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

Celebrating a Second Chance at Life
Survivorship Symposium

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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

- During Transplant
- Chemotherapy
- No previous cancer
Thriving: Beyond

You

- Primary Care Provider
- Cancer Provider
- Subspecialty Provider
- Support System
Thriving: You

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

**Skin**
- Sunscreen SPF 30
- Yearly skin examinations

**MDS/Leukemia**
- Yearly blood counts

**Liver**
- Limit alcohol use
- Healthy lifestyle

**Oral**
- HPV vaccination
- Dental checkups

**Cervical**
- HPV vaccination
- Pap smear with HPV testing

**Breast**
- Yearly mammogram starting at 40
- Yearly starting at age 30 or 8 years after radiation

(NCCN, 2023)
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

Exercise
- Goal: 30 min/day, 5 days/week
- Gradually increase

Diet
- Whole foods
- Portion control

Screening
- Cholesterol
- Blood sugar
- Blood pressure

(NCCN, 2023)
Lung Health

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

(Lane et al., 2011)
Thriving: Lung Health

Vaccinations
- Pneumococcal
- Influenza
- COVID
- RSV > 60

Imaging
- Individual
- Discuss with primary care provider

Lifestyle
- Tobacco use
- Exercise

(NCCN, 2023)
Bone Health

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

- Resistance training
- Calcium and Vitamin D
- Density Scan

(NCCN, 2023)
Nerve Health

- Risk factors:
  - Chemotherapy
  - Multiple myeloma

(Zhou, 2021)
Thriving: Nerve Health

- Acupuncture
- Warm foot baths
- Physical Therapy
- Medications
- Clothing

Disease management

(Zhou, 2021)
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

(NCCN, 2023)
Sexual Health

- Risk factors:
  - Chemotherapy
  - Anxiety/depression
  - Age
Thriving: Sexual Function

Hormones

Sexual Health Specialists

Medications

(NCCN, 2023)
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

(NCCN, 2023)
Mental Health

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

(NCCN, 2023)
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

(American Cancer Society, 2020)
Thriving: Cognitive Function

Primary Care Provider

Sleep Medicine

Occupational Therapy
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

Natvig et al., 2022)
Thriving: Support Person

- Lifestyle
- Work/Interests
- Alone Time
- Therapy

Success
References


Questions?

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Let Us Know How We Can Help You

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