

Creative Strategies for Building Inclusive & Whole-Person Survivorship Care

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Presentation Description: The transition from cancer patient to cancer survivor may bring unique challenges that may markedly impact one's quality of life and social integration. On a physical level, cancer-related fatigue, decreased fitness and strength, and chemotherapy-related neuropathy requires recognition and personalized treatments. Another common concern is cancer-related cognitive impairment, commonly referred to as "chemobrain", which may include difficulties with multi-tasking, short-term memory, attention or processing speed. Changes in body image, fear of recurrence, and existential distress all require comprehensive care. Unfortunately, there is not good evidence for medications for most of the challenges that cancer survivors experience. This presentation will provide an overview of creative life interventions and associated research studies that may provide meaningful improvement in inclusive and whole-person survivorship care. Opportunities for future research and intervention are reviewed.

Learning Objectives

1. Describe how psychological distress may impact the genesis of common survivorship concerns.
2. Summarize the various etiologies implicated in cancer-related cognitive impairment (CRCI)
3. Utilize potential lifestyle treatment strategies for CRCI among cancer survivors
4. Describe opportunities for research of lifestyle strategies for CRCI