

# Gynecologic Cancer Survivorship Summit

**BIG TAKE-AWAYS**

- Let's teach doctors better
- Keep records of your health
- It's a **Complex** problem - there's a whole system!
- We need new ideas, like podcasts
- How can we help patients navigate the system?
- Patients need better information to feel safe
- 1 feel **optimistic!**
- Provide more personalized care plans
- Partner Partners are essential!
- Reduce death and suffering...
- Doing well reducing death, but what about suffering?
- What assets do we have to do this work?
- Survivorship isn't about patients - it's about individuals and communities
- Listen to patients, even if atypical symptoms

## BIOLOGICAL ASPECTS

## CULTURAL ASPECTS

## SOCIAL ASPECTS

**Biological Aspects:**

- Ovarian cancer is a group of distinct diseases with distinct solutions
- How can we prevent bowel blockage?
- How can we educate front-line physicians to recognize symptoms of ovarian cancer?
- What can cause of death tell us about the long-term health of ovarian cancer survivors?
- Can we screen for breast and colorectal cancer?
- Lower leg pain is an early symptom of possible ovarian cancer - get people tested
- How can we share information with the families?
- Focus on those historically at the margins - reduce minority stress
- 80% of women self-identify that they experience cognitive decline
- I felt like a zombie. It was beyond fatigue
- Mice had a decline in spatial memory
- There is not clear evidence on management options
- We need biologically and socio-culturally informed personal survivorship strategies
- How can we best capture patient experience? Have patience!
- Exercise helps with managing cancer-related fatigue, cardio-vascular health, and side-effects

**Cultural Aspects:**

- Remember the social context: individuals, communities, organizations, systems, etc.
- A Strategic HTA looks at technological options and how they are diffused
- Minority sexuality and/or gender affects our care.
- Let's expand the idea of "women's cancers"
- South Asian populations may have different experiences with healthcare and ideas about cancer
- Do different groups understand our surveys differently? But they may have fewer symptoms
- East and Southeast Asian women may have endometriosis more commonly and more severely
- Sex affects enjoyment and identity
- Survivors are vulnerable to sexual side-effects and healthcare provider biases
- Technology can connect patients in personal, convenient ways. Everyone has a smartphone!

**Social Aspects:**

- Survivorship is living with, through and beyond cancer
- There are few supports for young survivors of cancer
- Nothing prepares you for life after chemo - you don't feel like yourself
- Internal comms, social media, observation, databases
- ACTIVE: survey, interview, focus groups, events
- PASSIVE: databases, internal comms, social media, observation
- Let's talk about sex!
- Don't wait for symptoms - talk about it earlier!
- Need research beyond the 'Big 3'
- Health data, status updates, languages, resources, more access, personalized info, communications

**Individuals:** DAVID HUNTSMAN, LESA DAWSON, GILLIAN HANLEY, LASZLO VETO, ANNA TINKER, ARMINEE KAZANJIAN, MARY BRAYSON, NICOLE KEAY, JULIE ROBILLARD, KRISTIN CAMPBELL, ALINE TALHOUE, PAUL YONG, AARLOK KUMAR, LISA GALEA, PATIENT EXPERIENCE