

# Consequences of treatment and Survivorship

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Oesophageal Patients Association

# Survivorship

- The National Cancer Survivorship Initiative (NCSI) is a **partnership between NHS England and Macmillan Cancer Support**. The aim of the NCSI is to ensure that those living with and beyond cancer get the care and support they need to lead as healthy and active a life as possible, for as long as possible
- In 2013, Macmillan Cancer Support revealed that at least one in four of those living with cancer – around 500,000 people in the UK – face poor health or disability after treatment

# What is early rehabilitation & why is it important ?

- tailored follow-up to meet the needs of individual patients
- prevent avoidable ill health
- promotes healthy lifestyles and independence
- Patients' wellbeing will be greater and their demand for services lower
- more effective when provided early to avoid conditions becoming more complex and costly to treat later on
- stratify patients for follow-up according to their risk can ensure that needs are better met and that resources are used more efficiently

Approximately 1.8 million cancer survivors

By 2030 this is expected to rise to 3 million

# Survivorship/ Quality of life clinic

Completed treatment

**Thursday** : jointly with Dietitian

- 1 x End of treatment 1 hour appointment
- 4 x half hour follow up appointments

**Friday**

- No longer need dietetic input
- 5 x half hour appointments

# Survivorship: Living with and beyond cancer

Clinic : run by Nurse Specialist & Dietitian

Aim :

- Nurse/dietitian-led follow-up
- Optimisation of consequences of treatment
- Restoration of Quality of life
- Education & engagement
- Promote healthy lifestyle choices
- Surveillance for recurrence

# Consequences of treatment

- Weight loss/ poor appetite
- Early satiety / delayed gastric emptying
- Dysphagia
- Acid Reflux
- Changes in bowel habit
- Micronutrient deficiency
- Decreased energy levels / fatigue
- Mood/ adjustment issues /Anxiety
- Financial issues
- Other issues: taste changes, Vocal chord palsy

# Early satiety / delayed gastric emptying

## **Cause :**

- Cutting of the vagus nerve (Vagotomy)
- Increased pyloric resistance
- Decreased capacity

## **Treatment**

- Pyloric dilatation for Oesophagectomy
- Small & frequent eating pattern
- Chew food well
- Medication to increase gut motility e.g. Prokinetics / antibiotics



# Dysphagia

## **Cause**

- Fibrotic stricture at site of anastomosis
- High incidence in patients with Post op leak

## **Treatment**

- Endoscopic Anastamotic balloon dilatation
- If persistent radiological dilatation
- Injecting with Triamcinolone / Botox
- Needleknife

# Bile Reflux

## Cause

- Disruption of anatomical barriers and changed anatomy
- delayed gastrointestinal motility

## Symptoms

- can include laryngitis, vomiting, repeated coughing, pneumonia, offensive taste and dyspepsia type symptoms

## Treatment

- Avoid over eating & eating large meals in evening
- Sleep in a semi-prone position
- Trial Proton pump inhibitor or Famotidine before bed
- Proprietary antacid medication
- Pyloric dilatation to aid delayed gastric emptying

## Changes in bowel habit

### **Causes**

- cutting of the the vagus nerve, as this helps to control the movement of food through the GI tract
- rapid emptying of food into the small intestine

### **Symptoms :**

- pale loose frequent stools,
- Offensive smelling
- Difficult to flush away
- Associated abdominal pain and bloating  
Borborygmi type symptoms
- Urgency

### **Management**

- Avoid high sugar content food
- Avoid large portions
- Maintain the small & frequent eating pattern

# What if this does not work ?

- Various tests
- Faecal elastase test
- SEHCAT scan
- Hydrogen breath test
- Duodenal aspirates
- Food and symptoms diary
- Consequence of treatment MDM

# Small Bowel bacterial Overgrowth

An imbalance of the micro-organisms in your gut that maintain healthy digestion. When too many bacteria, or the wrong kind, populate the small intestine

- symptoms such as bloating and urgent / frequent diarrhoea, weight loss & malabsorption
- Treatment : Antibiotics

# Bile salt malabsorption

- Bile acid diarrhoea is caused by excessive amounts of bile acids entering the colon
- Bowels open during the night
- Treatment : Colesevalam

# Exocrine Pancreatic insufficiency

- Pale loose bowel motions, odorous, floating, difficult to flush and greasy in appearance associated weight loss
- Cause : occurs when your pancreas doesn't make enough digestive enzymes or there is a lack of synchronised excretion of these enzymes after eating
- Digestive enzymes break down food, allowing your body to get nutrients
- Treatment : Pancreatic Enzyme replacement: Creon

# Dumping Syndrome

Symptoms diarrhoea, abdominal pain light-headedness, palpitations & rapid drop in blood sugar

Early Dumping within 1 hour of eating

Cause : rapid emptying of food into the small bowel triggering the rapid shift of fluid and secretion of GI hormones

Late Dumping 1-3 hours after eating

Usually occurs after eating carbohydrate resulting in higher insulin secretion response: reactive hypoglycaemia

Dumping syndrome happens in a small number of people after surgery on the oesophagus.

## Management

Time

Dietary modifications

Enteral feeding

Acarbose

Samostatin analogues



# Micronutrient deficiency

## • **Vitamin B12 malabsorption**

- intrinsic factor (glycoprotein) is either not produced by the stomach or the part of the stomach that produces it is absent so B12 cannot be absorbed
- Low B12 can lead to tiredness / lack of energy, pins and needles, sore tongue and mouth ulcers visual disturbance and psychological problems

## **Iron deficiency anaemia ( Iron, Folate and ferritin)**

- marked decrease in the production of gastric acid, this aids conversion of dietary iron so that it can be absorbed in the duodenum

## **Vitamin D deficiency and insufficiency**

- likely caused by change in transit time through GI tract, Aids absorption of Calcium, as OG patients are at risk of Osteoporosis

## **Zinc**

- essential dietary component & 2<sup>nd</sup> most common trace element
- Important for metabolic systems and cell protection processes
- low levels are associated possible deterioration in quality of life, eg: changes in taste

# Decreased energy levels

## Causes

- Anaemia or other vitamin deficiency
- Decreased weight & poor dietary intake
- Low mood / motivation
- Decreased muscle mass and deconditioning

Refer to Physio/OT rehab

# Other consequences

## Surgical

- costochondral sinus
- Hernia

## Chemotherapy related

- Hearing loss
- Peripheral neuropathy
- Memory & concentration issues
- Dental issues

# Mental health & well being

- Fear of recurrence
- Anger
- Guilt
- Depression
- Anxiety
- Post traumatic stress
- Adjustment issues : Body image/ lifestyle changes
- Carer / family

# Support for patients post Upper GI cancer treatment

- Upper GI Clinical Psychologist
- Dimpleby Service
- Macmillan
- Oesophageal Patients association / Support groups

# Financial issues

**Four in five people with cancer are affected by the financial impact of cancer, on average incurring costs of £570 a month**

- Impact on working and income
- Returning to work
- Increased costs : heating / food / travel insurance
- Benefits advice / Macmillan Grant

Any Questions?!

