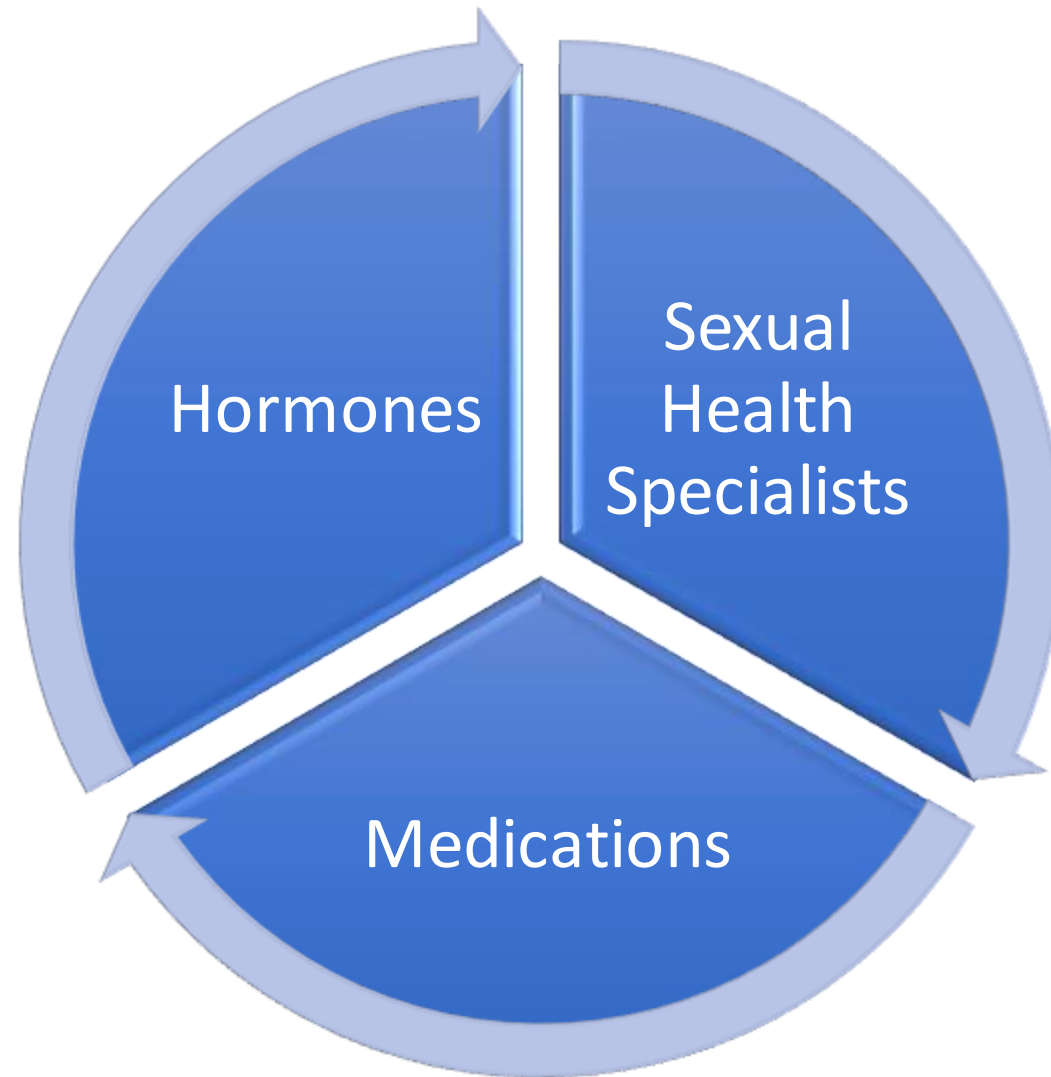
- Discuss ANY live vaccines with oncologist/hematologist
- Influenza immunization in Fall regardless of transplant timing

Sexual Health

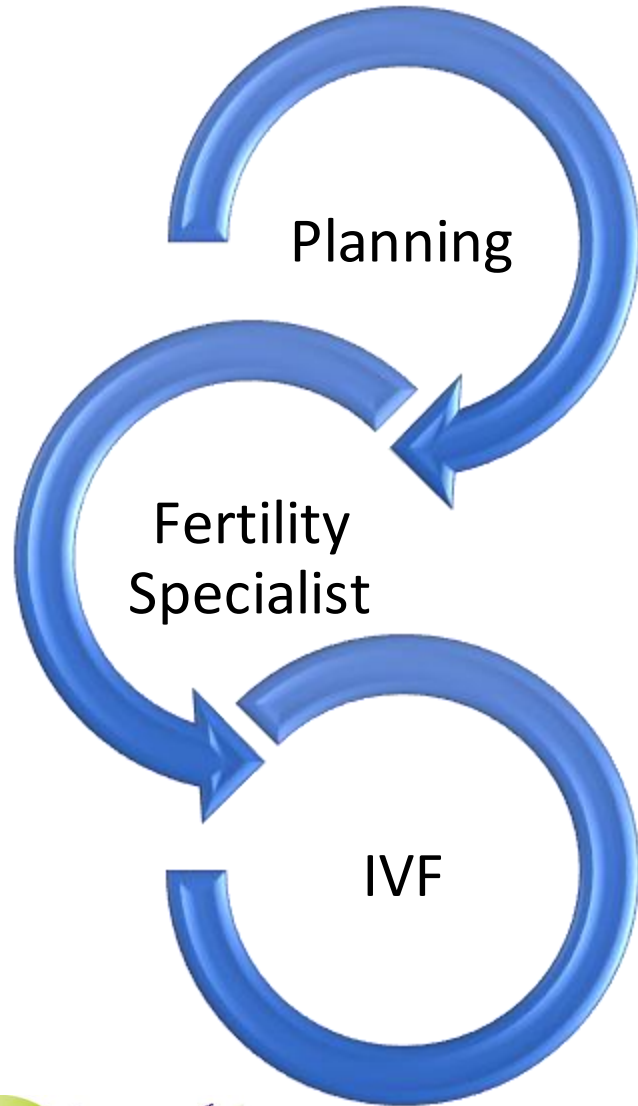
- Risk factors:
 - Chemotherapy
 - Anxiety/depression
 - Age



Thriving: Sexual Function



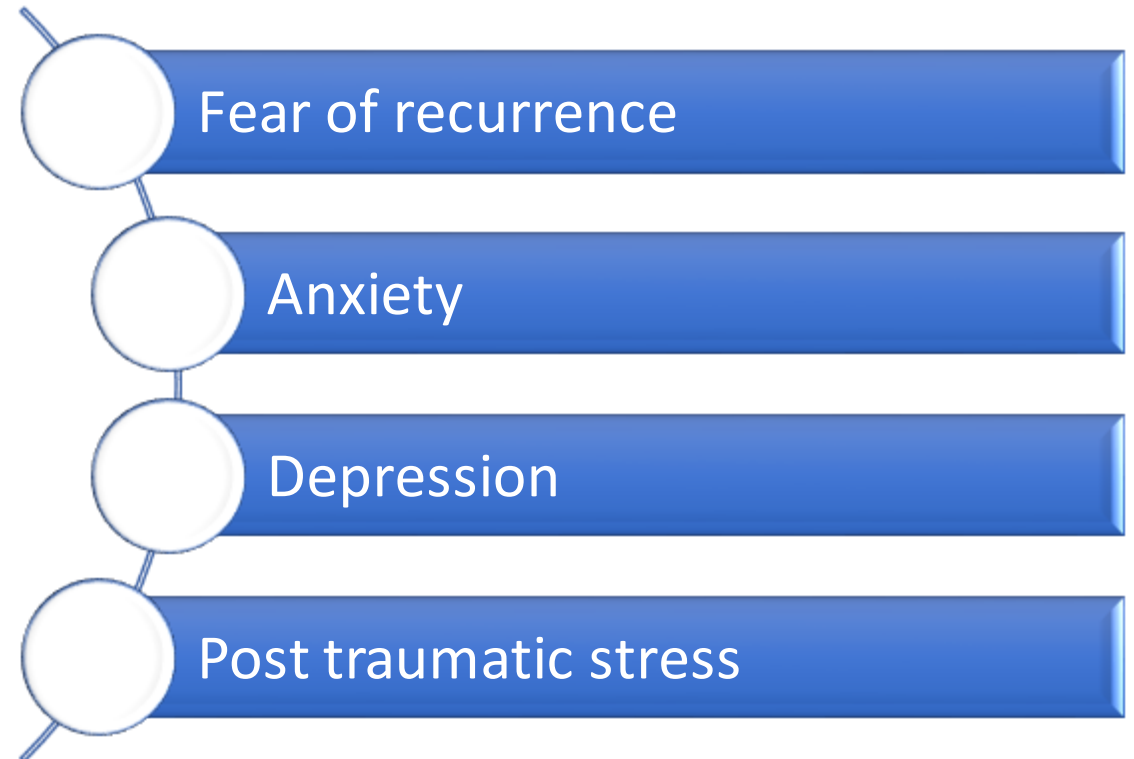
Thriving: Fertility



- Disease free for 2 years before attempting to conceive
- Do not assume sterility
- Continue use of condoms
- Consult with cardiologist if previous anthracycline

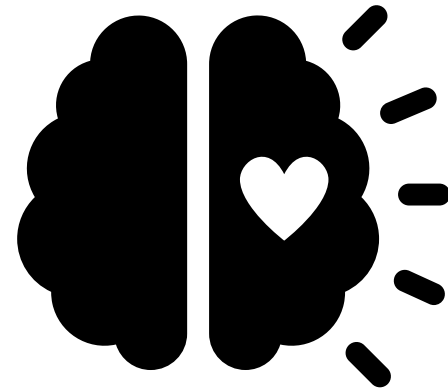
Mental Health

- Risk factors:
 - Transitions in care
 - Fatigue/sleep
 - Cancer care visits and tests
 - Male
 - Younger and older adults
 - Previous trauma



Thriving: Mental Health

- Cognitive behavioral therapy
- Medication
- Spiritual support
- Journaling
- Mindfulness
- Exercise



(American Cancer Society, 2020)

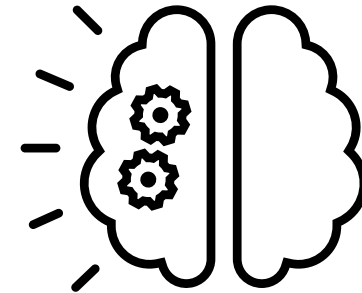
Mental Health

- You are not alone
- Get help



Cognitive Function

- Risk factors:
 - Age
 - Medication side effects
 - Fatigue
 - Depression/anxiety
 - Dietary deficiencies

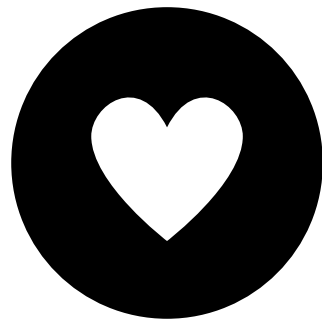


Thriving: Cognitive Function



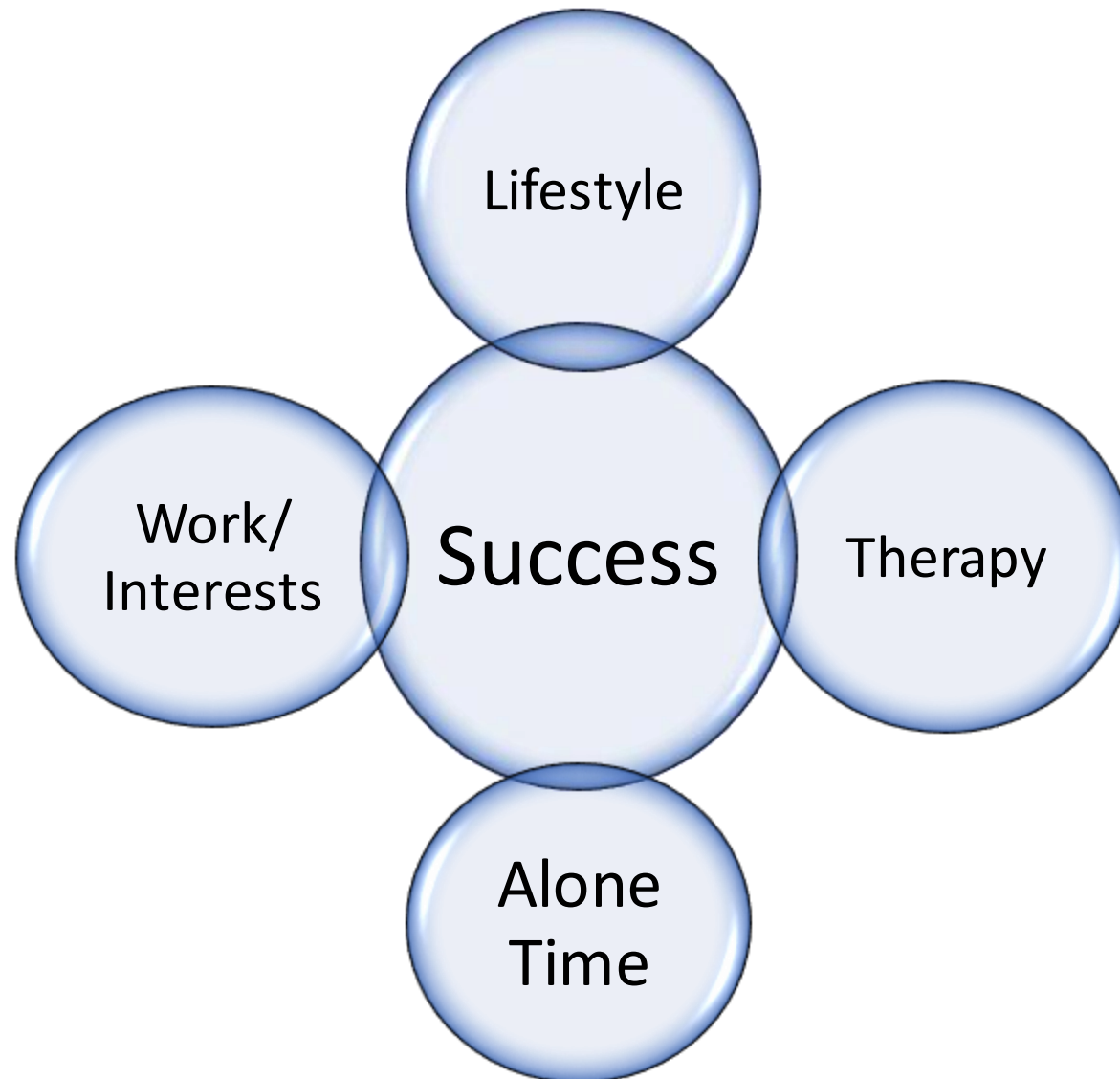
Support Person

- Caregiver resources and research is a developing area
- Anxiety and depression can occur
- Financial stress
- You matter too!

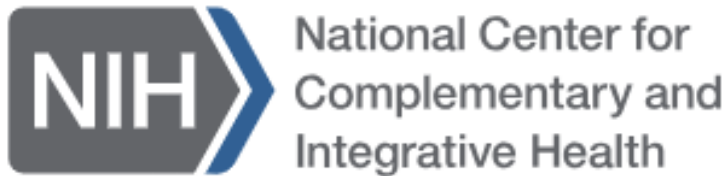


- Risk factors:
 - Employment status
 - Prior mental health concerns
 - Lack of support network

Thriving: Support Person



Resources



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Questions?



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