## NCCN Guidelines Version 2.2014 Panel Members

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### NCCN Guidelines Panel Disclosures

- Bone marrow transplantation
- Cardiology
- Epidemiology
- Exercise/Physiology
- Gynecology/Gynecologic oncology
- Hematology/Hematology oncology
- Infectious diseases
- Internal medicine
- Medical oncology
- Neurology/Neuro-oncology
- Nutrition science/Dietician
- Patient advocacy
- Pediatric oncology
- Psychiatry, psychology, including health behavior
- Supportive care including palliative, pain management, pastoral care, and oncology social work
- Surgery/Surgical oncology
- Urology
- Writing committee member

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#### Survivorship

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The NCCN Guidelines® are a statement of evidence and consensus of the authors regarding their views of currently accepted approaches to treatment. Any clinician seeking to apply or consult the NCCN Guidelines is expected to use independent medical judgment in the context of individual clinical circumstances to determine any patient’s care or treatment. The National Comprehensive Cancer Network® (NCCN®) makes no representations or warranties of any kind regarding their content, use or application and disclaims any responsibility for their application or use in any way. The NCCN Guidelines are copyrighted by National Comprehensive Cancer Network®, All rights reserved. The NCCN Guidelines and the illustrations herein may not be reproduced in any form without the express written permission of NCCN. ©2014.
Updates in version 2.2014 of the NCCN Guidelines for Survivorship from version 1.2014 include:

**Global Changes**
- Under the “Preventive Health” section, a new algorithm was developed for “Healthy Lifestyles” *(HL-1)* that includes an expansion of the Physical Activity *(SPA-1)* algorithm (formerly “Exercise” *SE-1*) and new algorithms for Nutrition and Weight Management *(SNWM-1)* and Supplement Use *(SSUP-1)*. This section provides general principles and recommendations for providers to assist survivors in maintaining a healthy lifestyle.
- The Discussion text regarding the following sections was updated to reflect the changes in the algorithms: Healthy Lifestyles, Physical Activity, Nutrition and Weight Management, Supplement Use, Immunizations, and Infections. *(MS-1)*

**GENERAL SURVIVORSHIP PRINCIPLES**

**SURV-4** Assessment By Health Care Provider At Regular Intervals

- Point #4 revised: “Comorbidities *(including weight and tobacco use)*”.

**SURV-A (1 of 2)** Survivorship Baseline Assessment

- Survivorship Concerns: “Exercise” changed to “Physical Activity”. *(Also for [page 2 of 2](#))*

**SURV-A (2 of 2)**

- Under “Provider Key”: For “Physical Activity” revised to “If YES to either question, refer to *(HL-1)*, which is the new “Healthy Lifestyles” algorithm. Formerly this recommendation linked to the “Physical Activity” algorithm.

**SURV-B (2 of 2)** Survivorship Resources For Healthcare Professionals And Patients

- Under “Healthy Lifestyles: Physical Activity, Nutrition, and Weight Management” the following resources were added from the National Heart, Lung, and Blood Institute:
  - Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults:
  - 3 Steps to Initiate Discussion About Weight Management With Your Patients:

**PREVENTIVE HEALTH**

Physical Activity (formerly the “Exercise” algorithm)

**SPA-1** (General Principles of Physical Activity)

- First bullet revised: “All patients survivors should be encouraged to be physically-active *(avoid inactivity or a sedentary lifestyle)* and return to daily activities as soon as possible.”
- New bullet added, “Patients who are able should be encouraged to engage in physical activity daily.”
- Third bullet revised: “Physical activity *(and exercise)* recommendations should be tailored to individual survivor’s abilities and preferences.”
- Under “General recommendations for cancer survivors” the following sub-bullets were revised:
  - “Overall volume of weekly activity *should be at least* 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity or equivalent combination.”
  - “Two to three weekly sessions *of strength training* that include major muscle groups.”
  - “Stretch major muscle groups and tendons on days other exercises are performed.”
- Footnote “a” is new: “Physical activity includes exercise, daily routine activities, and recreational activities.”
- Footnote “c” is new: “Light exercise: *(see Examples of Physical Activity [SPA-B])*.”

*See Examples of Physical Activity [SPA-B]*
SPA-A Considerations for Specific Populations

- **Stem cell transplant:**
  - The following bullets added:
    - “Initiate physical activity as tolerated, with clearance by transplant provider”
    - Survivors with indwelling catheters should avoid swimming until catheter is removed.
    - Avoid hot tubs for one year after transplant
    - Public gym use should not be discouraged because the benefits of exercise outweigh the risk of exposure
  - The following bullets were removed:
    - Initiate physical activity with light intensity and progress slowly based on tolerance
    - Avoid public pools/gyms for one year
  - **Peripheral neuropathy**
    - First arrow revised: “Stability, balance, and gait should be assessed before engaging in exercise.”
    - New bullet added: “Monitor discomfort in hands when using hand-held weights. Consider using dumbbells with soft/rubber coating, and/or wear padded gloves (eg, cycling gloves).”
  - Footnote “1” revised: “When possible, survivors in these populations should initiate exercise program under supervision by trained personnel. Trained personal can include physical therapists, certified trainers, cancer rehabilitation specialists, or exercise specialists. Specialized training in cancer exercise is available through the American College of Sports Medicine (ACSM). Patients should be encouraged to use an ACSM-certified trainer when available.”

SPA-B

- **Examples of Physical Activity**
  - Light Exercise: Yoga and Tai Chi added
  - **Moderate Exercise:** Yoga added
  - **Vigorous Exercise:** High intensity yoga added

SPA-C Guidance for Resistance Training Recommendations

- This is a new page that describes the health benefits of resistance training and recommendations for implementation.
Immunizations and Infections

**SIMIN-1** General Principles of Immunizations

- The format and text of this page was extensively revised, including the following:
  - Removed the “Introduction” section. This information was placed in the Discussion text.
  - Bullets revised:
    - Ideally, clinicians should have administered all indicated vaccines to patients before initiation of cancer treatment (if possible, at least three weeks before cancer treatment).
    - Inactivated or recombinant vaccines should be administered 2 or more weeks before cancer treatment and 3 or more months after cancer chemotherapy. *While this schedule is preferred, the inactivated influenza vaccine can be administered during cancer treatment.*
  - New bullets added:
    - “These principles apply to survivors of hematological malignancies or solid tumor malignancies, including transplant survivors.”
    - “In survivors who received anti-B cell antibody therapy, vaccination should be delayed for at least 6 months after chemotherapy and the last dose of such therapy.”

**SIMIN-2**

- Interventions:
  - Under Vaccines: Bullet revised, “Baseline WBC should be in normal range before starting vaccinations, unless elevated due to disease status."
  - Education on infection prevention practices
  - First bullet revised and combined with another bullet: “Responsible pet ownership Safe pet care/avoidance of zoonosis”
  - Footnote “e” is new: “HCT includes peripheral blood stem cell transplantation, bone marrow transplantation (BMT), and cord blood transplantation.”
  - Footnote “h” is new: “Immunosuppressive drugs include ≥ 0.5 mg/kg of prednisone or equivalent, or greater than a combination of two immunosuppressive medications given concurrently.”
  - Footnote “i” is new: “Safe pet care tips include washing hands with soap and running water after handling animals and their feces. If possible, survivors should avoid direct contact with animal feces.”
  - Footnote “k” is new:
    - “Examples of gardening precautions include:
      - Wearing gloves to avoid skin cuts/punctures that could have delayed healing and to avoid thorns than can have fungus or staphlococcus/streptococcus.
      - Wearing a protective mask to avoid spores.”
Immunizations and Infections--continued

**SIMIN-3**
- Recommended for all cancer survivors; Treatment:
  - “IVL Influenza vaccine recommended annually” added.
  - The dosing for the listed vaccines was removed.
- Recommended if some special circumstance or risk factor is present; Treatment; First bullet: Under “Hepatitis B” sub-bullet revised, “3 doses (at 0, 1, and 6 months) 40 mcg/mL.”

**SIMIN-A** General Principles of Vaccines In Cancer Survivors
- This section has been expanded to provide recommendations for the following: “Vaccination in Non-transplant Survivors ([Page 1 of 3](#)), and Vaccination in Hematopoietic Cell Transplant (HCT) Survivors ([Page 2 of 3](#)).
- **Page 3 of 3**--Vaccines Considered Safe For Cancer And Transplant Survivors And Close Contacts
  - Footnote “6” revised: “Ideally, clinicians should have administered all indicated vaccines to patients at least 3 2 weeks before initiation of cancer treatment...”
  - Footnote “7” is new: “For patients traveling to endemic countries, vaccines such as typhoid bacterial capsular polysaccharide, inactivated polio vaccine (IPV), Japanese encephalitis, and rabies virus, are recommended by the Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)).” The noted vaccines were previously listed in the algorithm.
  - Footnote “8” is new: “This vaccine is recommended for patients with egg allergies.”

**SIMIN-B**--Vaccines Contraindicated Or To Be Used With Caution In Actively Immunocompromised Survivors
- The title for this page was revised: “Vaccines Contraindicated Or To Be Used With Caution In Actively Immunocompromised Survivors Or Their Close Contacts.”

**SIMIN-C**--Principles of Influenza Vaccine(s)
- This is a new section that provides recommendations for the use of influenza vaccines in cancer survivors.

**SIMIN-D**--Principles of Zoster (Shingles) Vaccine Use in Cancer or Transplant Survivors
- This page was extensively revised and reorganized including the following:
  - New bullet added: “If zoster vaccine is given prior to starting therapy, it should be administered at least 4 weeks prior to the first dose of immunosuppressive therapy.”
  - Bullet revised: “A single dose of zoster vaccine can be is recommended for cancer or transplant survivors 50 60 years of age and older assuming that active or ongoing immunodeficiency is not present and that there is no history of cellular immunodeficiency.”
  - New bullet added “For survivors age 50-59 years, zoster vaccination should be considered in those with a history of varicella or zoster infection or VZV seropositive with no previous doses of varicella vaccine.”
Updates in version 1.2014 of the NCCN Guidelines for Survivorship from version 1.2013 include:

Global Changes
• The NCCN Guidelines for Survivorship were reorganized so that the topic algorithms were grouped into three separate sections, “General Survivorship Principles,” “Late Effects/Long-Term Psychosocial and Physical Problems,” and “Preventive Health.”
• The Discussion text regarding the following section and algorithms has been updated: General Survivorship Principles, Cognitive Function, Fatigue, Pain, Sexual Function (Female), and Sleep Disorders. [MS-1]

GENERAL SURVIVORSHIP PRINCIPLES

SURV-1
• The “Standards of Survivorship Care” were moved from the Discussion section to the algorithm under the “Definition of Survivorship”.

SURV-2 General Principles of the Survivorship Guidelines
• The bullets on this page were rearranged.
• Third bullet was revised: “These guidelines are not intended to provide specific guidance on the surveillance and follow-up requirements for a survivor’s primary cancer. The NCCN Guidelines for Survivorship should be used as a supplement to the follow-up recommendations within the disease specific guidelines. See the NCCN Guidelines for Treatment of Cancer by Site and NCCN Guidelines for Palliative Care for recommendations regarding metastatic disease.”
• New bullet added: “For survivorship issues related to younger populations, see the NCCN Guidelines for Adolescent and Young Adults and the Children’s Oncology Group Childhood Survivorship guidelines (www.survivorshipguidelines.org).”

SURV-3
• “Screening for second cancers” was moved from the Discussion section to the algorithm.

SURV-A Survivorship Baseline Assessment
• This section was modified to include a patient version ([page 1 of 2](#)) and a provider version ([page 2 of 2](#)) of the tool.

SURV-B
• “Survivorship Resources for Healthcare Professionals and Patients” was moved from the Discussion text to the algorithm.

LATE EFFECTS/LONG-TERM PSYCHOSOCIAL AND PHYSICAL PROBLEMS

Anxiety and Depression
• The 2014 update for this algorithm is in progress ([SANXDE-1](#)).
LATE EFFECTS/LONG-TERM PSYCHOSOCIAL AND PHYSICAL PROBLEMS

Cognitive Function

**SCF-1** Cognitive Function Following Cancer Treatment

- First arrow revised: “Growing evidence supports the validity of the patient-reported experience of cognitive dysfunction associated with cancer treatment; there is modest correlation between patient reports of cognitive dysfunction and objective deficits with testing.” The new text in this statement was previously a separate bullet.
- Sixth bullet revised: “Patients exposed to treatment known to cause cognitive dysfunction (ie, intrathecal chemotherapy, brain irradiation) are likely to experience this condition.”

**SCF-3**

- General Strategies for Management of Cancer-Associated Cognitive Dysfunction
  - First bullet revised: “…(ie, use memory aids like notebooks and planners, keeping items in the same place, using reminder notes)
  - New bullet added: “For older adults also see the cognitive function (SAO-E) section of the NCCN Guidelines for Senior Adult Oncology”.
  - The following bullet deleted: “Encourage patient to be honest with others about his or her limitations”.

**SCF-4**

- Column headings revised: “Non-Pharmacologic First-Line Interventions” and “Pharmacologic Second-Line Interventions”.
- Under “First-Line Interventions”:
  - “Occupational therapies” changed to “Occupational therapy”
  - The bullet “Optimize management of…” and its sub-bullets were moved from “Second-Line Interventions” to “First-Line Interventions”.
- Footnote “c” revised, “Neuropsychological evaluation and intervention may be helpful when individuals…”

Fatigue

**SFAT-1**

- The “Definition of Cancer-Related Fatigue” was moved to its own box on page SFAT-1. Previously it was part of the screening algorithm on SFAT-2.
- “Considerations for Fatigue in Cancer Survivors” is a new section that describes common factors about fatigue among cancer survivors.

**SFAT-3**

- History and Physical; Third bullet; Last arrow point revised, “Deconditioning/loss of muscle mass.”
- Laboratory evaluation; First bullet, Third arrow; Under “Endocrinologic evaluation”: “TSH” changed to “TSH”.
- Imaging; First bullet revised: “Consider radiologic assessment only if high risk of disease…”

**SFAT-5**

- Physical Activity; Third bullet, Third arrow revised, “Exercise professional certified by the American College of Sports Medicine certification program for exercise professionals.”
- Pharmacologic: “Supplements” was removed as an option.
- Footnote “g” is new to the algorithm, “Psychostimulants are at times used to treat cancer-related fatigue. A number of studies have evaluated their efficacy in the setting of active treatment and results have been mixed. There are extremely limited data regarding the use of these agents in the post-treatment setting.”
- The following footnotes were deleted:
  - “Cognitive behavioral therapy/behavioral therapy influences thoughts and promotes changes in behavior; it includes relaxation strategies.”
  - “Small pilot studies have evaluated the impact of ginseng, vitamin D, and other supplements for cancer-related fatigue. However, there is no consistent evidence to date.”
LATE EFFECTS/LONG-TERM PSYCHOSOCIAL AND PHYSICAL PROBLEMS

Pain

**SPAIN-1** Universal Screening
- Third column; Second bullet: A new sub-bullet was added, “Rule out oncologic emergency”.
- Cancer Pain Syndromes:
  - “Postoperative pain syndromes” was revised, “Chronic postoperative pain syndromes (amputation, neck dissection, mastectomy).”
  - “Lymphedema” and “Post-radiation pain” were added to the list of syndromes.

**SPAIN-2** Neuropathic Pain
- General measures
  - Under “Adjuvant analgesics” the following were added, “antidepressants, anticonvulsants, corticosteroids”.
  - “Psychosocial support and behavioral interventions” changed to “Cognitive behavior therapy and psychosocial support” and “Consider hypnosis” was added as a recommendation.
  - The following bullet revised, “For refractory pain, consider referral to pain management services, (ie, interventional pain specialist, physical therapy, physical medicine and/or rehabilitation)” also for SPAIN-3,4,5,6,7.
  - “Consider transcutaneous electrical nerve stimulation (TENS) unit” was removed as an option for refractory pain.
  - The designation “For postherpetic neuralgia:” was removed along with “Nonsteroidal anti-inflammatory drugs (NSAIDs)”.
- Under “Local therapies” the recommendations were divided into “Pharmacologic” and “Non-pharmacologic” therapies.
  - Under “Pharmacologic therapies”; second bullet: “Creams (ketamine, amitriptyline)” changed to “Creams (ketamine and amitriptyline combined)
  - Under “Non-pharmacologic therapies” the following were added, “heat, ice, acupuncture”.

**SPAIN-3** Chronic Postoperative Pain Syndrome
- Treatment
  - The recommendations for “postoperative lymphedema” were moved to a separate page.
  - Under “Post-mastectomy syndrome” the following recommendations were removed, “compression garments, physical therapy with range of motion, manual lymphatic drainage”.

**SPAIN-4** Myalgias, Arthralgias
- Treatment, Non-pharmacologic:
  - Fourth arrow revised, “Physical therapy for range of motion”
  - “Massage” and “Acupuncture” added.
- Treatment, Pharmacologic
  - Serotonin-norepinephrine reuptake inhibitors (SNRIs) added. (Also for SPAIN-5)
  - Opioids added. (Also for SPAIN-5)
  - SSRIs removed (Also for SPAIN-5, SPAIN-6)

**SPAIN-7** Gastrointestinal/Urinary/Pelvic Pain
- “Consider referral to gastroenterologist” added.
- “For chronic pelvic pain,” first arrow revised, “Consider referral to physical therapy for pelvic floor strengthening exercises.”

**SPAIN-8** Lymphedema
- This is a new page regarding treatment recommendations for lymphedema.

**SPAIN-9** Post-radiation Pain
- This is a new page regarding treatment recommendations for post-radiation pain.

**SPAIN-A** Principles of Opioid Use in Long-Term Survivors
- Third bullet; First arrow: “…or if opioid–induced hyperalgesia is suspected, recommend gradual tapering of opioids…”
LATE EFFECTS/LONG-TERM PSYCHOSOCIAL AND PHYSICAL PROBLEMS

Sexual Function (Female)

**SSFF-1**

- **Diagnostic Evaluation**
  - Third bullet revised, “Review present and past level of sexual activity and sexual concerns discuss the potential impact of therapy.”
  - Fourth bullet revised, “Discuss any sexual concerns and how cancer treatment has affected sexual functioning and intimacy”.
- **Second column**:
  - “No concerns for sexual dysfunction” changed to “No concerns for regarding sexual dysfunction”. (Also for SSFF-2)
  - “Concerns for sexual dysfunction” changed to “Concerns for regarding sexual dysfunction”. (Also for SSFF-2)
- **Third column**; under “H&P”:
  - First arrow revised, “Sexual history (including prior problems, any history of abuse, prior STDs, safe sex practices).
  - Third arrow; First sub-bullet revised, “Including relationship status/issues, body image concerns, and drug, and tobacco use”.
  - Fourth arrow; Review oncologic history: “Endocrine therapy” added.
  - Fifth arrow revised: “Use of prescription and over-the-counter medications (especially hormone therapy or opioids particularly those known to effect sexual function)
- **Last column, top pathway, after “No concerns...” revised, “Re-evaluate at subsequent visits/post therapy and discuss potential impact of treatment on sexual function at future visits” (Also for SSFF-2)

**SSFF-2**

- **Additional Evaluation**
  - First bullet, First arrow: Listed as “Sexual desire and arousal disorder”. Previously these were listed separately.
  - Fourth bullet revised, “Perform physical exam; perform or refer for gynecological exam to note points of tenderness,...”
  - Last bullet revised, “For more in-depth evaluation of sexual dysfunction, consider the Female Sexual Function Index (FSFI) and/or the PROMIS® Sexual Function Instrument.”
- **Treatment**
  - First bullet revised: “Guide treatment the based on specific type of female sexual dysfunction:”
    - First arrow revised, “Use of Water-, oil-, or silicone-based lubricants and moisturizers.”
    - “Vaginal moisturizers” and “topical lidocaine” added.
  - Last bullet revised, “Identify sources for psychosocial dysfunction with appropriate referrals for psychotherapy or sexual/couples counseling (multidisciplinary treatment plan).”
    - Two new bullets added:
      - Consider ospemifene for dyspareunia, if non-hormonally sensitive cancer.
      - Adjust medications that may affect sexual function.
- **Last column; bottom pathway revised, “Repeat evaluation and treatment options, with appropriate referrals as indicated for...”

Sexual Function (Male)

- The 2014 algorithm update is in progress (SSFM-1)
LATE EFFECTS/LONG-TERM PSYCHOSOCIAL AND PHYSICAL PROBLEMS

Sleep Disorders

SSD-1
- Third column; H&P; Assessment of treatable contributing factors, under “Comorbidities” Last sub-bullet revised, “Psychiatric disorders (e.g., depression, anxiety disorders).”
- Fourth column;
  - Top pathway; First bullet revised, “Sleep disturbance and/or excessive sleepiness.”
  - Bottom pathway: Insomnia symptoms, First bullet revised, “Duration >4 weeks” and new bullet added, “Occurring at least 3 times per week.”
- Footnote “c” is new to the algorithm, “Restless leg syndrome is also known as Willis-Ekbom disease.”

SSD-2
- “Associated with insufficient sleep time” pathway; Treatment: “Allow more time for sleep of increase sleep time in bed” changed to “Increase sleep time”.
- Footnote “h” is new to the page: “Sleep studies can be done as laboratory PSG or as home sleep study.”

SSD-F Other Commonly Used Medications for Insomnia
- Footnote was moved from the bottom of page, modified, and incorporated into the table, “This is a list of agents that do not have an FDA-approved indication for the treatment of insomnia and that do not have enough data to be recommended for routine use. They have none to limited efficacy or effectiveness data for the treatment of insomnia disorder.”
- “Herbal supplements” revised to “Nutritional/Herbal supplements”.
- Footnote “2” is new to the page, “Although they are commonly prescribed, antidepressants, antihistamines, anti-epileptics, and antipsychotics have significant risks and should be used with caution.”

PREVENTIVE HEALTH

Physical Activity (formerly the “Exercise” algorithm)
- The 2014 update for this algorithm is in progress (SPA-1).

Immunizations and Infections
- The 2014 update for this algorithm is in progress (SIMIN-1).
General Survivorship Principles
DEFINITION OF SURVIVORSHIP

- An individual is considered a cancer survivor from the time of diagnosis, through the balance of his or her life. Family members, friends, and caregivers are also impacted.
- These guidelines focus on the vast and persistent impact both the diagnosis and treatment of cancer have on the adult survivor. This includes the potential impact on health, physical and mental states, health behaviors, professional and personal identity, sexuality, and financial standing.

STANDARDS FOR SURVIVORSHIP CARE

Care of the cancer survivor should include:
1. Prevention of new and recurrent cancers and other late effects
2. Surveillance for cancer spread, recurrence, or second cancers
3. Assessment of late psychosocial and physical effects
4. Intervention for consequences of cancer and treatment (eg, medical problems, symptoms, psychologic distress, financial and social concerns)
5. Coordination of care between primary care providers and specialists to ensure that all of the survivor’s health needs are met.

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*a* Adapted with permission from the National Coalition for Cancer Survivorship as shown in the National Cancer Institute’s Office of Cancer Survivorship Definitions web page available at [http://cancercontrol.cancer.gov/ocs/statistics/definitions.html](http://cancercontrol.cancer.gov/ocs/statistics/definitions.html).

*b* From Hewitt M, Greenfield S, Stovall E. From Cancer Patient to Cancer Survivor: Lost in Transition. Committee on Cancer Survivorship: Improving Care and Quality of Life, Institute of Medicine and National Research Council 2006. Available at: [http://www.nap.edu/catalog/11468.html](http://www.nap.edu/catalog/11468.html)
GENERAL PRINCIPLES OF THE SURVIVORSHIP GUIDELINES

- These guidelines are focused on survivors after the completion of cancer treatment and in clinical remission.
- These guidelines are designed to provide a framework for the general survivorship care and management of potential long-term and/or late effects of cancer and its treatment that survivors may experience.
- The NCCN Guidelines for Survivorship should be used as a supplement to the follow-up recommendations within the disease specific guidelines. See the NCCN Guidelines for Treatment of Cancer by Site and NCCN Guidelines for Palliative Care for recommendations regarding metastatic disease.
- The panel does not assume that all survivorship issues will be addressed at every visit. The panel recommends periodic screening assessments and appropriate follow-up care as clinically indicated.
- These guidelines provide screening, evaluation, and treatment recommendations for common consequences of cancer and cancer treatment, and are intended for health care professionals who work with survivors of adult-onset cancer in the post-treatment period, including those in both the oncology and primary care practices.
- These guidelines, with the appropriate disease-specific guideline, provide a framework for the coordination of care between the survivor's healthcare providers to insure that needs are appropriately addressed.
- The topics, assessments, and interventions may also be applicable to those survivors living with metastatic disease, as clinically appropriate. (Also see the NCCN Guidelines for Supportive Care Table of Contents).
- For survivorship issues related to younger populations, see the NCCN Guidelines for Adolescent and Young Adults and the Children's Oncology Group Childhood Survivorship guidelines (www.survivorshipguidelines.org).

Note: All recommendations are category 2A unless otherwise indicated.
Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
SCREENING FOR SECOND CANCERS

- Subsequent malignant neoplasms may occur in survivors, due to genetic susceptibilities (e.g., cancer syndromes), shared etiologic exposures (e.g., smoking, environmental exposures) and mutagenic effects of cancer treatment.
- The overall cancer rate in survivors is higher than in the general population.
- Treatment-related subsequent primary cancers vary with the type and intensity of anticancer treatment and are associated in particular with radiation and specific chemotherapeutic agents.
- Screening for second primary cancers should be a shared responsibility between primary and oncology care physicians (See the NCCN Guidelines for Detection, Prevention, and Risk Reduction Table of Contents).
**ASSESSMENT BY HEALTH CARE PROVIDER AT REGULAR INTERVALS**

- A periodic assessment is recommended for all survivors to determine any needs and necessary interventions. For sample assessment, see [SURV-A](#).
- Care providers are also encouraged to assess the following at regular intervals to determine whether reversible or contributing causes for symptoms exist:
  1. Current disease status
  2. Functional/Performance status
  3. Medication
  4. Comorbidities (including weight and tobacco use)
  5. Prior cancer treatment history and modalities used

---

This is a sample assessment tool. While this instrument has not yet been piloted or validated, the answers can be used to guide providers to topics within the guidelines that require more in-depth assessment. Validation of the best way to assess survivorship issues is ongoing.

**Note:** All recommendations are category 2A unless otherwise indicated.

Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
### Survivorship Baseline Assessment (Patient version)

Please answer the following questions regarding possible symptoms that you may have experienced over the past 4 weeks:

<table>
<thead>
<tr>
<th>Survivorship Concerns</th>
<th>Survivorship Care Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety and Depression</td>
<td>1. Do you often feel nervous or do you worry? Yes/No</td>
</tr>
<tr>
<td></td>
<td>2. Do you often feel sad or depressed? Yes/No</td>
</tr>
<tr>
<td></td>
<td>3. Have you lost interest in things you used to enjoy? Yes/No</td>
</tr>
<tr>
<td>Cognitive Function</td>
<td>4. Do you have difficulties with multitasking or attention? Yes/No</td>
</tr>
<tr>
<td></td>
<td>5. Do you have difficulties with remembering things? Yes/No</td>
</tr>
<tr>
<td></td>
<td>6. Does your thinking seem slow? Yes/No</td>
</tr>
<tr>
<td>Fatigue</td>
<td>7. Do you feel persistent fatigue despite a good night’s sleep? Yes/No</td>
</tr>
<tr>
<td></td>
<td>8. Does fatigue interfere with your usual activities? Yes/No</td>
</tr>
<tr>
<td></td>
<td>9. How would you rate your fatigue on a scale of 0 (none) to 10 (extreme) over the past month? 0-10</td>
</tr>
<tr>
<td>Pain</td>
<td>10. Are you having any pain? Yes/No</td>
</tr>
<tr>
<td></td>
<td>11. How would you rate your pain on a scale of 0 (none) to 10 (extreme) over the past month? 0-10</td>
</tr>
<tr>
<td>Sexual Function</td>
<td>12. Are you dissatisfied with your sexual function? Yes/No</td>
</tr>
<tr>
<td></td>
<td>13. Do you have any concerns regarding sexual function or sexual activity? Yes/No</td>
</tr>
<tr>
<td>Sleep Disorder</td>
<td>14. Are you having problems falling asleep or staying asleep? Yes/No</td>
</tr>
<tr>
<td></td>
<td>15. Are you experiencing excessive sleepiness (i.e., sleepiness or falling asleep in inappropriate situations or sleeping more during a 24-hour period than in the past)? Yes/No</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>16. Are you exercising or doing some physical activity for less than 150 minutes a week? Yes/No</td>
</tr>
<tr>
<td></td>
<td>17. Do you have any limitations to participating in the physical activities that you enjoy? Yes/No</td>
</tr>
<tr>
<td>Immunizations and Infections</td>
<td>18. Have you received your flu vaccine this year? Yes/No</td>
</tr>
<tr>
<td></td>
<td>19. Have you received any vaccinations recently? Yes/No</td>
</tr>
</tbody>
</table>

Note: All recommendations are category 2A unless otherwise indicated.

Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
SURVIVORSHIP BASELINE ASSESSMENT*
(Provider Key)

Please answer the following questions regarding possible symptoms that you may have experienced over the past 4 weeks:

<table>
<thead>
<tr>
<th>Survivorship Concerns</th>
<th>Survivorship Care Survey</th>
<th>Provider Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety and Depression</td>
<td>Questions 1-3</td>
<td>If YES to any question, refer to SANXDE-1</td>
</tr>
<tr>
<td>Cognitive Function</td>
<td>Questions 4-6</td>
<td>If YES to any question, refer to SCF-1</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Questions 7-9</td>
<td>If YES to either question 7 or 8, or a rating of &gt;3 to question 9, refer to SFAT-1</td>
</tr>
<tr>
<td>Pain</td>
<td>Questions 10-11</td>
<td>If YES to question 10 and a rating of &gt;4 to question 11, refer to SPAIN-1</td>
</tr>
<tr>
<td>Sexual Function</td>
<td>Questions 12-13</td>
<td>If YES to either question, refer to SSFF-1 (female) or SSFM-1 (male)</td>
</tr>
<tr>
<td>Sleep Disorder</td>
<td>Questions 14-15</td>
<td>If YES to either question, refer to SSD-1</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>Questions 16-17</td>
<td>If YES to either question, refer to HL-1</td>
</tr>
<tr>
<td>Immunizations and Infections</td>
<td>Questions 18-19</td>
<td>If NO to either question, refer to SIMIN-1</td>
</tr>
</tbody>
</table>

*This is a sample assessment tool. While this instrument has not yet been piloted or validated, the answers can be used to guide providers to topics within the guidelines that require more in-depth assessment. Validation of the best way to assess survivorship issues is ongoing.

Note: All recommendations are category 2A unless otherwise indicated. Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
**Survivorship Resources for Healthcare Professionals and Patients**

<table>
<thead>
<tr>
<th>General Online Information</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Coalition for Cancer Survivorship (NCCS)</td>
<td><a href="http://www.canceradvocacy.org/">http://www.canceradvocacy.org/</a></td>
</tr>
<tr>
<td>ASCO: Survivorship information</td>
<td><a href="http://www.cancer.net/survivorship">http://www.cancer.net/survivorship</a></td>
</tr>
<tr>
<td>Cancer Care: Free, professional support services for anyone affected by cancer</td>
<td><a href="http://www.cancercare.org">www.cancercare.org</a></td>
</tr>
</tbody>
</table>

**Help Lines**

<table>
<thead>
<tr>
<th>Help Lines</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Cancer Society</td>
</tr>
<tr>
<td>American Psychosocial Oncology Society</td>
</tr>
<tr>
<td>LIVESTRONG SurvivorCare</td>
</tr>
<tr>
<td>National Cancer Institute’s Cancer Information Service</td>
</tr>
</tbody>
</table>

*Note: All recommendations are category 2A unless otherwise indicated.

Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.*
### Survivorship Resources for Healthcare Professionals and Patients* (continued)

#### Survivorship Care Planning

<table>
<thead>
<tr>
<th>Resource</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIVESTRONG Care Plan</td>
<td><a href="http://www.oncolink.org/oncolife/">http://www.oncolink.org/oncolife/</a></td>
</tr>
</tbody>
</table>

#### Integrative Therapies

- Memorial Sloan Kettering Cancer Center's website for information on integrative medicine
  - [Herbs App](http://www.mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products)
  - [Herbs Mobile Application](http://www.mskcc.org/blog/msk-unveils-about-herbs-mobile-application)

#### Other Survivorship Guidelines

- Children's Oncology Group: Long-Term Follow-Up Guidelines for Survivors of Childhood, Adolescent, and Young Adult Cancers: [http://www.survivorshipguidelines.org/](http://www.survivorshipguidelines.org/)
- LIVESTRONG Care Plan: [http://www.oncolink.org/oncolife/](http://www.oncolink.org/oncolife/)

#### Legal and Employment Issues

- National Coalition for Cancer Survivorship (NCCS) "What Cancer Survivors Need To Know about Health Insurance" Publication: [http://www.canceradvocacy.org/resources/health-insurance/](http://www.canceradvocacy.org/resources/health-insurance/)

#### Healthy Lifestyles: Physical Activity, Nutrition, and Weight Management

- American Cancer Society: Nutrition and Physical Activity Guidelines for Cancer Survivors, Patient Page

- National Heart, Lung, and Blood Institute

- Cancer Supportive and Survivorship Care: Exercise: A Cancer Survivor's Tool For Wellness: [http://www.cancersupportivecare.com/whyexercise.html](http://www.cancersupportivecare.com/whyexercise.html)

- LIVESTRONG at the YMCA: [http://www.livestrong.org/YMCA](http://www.livestrong.org/YMCA)
- Oncology Rehab Partners' STAR Program: [www.oncologyrehabpartners.com](http://www.oncologyrehabpartners.com)
- SilverSneakers: A program that helps older adults live healthy, active lifestyles: [http://www.silversneakers.com/](http://www.silversneakers.com/)
- University of Northern Colorado: Cancer Exercise Specialist Training: [http://www.unco.edu/rmcri/cestc.html](http://www.unco.edu/rmcri/cestc.html)

#### Smoking Cessation

- ASCO: Tobacco Cessation and Control Resources: [http://www.asco.org/ASCOv2Practice+%26+Guidelines/Quality+Care/Cancer+Prevention/Tobacco+Cessation+and+Control+Resources?cmpid=an Tobco_guide_mr_1_staff_10-09-12_dw12](http://www.asco.org/ASCOv2Practice+%26+Guidelines/Quality+Care/Cancer+Prevention/Tobacco+Cessation+and+Control+Resources?cmpid=an Tobco_guide_mr_1_staff_10-09-12_dw12)

*There are many smart phone/tablet/mobile device apps, web-based programs, DVDs, and TV programs available to help survivors with various aspects of health care and wellness.

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Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
Late Effects/Long-Term Psychosocial and Physical Problems
SCREENING: ANXIETY AND DEPRESSION

Screening questions to be asked at regular intervals, especially when there is a change in clinical status or treatment, or patient presents with multiple somatic complaints:
- Do you feel nervous, or do you worry?
- Do you worry that your cancer will recur?
- Do you have trouble controlling your worry?
- Do you have trouble sleeping? (e.g., staying asleep, falling asleep, too much sleep)
- Do you have difficulty concentrating?
- Do you have less interest or enjoyment in activities?
- Do you feel sad or depressed?
- Are you having difficulty performing daily activities because of these (above mentioned) feelings or problems?

Also see NCCN Distress Thermometer Screening Tool (DIS-A)

\[a\] Survivors of cancer treatment are at especially high risk for anxiety and depression due to the multiple stressors, vulnerabilities, and challenges they face. Most commonly, fear of recurrence leads to anxiety related to surveillance and physical symptoms that may or may not be related to the cancer diagnosis. Because such distress in the setting of unpredictable outcomes can lead to debilitating, but treatable, anxiety and depression, survivors should be closely monitored, especially at times of transition, surveillance, significant loss, major life events, and social isolation.

\[b\] A positive response to any of the questions should result in further assessment. However, if a patient has an isolated problem with sleep in the absence of other symptoms, refer to the Sleep Disorders Guidelines (SSD-1).

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SCREENING: ANXIETY

Excessive anxiety and worry that is difficult to control:
- Sleep disturbance
- Restlessness
- Muscle tension
- Irritability
- Difficulty concentrating or mind going blank
- Easily fatigued

Acute onset of ≥4 of the following:
- Palpitations, pounding heart
- Sweating, chills, or hot flushes
- Trembling or shaking
- Sensations of shortness of breath or of choking
- Chest discomfort or pain
- Nausea
- Feeling dizzy, lightheaded, unsteady
- Feelings of unreality or being detached from oneself,
- Fear of dying
- Fear of losing control
- Paresthesias

DIAGNOSIS

<table>
<thead>
<tr>
<th>General anxiety disorder or Adjustment disorder with anxious mood</th>
<th>Safety evaluation</th>
<th>See Evaluation (SANXDE-6)</th>
</tr>
</thead>
</table>

| Panic disorder | Safety evaluation | See Evaluation (SANXDE-6) |

Notes:
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Consideration should be taken for evaluation of other medical causes to rule out alternative etiologies.


See Safety Evaluation for Anxiety and Depression (SANXDE-A).
**SCREENING: ANXIETY**

- Exposure to traumatic event and:
  - Recurrent intrusive memory of the trauma
  - Recurrent dreams of the event
  - Feeling as if trauma is recurring
- Avoidance of stimuli associated with trauma and numbing of general responsiveness and:
  - Inability to recall traumatic events
  - Feeling of detachment from others
  - Restricted range of emotional expression
  - Sense of foreshortened future
- Increased arousal: hypervigilence, exaggerated startle, irritability, difficulty concentrating, sleep disturbance

- Recurrent persistent thoughts, impulses, or images that cause marked distress and that the person attempts to suppress with some other thought or action
- Repetitive behaviors or mental acts that person is compelled to perform in response to an obsession, aimed at reducing stress or preventing some dreaded event

**DIAGNOSIS**

- Post-traumatic stress disorder
- Obsessive-compulsive disorder
- Safety evaluation

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**SCREENING: DEPRESSION**

Two weeks or more of depressed mood or loss of interest/pleasure and ≥5 of the following:
- Feeling sad or empty
- Tearfulness
- Anhedonia
- Unintentional weight loss
- Sleep disturbance, insomnia, or hypersomnia
- Psychomotor agitation or retardation
- Decreased energy
- Feelings of worthlessness or excessive guilt
- Decreased concentration, indecisiveness
- Recurrent thoughts of death, suicidal ideation

**DIAGNOSIS**

Safety evaluation

and

Consider symptoms of mania or history of mania:
- At least one week of:
  - Irritable or expansive mood
  - Rapid pressured speech
  - Racing thoughts
  - Grandiosity
  - Decreased need for sleep
  - Impulsivity
  - Increased goal-directed activity

and

Consider symptoms of psychosis:
- Paranoia
- Persecutory delusions
- Auditory hallucinations
- Delusions with typical depressive themes (ie, guilt, worthlessness)

**Safety evaluation**

and

Consider symptoms of mania or history of mania:
- At least one week of:
  - Irritable or expansive mood
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  - Grandiosity
  - Decreased need for sleep
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  - Increased goal-directed activity

and

Consider symptoms of psychosis:
- Paranoia
- Persecutory delusions
- Auditory hallucinations
- Delusions with typical depressive themes (ie, guilt, worthlessness)

**DIAGNOSIS**

Safety risk, mania, or psychotic features → Refer to psychiatrist

No safety risk, mania, or psychotic features → See Evaluation (SANXDE-6)

---

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SCREENING: DEPRESSION

Depressive features that do not meet the criteria of major depressive disorder

Depression not otherwise specified

Safety evaluation

See Evaluation (SANXDE-6)

DIAGNOSIS

Development of emotional or behavioral symptoms in response to an identifiable stressor(s) occurring within 3 months of the onset of the stressor(s)

Adjustment disorder with depressed mood or with Mixed depressed mood and anxiety

Moderate/severe adjustment disorder

Safety evaluation

Mild adjustment disorder

See Evaluation (SANXDE-6)

- Follow-up to reassess
- Consider therapy
- No medications necessary

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EVALUATION: ANXIETY AND DEPRESSION

Medical Factors (H&P Exam)

- General review:
  - Illness status/progression
  - Medication changes/side effects
  - Presence of new or poorly controlled symptoms (i.e., pain, nausea, constipation)
  - Status of coexisting medical conditions (i.e., cardiovascular disease, diabetes mellitus, substance abuse)
  - History of prior major depression or anxiety disorder
  - Fatigue level
  - Functional status
  - Current coping strategies
- Laboratory studies to consider:
  - Metabolic (calcium, glucose, uremia, hepatitis)
  - Infection
  - Anemia
  - Vitamin B₁₂ deficiency
  - Thyroid disease
  - Thyroid disease
  - Menopause/hypogonadism, sexual dysfunction, infertility
- Other studies:
  - Neurologic: CNS imaging (rule out metastases, stroke, underlying neurologic disorder); neuropsychological testing to determine cognitive status
  - Cardiac: EKG, ECHO, stress test
  - Pulmonary: Sleep study to rule out obstructive sleep apnea; pulmonary function tests

Psychiatric/Emotional Factors

- Symptom review based on the Survivorship Anxiety and Depression screening recommendations (See SANXDE-1 through SANXDE-5): evaluate for anticipation/fear of recurrence in the setting of:
  - Active surveillance by oncology team
  - New symptoms or findings suggestive of recurrence
  - Distress with body image
  - Transition periods:
    - Less frequent visits to oncologist due to treatment completion
    - Progression/recurrence
    - Awaiting treatment
    - Change in treatment modality
    - Treatment failure
    - Termination of treatment due to absence of available treatment options
    - End-of-life care

Social/External Factors

- Environmental stressors and non-cancer-related factors:
  - Social isolation, living alone
  - Family and caregiver conflicts
  - Financial problems and limited insurance coverage
  - Employment concerns
  - Discrimination in the workplace because of cancer diagnosis
  - Fear of losing health benefits and steady income
  - Limited access to medical care
  - Caregiver responsibilities
  - Younger age, survivors of childhood cancers, lack of peers
  - History of abuse (emotional, physical, sexual)

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ANXIETY/DEPRESSION: MANAGEMENT AND TREATMENT

NONPHARMACOLOGIC INTERVENTIONS

- Address treatable contributing factors
  - Pain, sleep disturbance, fatigue, toxic-metabolic/endocrine/other medical comorbidities, substance abuse
- Provide reassurance that symptoms of anxiety and depression are common problems among cancer survivors and that these symptoms can be treated
- Provide education to patient and family
- Encourage routine exercise
- Chaplaincy (i.e., guilt, existential angst)
- Social work for involved, complicated social factors
- Therapy (social work, psychologist, psychiatrist, licensed therapist):
  - Supportive therapy and cognitive behavioral therapy (CBT) are both effective modalities
  - Normalization of patient's experience is an important component of support
  - Therapy should target management of anticipatory anxiety, adjustment issues following treatment, and somatic anxieties
- Refer to a psychiatrist in the following cases:
  - Extensive psychiatric history
  - Low-level suicidal ideation
  - Patient request
- Substance abuse treatment, withdrawal prevention counseling, monitoring

PHARMACOLOGIC INTERVENTIONS

- First-line treatment:
  - Selective serotonin reuptake inhibitors (SSRIs)
  - Serotonin-norepinephrine reuptake inhibitors (SNRIs):
    - Consider for concomitant pain, venlafaxine for hot flashes in setting of tamoxifen
  - Benzodiazepines
    - (i.e., clonazepam, lorazepam):
      - For acute anxiety relief, dose can be adjusted once SSRIs or SNRIs are fully effective and symptoms are partially or completely abated. Monitor for potential side effects. Counsel patient that it may take up to 2 to 6 weeks at a therapeutic dose for SSRIs and SNRIs to take effect. Also counsel patients that symptoms of withdrawal may occur should any of the above-mentioned medications be abruptly discontinued.
- Consider referral to psychiatry for medication failure if no improvement on first-line treatment

*See Principles of Pharmacologic Interventions (SANXDE-B).*

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SAFETY EVALUATION: ANXIETY/DEPRESSION

- Refer patient to the emergency room to determine need for psychiatric hospitalization in the following cases:
  - Suicide attempt
  - Suicidal ideation with a plan
  - Availability of weapons to a potentially dangerous person:
    - Individual who expresses violent impulses
    - Individual who wishes to harm self or others
  - Inability to care for oneself
  - High-risk patients when psychiatrist is not available

- Suicidal ideation, no plan

- Dangerousness; patients who are at risk for harming themselves or others:
  - Ask patient if they have access to firearms or other weapons

- Physical/Emotional Abuse

- Substance Abuse/Dependence

ACUTE (URGENT/EMERGENT) INTERVENTIONS

- Monitor closely:
  - Follow-up phone call to patient within a few days of the office visit
  - Office visit within one week of expressed suicidal ideation
  - Frequent visits until patient is more stable or psychiatric care in place
  - Refer to psychiatrist if symptoms require pharmacologic intervention
  - Refer to therapist

- Arrange to have weapons secured:
  - In addition to sending patient to emergency room by ambulance for a psychiatric evaluation, contact family members or close friends to arrange to remove weapons (patient should be informed of the plan)
  - If the patient becomes agitated or threatening, involve other staff, keep door open, and call 911 (the safety of clinicians is essential to providing good care)

- Determine acuity, involve social work, mandatory reporting:
  - All clinicians are legally obligated to notify protective service agencies for vulnerable populations (ie, children, elderly, disabled)

See Substance-Related Abuse/Disorder section in the NCCN Guidelines for Distress Management

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PRINCIPLES OF PHARMACOLOGIC INTERVENTIONS

Special Pharmacologic Considerations for Concomitant Problems:
- Substance abuse
  - Minimize use of benzodiazepines
  - Alternatives for sedation and acute anxiety are low-dose atypical neuroleptics (i.e., olanzapine, quetiapine) or gabapentin
- Pain syndromes (e.g., neuropathy) (See SPAIN-1)
  - Serotonin-norepinephrine reuptake inhibitors (SNRI)
  - Tricyclic antidepressants
    - Amitriptyline has sedating properties that may or may not be desirable
    - Nortriptyline and desipramine have the fewest side effects
- Menopausal symptoms (i.e., hot flashes)
  (See SSFF-1)
  - Gabapentin (300-600 mg/day)
  - Venlafaxine extended release (37.5-75 mg/day)
- Fatigue (See SFAT-1)
  - Bupropion
- Insomnia (See SSD-1)
  - Mirtazapine, benzodiazepines, hypnotics (i.e., zolpidem)

Caveats:
- Review side effects with patient, noting that some may be beneficial (sedation, arousal, or weight gain and appetite stimulation)
- Monitor QT interval on electrocardiogram at initiation and dose increases with neuroleptics
- Blood pressure should be monitored with venlafaxine and treated appropriately
- Refer to specialist if first-line treatment fails or if there are complicating factors such as chronic pain or substance abuse
- Consider avoiding psychotropics with fewer cytochrome P<sub>450</sub> interactions in patients with complicated medical problems or high likelihood for recurrence

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COGNITIVE FUNCTION FOLLOWING CANCER TREATMENT

- General Principles
  - Growing evidence supports the validity of the patient-reported experience of cognitive dysfunction associated with cancer treatment; there is modest correlation between patient reports of cognitive dysfunction and objective deficits with testing.
  - There is limited evidence to guide management of this condition, especially for cancers other than breast.
  - Patients benefit from validation of their symptom experience, a thorough evaluation of this concern and related issues, and education.
  - Imaging studies are generally not helpful, except when indicated by high-risk illness or focal neurologic deficits.
  - Patients who present with symptoms of cognitive impairment should be screened for potentially reversible factors that may contribute to cognitive impairment, especially depression.
  - Patients exposed to treatment known to cause cognitive dysfunction (ie, chemotherapy, brain irradiation) are likely to experience this condition.
  - Currently no effective brief screening tool for cancer-associated cognitive dysfunction has been identified. The Mini-Mental State Examination (MMSE®) and similar screening tools lack adequate sensitivity for subtle decline in cognitive performance.


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COGNITIVE FUNCTION ASSESSMENT

Focused history:
- Focal neurologic deficits
- High risk or known metastatic disease/brain primary
- Onset, temporality
- Age as risk factor for developing cognitive deficiency
- Cancer treatment history, exposure to CNS radiation, intrathecal chemotherapy
- Prescription medications/over-the-counter medications and supplements
- Education attainment
- Nature of impairments per patient; clarifying questions may include\(^b\)
  - Do you have difficulty paying attention? Multitasking?
  - Do you frequently leave tasks incomplete?
  - Do you have difficulty finding words?
  - Do you have difficulty remembering things?
  - Do you need to use more prompts like notes or reminders than you used to?
  - Does it take you longer to think through problems; does your thinking seem slower?
  - Do you have difficulty turning left across traffic?
  - Do you notice an impact on functional performance? Job performance?

Assessment of contributing factors:
- Medications/side effects
- Hormone status menopause
- Emotional distress
  - Depression/anxiety (See SANXDE-1 and [NCCN Guidelines for Distress Management](#))
- Symptom burden
  - Pain (See SPAIN-1)
  - Fatigue (See SFAT-1)
  - Sleep disturbance (See SSD-1)
- Comorbidities
- Use of alcohol and other agents that alter cognition

\(^b\) Consider referral for specialized evaluation (neuropsychologic testing) if 2 or more questions prompt positive answers. Consideration of age, underlying neurologic impairment, and whether level of cognitive function is troubling to patient should inform decision.

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CANCER-ASSOCIATED COGNITIVE DYSFUNCTION INTERVENTIONS

Patient/Family Education and Counseling
- Validation of experience of cognitive dysfunction associated with cancer diagnosis and treatment
- Reassurance that cancer-associated cognitive dysfunction is not a progressive neurologic disorder like progressive dementias
- Support self-management and coping strategies

General Strategies for Management of Cancer-Associated Cognitive Dysfunction
- Teach enhanced organizational strategies (ie, use memory aids like notebooks and planners, keeping items in the same place, using reminder notes)
- Instruct patient to avoid multitasking and minimize distractions, especially at work
- Provide information about relaxation or stress management skills for daily use
- Provide assistance for sleep disturbance (See SSD-1) and fatigue (See SFAT-1)
- Recommend routine exercise
- Limit use of alcohol and other agents that alter cognition
- For older adults also see the cognitive function section of the NCCN Guidelines for Senior Adult Oncology (SAO-E)

See Specific Interventions (SCF-4)

Note: All recommendations are category 2A unless otherwise indicated.
Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
CANCER-ASSOCIATED COGNITIVE DYSFUNCTION SPECIFIC INTERVENTIONS

<table>
<thead>
<tr>
<th>FIRST-LINE INTERVENTIONS</th>
<th>SECOND-LINE INTERVENTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Neuropsychological evaluation and recommendations&lt;sup&gt;c&lt;/sup&gt;</td>
<td>Consider use of psychostimulants (methylphenidate or modafinil)</td>
</tr>
<tr>
<td>- Occupational therapy&lt;sup&gt;d&lt;/sup&gt;</td>
<td></td>
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<tr>
<td>- Optimize management of:</td>
<td></td>
</tr>
<tr>
<td>- Depression or emotional distress (See appropriate survivorship guidelines or <a href="#">NCCN Guidelines for Distress Management</a>)</td>
<td></td>
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<tr>
<td>- Sleep disturbance (See SSD-1)</td>
<td></td>
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<tr>
<td>- Fatigue (See SFAT-1)</td>
<td></td>
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<tr>
<td>- Contributing symptoms such as pain (See SPAIN-1)</td>
<td></td>
</tr>
<tr>
<td>- Medical comorbidities</td>
<td></td>
</tr>
</tbody>
</table>

<sup>c</sup>Neuropsychological evaluation and intervention may be helpful when individuals perceive cognitive impairment in a non-specific way and clarity is needed about the nature of impairments to guide rehabilitative efforts. Neuropsychological evaluation itself can be therapeutic and validating. Evaluation may also be necessary if an individual is pursuing disability benefits and cognitive impairment is a contributing factor to work limitation.

<sup>d</sup>Occupational therapy strategies focus on improvement of cognitive functioning and may be most effective for an individual who notes the impact of specific functional limitations (ie, word finding, comprehension or task completion, quality-of-life or role expectations).

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DEFINITION OF CANCER-RELATED FATIGUE

- Cancer-related fatigue is a distressing persistent, subjective sense of physical, emotional, and/or cognitive tiredness or exhaustion related to cancer or cancer treatment that is not proportional to recent activity and interferes with usual functioning.

CONSIDERATIONS FOR FATIGUE IN CANCER SURVIVORS

- Fatigue is a common complaint in individuals undergoing cancer therapy and can be a persistent problem for some cancer survivors in the months and years after cancer diagnosis.
  - Receipt of chemotherapy and radiation are both pre-disposing factors for cancer-related fatigue, but it can be seen in some patients who are treated with surgery alone.
  - The time-course of fatigue is unique to the survivor and their treatment plan, but some general principles apply: Mild to moderate fatigue is common in cancer survivors who undergo chemotherapy and/or radiation; mild to moderate fatigue lasting up to one year can occur in a proportion of cancer survivors.
  - Fatigue that initially presents months after the completion of adjuvant therapy or fatigue that worsens over this period warrants additional evaluation.
Screen every patient for fatigue as a vital sign at regular intervals\(^a\)
- **Severity: 0-10 scale\(^b\)**
  - (0=No fatigue; 10=Worst fatigue you can imagine)
  - None, mild, moderate, severe

\(^a\)Recommended screen and re-evaluation: “How would you rate your fatigue on a scale of 0-10 over the past 7 days?”


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Fatigue

PRIMARY EVALUATION FATIGUE SCORE:
MODERATE OR SEVERE (4-10)

EVALUATION

History and Physical (H&P):

- Focused fatigue history
  - Onset, pattern, duration
  - Change over time
  - Associated or alleviating factors
  - Interference with function
- Evaluate disease status
  - Evaluate risk of recurrence based on stage, pathologic factors, and treatment history
  - Perform review of systems to determine if other symptoms substantiate suspicion for recurrence
- Assessment of treatable contributing factors:
  - Comorbidities
    - Alcohol/substance abuse
    - Cardiac dysfunction
    - Endocrine dysfunction (eg, hypothyroidism, hypogonadism, adrenal insufficiency)
    - Pulmonary dysfunction
    - Renal dysfunction
    - Anemia
    - Arthritis
  - Medications (consider persistent use of sleep aids, pain medications, or antiemetics)
  - Emotional distress- screen for anxiety and depression
  - Sleep disturbance (eg, insomnia, sleep apnea, vasomotor symptoms, restless leg syndrome)
    (See SSD-1)
  - Pain
  - Nutritional issues
    - Weight/caloric intake changes
  - Deconditioning/loss of muscle mass

Laboratory evaluation:

- Consider performing laboratory evaluation based on presence of other symptoms, onset, and severity of fatigue
  - CBC with differential
    - Compare end-of-treatment hemoglobin/hematocrit with current values
    - Assess other cell lines (WBC and platelets)
  - Comprehensive metabolic panel
    - Assess electrolytes
    - Assess hepatic and renal function
  - Endocrinologic evaluation
    - Consider evaluation of TSH in patients who have received prior head/neck, torso, or breast radiation
    - Consider more comprehensive evaluation or referral to specialist if other symptoms present

Imaging:

- Consider radiologic assessment only if high risk of disease recurrence
- Consider ECHO or MUGA for patients treated with an anthracycline, trastuzumab, bevacizumab, or other VEGF or HER2 targeted therapy
- Consider chest x-ray and oxygen saturation testing for pulmonary complaints

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Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
TREATMENT OF CONTRIBUTING FACTORS

- Treat contributing factors:
  - Medications/side effects
  - Pain (See SPAIN-1)
  - Emotional distress
  - Anemia
    - Treat iron B₁₂, folate deficiency, if present
    - Consider referral/further evaluation for persistent anemia or cytopenias
  - Sleep disturbance (See SSD-1)
  - Nutritional deficit/imbalance
  - Comorbidities

See Interventions for Cancer Survivors (SFAT-5)

Note: All recommendations are category 2A unless otherwise indicated.
Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
**Patient/Family Education and Counseling**
- Information about known pattern of fatigue during and following treatment
  - Self-monitoring of fatigue levels
  - Energy conservation
    - Set priorities
    - Pace
    - Schedule activities at times of peak energy

**Physical Activity**
- Maintain adequate levels of physical activity (category 1) *(See SPA-1 and SPA-4)*
- Survivors at higher risk of injury (e.g., those living with neuropathy, cardiomyopathy, lymphedema, or other long-term effects of therapy or other comorbidities) should be referred to a physical therapist or exercise specialist
- Make use of local resources to help patients increase exercise
  - Exercise classes at cancer centers
  - Community programs focused on cancer survivors
  - Exercise professional certified by the American College of Sports Medicine
  - For patients with severe fatigue interfering with function, consider referral to a physical therapist or psychiatrist

**Other Behavioral Interventions**
- Psychosocial interventions (category 1)
  - Cognitive behavioral therapy (category 1)
  - Psycho-educational therapies/Educational therapies (category 1)
  - Supportive expressive therapies (category 1)
  - Nutrition consultation
  - Cognitive behavioral therapy for sleep (category 1)
  - Stimulus control
  - Sleep restriction
  - Sleep hygiene

**Pharmacologic**
- Consider psychostimulants (methylphenidate or modafinil) after ruling out other causes of fatigue and failure of other interventions

---

**Interventions should be culturally specific and tailored to the needs of patients and families along the illness trajectory because not all patients may be able to integrate these options due to variances in individual circumstances and resources.**

**A type of psychotherapy that focuses on recognizing and changing maladaptive thoughts and behaviors to reduce negative emotions and facilitate psychological adjustment.**

**Supportive expressive therapies (such as support groups, counseling, and journal writing) facilitate expression of emotion and foster support from one or more people.**

**Pharmacologic interventions remain investigational, but have been reported to improve symptoms of fatigue in some patients.**

**Psychostimulants are at times used to treat cancer-related fatigue. A number of studies have evaluated their efficacy in the setting of active treatment and results have been mixed. There are extremely limited data regarding the use of these agents in the post-treatment setting.**

**There is more evidence for methylphenidate and less for modafinil. These agents should be used cautiously and should not be used until treatment- and disease-specific morbidities have been characterized or excluded. Optimal dosing and schedule have not been established for use of psychostimulants in cancer patients.**

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**Clinical Trials:** NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
Pain

UNIVERSAL SCREENING

If no pain

If pain present

Screen for cancer pain or cancer treatment-related pain at regular intervals

Quantify pain intensity and characterize quality

See Pain Intensity Rating (PAIN-A) from the NCCN Guidelines for Adult Cancer Pain

Severe uncontrolled pain is a medical emergency and should be responded to promptly

Rule out oncologic emergency

Comprehensive pain assessment (See [PAIN-C] from the NCCN Guidelines for Adult Cancer Pain) in order to identify pain

Etiology
Pathophysiology
Determine patient goals for comfort, function
Specific cancer pain syndrome

Neuropathic pain

See (SPAIN-2)

Chronic postoperative pain syndromes (amputation, neck dissection, mastectomy)

See (SPAIN-3)

Myalgias, arthralgias

See (SPAIN-4)

Skeletal pain

See (SPAIN-5)

Myofascial pain

See (SPAIN-6)

Gastrointestinal/urinary/pelvic pain

See (SPAIN-7)

Lymphedema

See (SPAIN-8)

Post-radiation pain

See (SPAIN-9)

Rescreen at each subsequent visit

Anticipated painful events and procedures

See Procedure-Related Pain and Anxiety (PAIN-B) from the NCCN Guidelines for Adult Cancer Pain

Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
CANCER PAIN SYNDROME

TREATMENT

- General measures:
  - Adjuvant analgesics
    - (See (PAIN-G) from the NCCN Guidelines for Adult Cancer Pain)
    - Antidepressants
    - Anticonvulsants
    - Corticosteroids
  - Opioids
    - See (PAIN-3, PAIN-4, and PAIN-5) from the NCCN Guidelines for Adult Cancer Pain
    - Cognitive behavior therapy and psychosocial support
      - Consider hypnosis
    - For refractory pain, consider referral to pain management services, interventional specialist, physical therapy, physical medicine and/or rehabilitation
      - Consider dorsal column stimulation
  - Local therapies
    - Pharmacologic therapies
      - Topical patches (lidoderm, capsaicin)
      - Creams (ketamine and amitriptyline combined)
      - Intercostal nerve blocks
    - Non-pharmacologic therapies
      - Heat
      - Ice
      - Acupuncture

Neuropathic pain

\(^a\) See Principles of Opioid Use in Long-Term Survivors (SPAIN-A).

Note: All recommendations are category 2A unless otherwise indicated.
Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
Chronic postoperative pain syndrome (amputation, neck dissection, mastectomy)

- General measures:
  - Adjuvant analgesics
    - See (PAIN-G) from the NCCN Guidelines for Adult Cancer Pain
  - Psychosocial support and behavioral interventions
    - See (PAIN-H) from the NCCN Guidelines for Adult Cancer Pain
  - Opioids
    - See (PAIN-3, PAIN-4, and PAIN-5) from the NCCN Guidelines for Adult Cancer Pain
  - For refractory pain, consider referral to pain management services, interventional specialist, physical therapy, physical medicine and/or rehabilitation
    - Consider transcutaneous electrical nerve stimulation (TENS) unit
    - Consider dorsal column stimulation
    - Intercostal nerve blocks
    - Neurotomy with radiofrequency ablation

- For post-amputation syndrome:
  - Physical therapy for desensitization
  - Cognitive therapy
  - Upper extremities:
    - Consider stellate ganglion block
  - Lower extremities:
    - Consider lumbar sympathetic block
  - Neuromas: Consider phenol/alcohol block

- For post-radical neck dissection syndrome:
  - Physical therapy for stretching, range of motion
  - Myofascial release
  - Soft tissue massage
  - Trigger point injections
  - Possible botulinum toxin injection

- For post-mastectomy syndrome:
  - Intercostal nerve block
  - TENS unit

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There are other postoperative pain syndromes and many treatment measures can be used across syndromes. Also consider referral to appropriate specialist.

See Principles of Opioid Use in Long-Term Survivors (SPAIN-A).
CANCER PAIN SYNDROME

Myalgias, Arthralgias

TREATMENT

- Nonpharmacologic
  - Exercise
  - Heat (paraffin wax, hot pack)
  - Cold pack
  - Physical therapy
  - Aquatic therapy
  - Ultrasonic stimulation<sup>c</sup>
  - Massage
  - Acupuncture
- Pharmacologic
  - NSAIDs
  - Muscle relaxants
  - Anti-epileptic drugs (gabapentin, pregabalin)
  - SNRIs
  - Tricyclic antidepressants (TCAs)
- Consider referral to pain management services, interventional specialist, physical therapy, physical medicine and/or rehabilitation

<sup>c</sup>Ultrasonic stimulation is a type of heat treatment that can penetrate directly to the bone and should be used with caution. It is not recommended for patients with multiple myeloma or bone metastases.

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Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
Skeletal pain

- For vertebral compression:
  - General measures:
    - Vitamin D
    - Nonsteroidal anti-inflammatory drugs (NSAIDs)
    - Muscle relaxants
    - Consider vertebral augmentation (vertebroplasty, kyphoplasty)
  - Consider referral to pain management services, interventional specialist, physical therapy, physical medicine and/or rehabilitation
  - For acute vertebral compression:
    - Opioids
    - Bracing (thoracolumbar sacral orthosis [TLSO], Jewett brace)
    - Limited bedrest
    - Weight-bearing exercises when pain improves
    - Physical therapy
  - For chronic vertebral compression:
    - Weight-bearing exercises
    - Physical therapy – thoracic and lumbar stabilization exercises
- For avascular necrosis:
  - Physical therapy – based on weight-bearing and range-of-motion restrictions
  - Opioids
  - Muscle relaxants if myofascial component
  - Cement augmentation for fractures
- For osteonecrosis of the jaw:
  - Anti-convulsants
  - Serotonin-norepinephrine reuptake inhibitors (SNRIs)
  - Opioids
  - Consider referral to oral surgeon

Nota: All recommendations are category 2A unless otherwise indicated.

Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.

See Principles of Opioid Use in Long-Term Survivors (SPAIN-A).

For skeletal metastases and/or bone pain, See (PAIN-D) from the NCCN Guidelines for Adult Cancer Pain.
**CANCER PAIN SYNDROME**

**TREATMENT**

- For rotator cuff tendonitis/adhesive capsulitis:
  - Physical therapy
    - Range-of-motion exercises
    - Strengthening shoulder stabilizers
    - Soft tissue/myofascial release massage
  - Acupuncture or acupressure
  - Ultrasonic stimulation
  - NSAIDs
  - Local injections to intra-articular joint

- For neck/back pain:
  - Nonpharmacologic
    - Physical therapy for neck/lumbar stabilization and strengthening exercises
    - Massage
    - Ultrasonic stimulation
    - Acupuncture or acupressure
  - Pharmacologic
    - Topical ointments (ketamine)
    - NSAIDs
    - Anti-epileptic drugs
    - SNRIs
    - Local measures (Lidoderm or capsaicin patches)
    - Trigger point injections
    - Epidural steroid injections
    - Radiofrequency ablation
    - Dorsal column stimulation for intractable cases

- For muscle cramps, spasms
  - Massage
  - Exercise
  - Check electrolytes, calcium, magnesium levels
  - NSAIDs
  - Consider referral to pain management services, interventional specialist, physical therapy, physical medicine and/or rehabilitation

*C* Ultrasonic stimulation is a type of heat treatment that can penetrate directly to the bone and should be used with caution. It is not recommended for patients with multiple myeloma or bone metastases.

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Gastrointestinal/urinary/pelvic pain

- Consider referral to gastroenterologist
- For chronic pelvic pain:
  - Consider referral to physical therapy for pelvic floor strengthening exercises
  - Proper hydration
  - Bowel regimen
  - Dorsal column stimulation for chronic cystitis and chronic pelvic pain
  - Analgesics
- For dyspareunia, (See SSFF-2)
- Consider referral to pain management services, interventional specialist, physical therapy, physical medicine and/or rehabilitation

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Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
### Cancer Pain Syndrome

<table>
<thead>
<tr>
<th>TREATMENT</th>
</tr>
</thead>
</table>
| • Compression garments  
• Progressive resistance training with compression garments  
• Physical therapy with range of motion  
• Manual lymphatic drainage  
• Consider referral to lymphedema specialist |

#### Note: All recommendations are category 2A unless otherwise indicated.

Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
Post-radiation pain
• Pain may be acute or appear months after radiation
• Radiation may lead to scarring, adhesions, or fibrosis
  ➤ Differentiate fibrosis from recurrent tumor
• Radiation to a localized area of the body may cause a chronic pain syndrome in that area

TREATMENT
• Treat according to specific cancer pain syndrome guidelines, if appropriate
  (See SPAIN-1 for list of cancer pain syndromes)
• Physical therapy
• Pain medication
• Surgical lysis of adhesions may be indicated in extreme circumstances
PRINCIPLES OF OPIOID USE IN LONG-TERM SURVIVORS

- Use the lowest opioid dose possible, if opioids are necessary
- Functionality may be a better endpoint for measuring outcomes, rather than numerical rating of pain
- Re-evaluate the effectiveness and necessity of opioids on a regular basis
  - If there is no improvement in function, or if opioid-induced hyperalgesia is suspected, recommend gradual tapering of opioids to help avoid symptoms of withdrawal
  - Discussion of gradual tapering should be routine
  - Consider establishing pain treatment agreements (See PAIN-L of the NCCN Guidelines for Adult Cancer Pain)
- Address medical-related issues due to chronic or high-dose opioids
  - Endocrine/hypopituitary abnormalities

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**Sexual Function (Female)**

**DIAGNOSTIC EVALUATION**

- Ask about sexual function at regular intervals
- Use the Brief Sexual Symptom Checklist as a primary screening tool
- Review present and past sexual activity and sexual concerns
- Discuss how cancer treatment has affected sexual functioning and intimacy
- Discuss treatment-associated infertility if indicated, with appropriate referrals

**No concerns regarding sexual function**

- H&P
  - Sexual history (including prior problems, any history of abuse, prior STDs, safe sex practices)
  - Past medical, surgical, and obstetric histories (non-oncologic)
    - Identify traditional risk factors (eg, cardiovascular disease, diabetes mellitus, smoking, alcoholism, obesity, menopause)
  - Psychosocial history
    - Including relationship status/issues, body image concerns, and drug, alcohol, and tobacco use
    - Screen for psychosocial concerns

**Concerns regarding sexual function**

- Review oncologic history
  - Diagnosis/stage
  - Surgeries
  - Systemic treatment
  - Local RT
  - Endocrine therapy
- Use of prescription and over-the-counter medications (particularly those known to effect sexual function)

**Re-evaluate and discuss potential impact of treatment on sexual function at future visits**

**See Additional Evaluation and Treatment (SSFF-2)**

Appropriate referrals for:
- Psychotherapy
- Sexual/couples counseling
- Gynecologic care

---

*a See Brief Sexual Symptom Checklist for Women (SSFF-A).

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Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
ADDITIONAL EVALUATION

• Evaluate for the following categories of female sexual dysfunctions:
  ▶ Sexual desire and arousal disorder
  ▶ Female orgasm disorder
  ▶ Sexual pain disorder
• Discuss concerns related to specific cancer therapies
• If treatment-related menopause, assess symptoms and effects on sexual functioning
• Perform physical exam; perform or refer for gynecological exam to note points of tenderness, vaginal atrophy, and anatomic changes associated with cancer surgeries and treatments
• For more in-depth evaluation of sexual dysfunction, consider the Female Sexual Function Index (FSFI) and/or the PROMIS® Sexual Function Instrument

TREATMENT

• Guide treatment based on specific type of female sexual dysfunction:
  ▶ Water-, oil-, or silicone-based lubricants
  ▶ Vaginal moisturizers
  ▶ Topical lidocaine
  ▶ Vaginal dilators/vibrators
  ▶ Relaxation techniques or exercises
    ◦ Pelvic physical therapy helpful for anatomical changes and dyspareunia
  ▶ Topical estrogen therapy if not contraindicated by tumor type (with education regarding risks)
    ◦ Base the type of local estrogen on exam findings and patient preference (pills, vaginal rings, creams)
  ▶ Consider ospemifene for dyspareunia, if non-hormonally sensitive cancer
  ▶ Adjust medications that may affect sexual function
  ▶ Encourage ongoing partner communication
  ▶ Identify sources for psychosocial dysfunction with appropriate referrals for psychotherapy or sexual/couples counseling (multidisciplinary treatment plan)

POST-TREATMENT EVALUATION

Concerns regarding sexual function improved or resolved

Use the Brief Sexual Symptom Checklist

Ongoing concerns regarding sexual function

Re-evaluate and discuss potential impact of treatment on sexual function at future visits

Repeat evaluation and treatment options, with appropriate referrals as indicated for:
  ▶ Psychotherapy
  ▶ Sexual/couples counseling
  ▶ Gynecologic care

---

a See Brief Sexual Symptom Checklist for Women (SSFF-A).

d Note: All recommendations are category 2A unless otherwise indicated.
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# BRIEF SEXUAL SYMPTOM CHECKLIST FOR WOMEN

Please answer the following questions about your overall sexual function:

1. Are you satisfied with your sexual function?
   - Yes __ No __
   If no, please continue.

2. How long have you been dissatisfied with your sexual function?

3a. The problem(s) with your sexual function is:
   (mark one or more)
   - 1 Problem with little or no interest in sex
   - 2 Problem with decreased genital sensation (feeling)
   - 3 Problem with decreased vaginal lubrication (dryness)
   - 4 Problem reaching orgasm
   - 5 Problem with pain during sex
   - 6 Other:

3b. Which problem is most bothersome? (circle)
   1 2 3 4 5 6

4. Would you like to talk about it with your doctor?
   - Yes __ No __

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**NCCN Guidelines Version 2.2014**  
**Sexual Function (Male)**

### DIAGNOSTIC EVALUATION

- **Ask about sexual function at regular intervals**
- **Review present and past level of sexual activity and discuss the potential impact of therapy. Discuss any sexual concerns and how cancer treatment has affected sexual functioning and intimacy**
- **Discuss treatment-associated infertility if indicated, with appropriate urologic (male infertility) referrals**
- **Laboratory tests:**
  - HgbA1C, testosterone, creatinine, cholesterol
- **Consider questionnaire as a primary screening tool for erectile dysfunction (ED)** (eg, Sexual Health Inventory for Men [SHIM])

<table>
<thead>
<tr>
<th>No concerns for sexual dysfunction</th>
<th>Concerns for sexual function</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>H&amp;P</strong></td>
<td></td>
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<tr>
<td>- Sexual history (including prior problems)</td>
<td></td>
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<tr>
<td>- Past medical and surgical histories</td>
<td></td>
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<tr>
<td>- Identify traditional risk factors (eg, cardiovascular disease, diabetes mellitus, smoking, alcoholism, obesity)</td>
<td></td>
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<tr>
<td>- Psychosocial history</td>
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<tr>
<td>- Including relationship status/issues, drug and alcohol use</td>
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<tr>
<td>- Screen for psychosocial concerns ([See SANXDE-1] and NCCN Guidelines for Distress Management)</td>
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<tr>
<td>- Depression</td>
<td></td>
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<tr>
<td>- Anxiety</td>
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<tr>
<td>- Relationship issues</td>
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<tr>
<td>- Local RT</td>
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<tr>
<td>- Use of prescription and over-the-counter medications (especially hormone therapy or opioids)</td>
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<tr>
<td>- Focused physical exam:</td>
<td></td>
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<tr>
<td>- Chest (assess for gynecomastia)</td>
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<tr>
<td>- Abdomen</td>
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<tr>
<td>- Genitourinary exam (phallus, scrotum/testicles, cord structures)</td>
<td></td>
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<tr>
<td>- Secondary sexual characteristics</td>
<td></td>
</tr>
<tr>
<td>- Lower extremity pulses</td>
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</tr>
</tbody>
</table>

### Note

- *Special consideration should be given to those men with androgen ablative therapy where testosterone replacement is ill-advised (ie, patient with advanced prostate cancer undergoing combination radiation/LHRH antagonist).*
- *See Sexual Health Inventory for Men [SHIM] (SSFM-A)*
- *The cardiovascular risk of all men with erectile dysfunction, especially those with cardiovascular disease, should be estimated. Sexual activity is equivalent to walking 1 mile in 20 minutes on a flat surface or to climbing 2 flights of stairs in 20 seconds. Patients with high risk should be referred to a cardiologist. (Nehra A, Jackson G, Miner M, et al. The Princeton III Consensus recommendations for the management of erectile dysfunction and cardiovascular disease. Mayo Clin Proc 2012;87:766-778).*

Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
• Recommend modifying risk factors for ED:
  ▶ Lifestyle modifications to improve vascular function such as smoking cessation, maintaining ideal body weight and engaging in regular exercise, and avoiding excess alcohol consumption
• Identify sources for psychosocial dysfunction with appropriate referrals for psychotherapy or sexual/couples counseling
• Consider the following therapies for ED:
  ▶ Oral phosphodiesterase type 5 (PDE5i) inhibitors as first-line therapy unless contraindicated (e.g., patients taking oral nitrates)
    ◦ Monitoring should include a periodic follow-up of efficacy, side effects, and any significant change in health status
    ◦ An adequate trial of PDE5i should be defined as at least 5 separate occasions at the maximum dose before reporting it as non-effective unless the reason for fewer trials is an unacceptable side effect

Second trial of PDE5i (i.e., a different PDE5i)

• Repeat evaluation and treatment options, with appropriate referrals for psychotherapy, sexual counseling as indicated
• If second trial of PDE5i fails, consider the following therapies for ED with referral to a urologist:
  ▶ Intra-urethral alprostadil suppositories
  ▶ Intracavernous vasoactive drug injection therapy
  ▶ Vacuum constriction devices (VCD)
  ▶ Penile prosthesis implantation (if the above methods fail)

The management of ED should be applied in a stepwise fashion with increasing invasiveness and risk balanced against efficacy. The patient and, when possible, his partner should be informed of the relevant treatment options and their associated risks and benefits.

Prior to proceeding to other therapies, those with a failure of first-line PDE5i therapy should be evaluated to determine whether the trial of PDE5i was adequate. Consider switching the dose before moving to second-line therapies.

Note: All recommendations are category 2A unless otherwise indicated.
Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
### SEXUAL HEALTH INVENTORY FOR MEN (SHIM)\(^1\)

Sexual health is an important part of an individual's overall physical and emotional well-being. Erectile dysfunction, also known as impotence, is one type of very common medical condition affecting sexual health. Fortunately, there are many different treatment options for erectile dysfunction. This questionnaire is designed to help you and your doctor identify if you may be experiencing erectile dysfunction. If you are, you may choose to discuss treatment options with your doctor.

Each question has several possible responses. Circle the number of the response that best describes your own situation. Please be sure that you select one and only one response for each question.

#### OVER THE PAST 6 MONTHS:

<table>
<thead>
<tr>
<th>Question</th>
<th>Very Low</th>
<th>Low</th>
<th>Moderate</th>
<th>High</th>
<th>Very High</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How do you rate your confidence you could get and keep an erection?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>2. When you had erections with sexual stimulation, how often were your erections hard enough for penetration (entering your partner)</td>
<td>No Sexual Activity</td>
<td>Almost Never or Never</td>
<td>A Few Times (Much Less Than Half The Time)</td>
<td>Sometimes (About Half the Time)</td>
<td>Most Times (Much More Than, Half The Time)</td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3. During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?</td>
<td>Did Not Attempt Intercourse</td>
<td>Almost Never or Never</td>
<td>A Few Times (Much Less Than Half The Time)</td>
<td>Sometimes (About Half the Time)</td>
<td>Most Times (Much More Than, Half The Time)</td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4. During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?</td>
<td>Did Not Attempt Intercourse</td>
<td>Extremely Difficult</td>
<td>Very Difficult</td>
<td>Difficult</td>
<td>Slightly Difficult</td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5. When you attempted sexual intercourse, how often was it satisfactory for you?</td>
<td>Did Not Attempt Intercourse</td>
<td>Almost Never or Never</td>
<td>A Few Times (Much Less Than Half The Time)</td>
<td>Sometimes (About Half the Time)</td>
<td>Most Times (Much More Than, Half The Time)</td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

**PROVIDER KEY:** Add the numbers corresponding to questions 1-5.

**TOTAL:**

---

The SHIM further classifies ED severity with the following breakpoints: 1-7: Severe ED 8-11: Moderate ED 12-16: Mild to Moderate ED 17-21 Mild ED


---

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Sleep Disorders

SCREENING
Screening/assessment questions to be asked at regular intervals, especially when there is a change in clinical status or treatment:

- Insomnia
  - Do you have difficulty falling or staying asleep?
  - How long does it take to fall asleep?
  - How many times do you wake up every night?
  - How long have you had difficulty falling or staying asleep?
- Excessive sleepiness
  - Do you fall asleep while reading, watching television, talking to friends, or driving?
- Obstructive sleep apnea
  - Do you snore, gasp for breath, or stop breathing during sleep?
- Restless legs syndrome (RLS)
  - Do you have the urge to move the legs, usually accompanied by an uncomfortable, deep-seated sensation that is brought on by rest?
- Parasomnias
  - Do you sleep walk, wake up screaming, or have violent movements during sleep?

No concerns for sleep disorder/disturbance

H&P
- Assessment of treatable contributing factors:
  - Comorbidities
    - Alcohol and/or substance abuse
    - Obesity
    - Cardiac dysfunction
    - Endocrine dysfunction (e.g., hypothyroidism)
    - Anemia
    - Emotional distress: screen for anxiety and depression
      (See SANXDE-1 and NCCN Guidelines for Distress Management)
  - Neurologic disorders
  - Psychiatric disorders
  - Medications (consider persistent use of sleep aids, pain medications, antiemetics, stimulants, sedative/hypnotics, over-the-counter sleep aids, or antihistamines)
  - Review history of chemotherapy
  - Pain (See SPAIN-1)
  - Fatigue (See SFAT-1)
  - Shift work
  - Current coping strategies (relaxation techniques, meditation, etc.)

Concerns for sleep disorder/disturbance

- Sleep disturbance and/or excessive sleepiness
- Narcolepsy and other hypersomnias
- Obstructive sleep apnea
- Restless legs syndrome (RLS)
- Circadian rhythm sleep disorders
- Parasomnias

Insomnia symptoms (difficulty falling asleep and/or maintaining sleep):
- Duration
  - >4 weeks
- Occurring at least 3 times per week

Re-evaluate at subsequent visits/post therapy

Note:
- Obstructive sleep apnea, restless legs syndrome, circadian rhythm sleep disorders, and parasomnia may also present with symptoms of insomnia.
- Parasomnias may also present with symptoms of insomnia.
- Restless leg syndrome is also known as Willis-Ekbom disease.

Note: All recommendations are category 2A unless otherwise indicated.
Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
## NCCN Guidelines Version 2.2014
### Sleep Disorders

<table>
<thead>
<tr>
<th>SYMPTOM</th>
<th>ASSESSMENT</th>
<th>TESTING</th>
<th>DIAGNOSIS</th>
<th>TREATMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Associated with insufficient sleep time</td>
<td>Insufficient sleep syndrome</td>
<td>• Increase sleep time&lt;br&gt;• Sleep hygiene education*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Associated with observed apneas, snoring</td>
<td>Polysomnography (PSG)</td>
<td>Obstructive sleep apnea</td>
<td>• Continuous positive airway pressure (CPAP)&lt;br&gt;• Surgery&lt;br&gt;• Oral appliance&lt;br&gt;• Weight loss&lt;br&gt;• Exercise (See SPA-1)&lt;br&gt;• Refer to sleep specialist</td>
<td></td>
</tr>
<tr>
<td>Associated with uncomfortable sensation</td>
<td>Ferritin level &lt;45-50 ng per mL</td>
<td>Restless leg syndrome (RLS)</td>
<td>• Dopamine agonists&lt;br&gt;• Benzodiazepines (BZD)&lt;br&gt;• Gabapentin (enacarbil)&lt;br&gt;• Opioids&lt;br&gt;• Refer to sleep specialist</td>
<td></td>
</tr>
<tr>
<td>Associated with prolonged wakefulness or awakenings</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Associated with prolonged nocturnal sleep (ie, &gt;9 hours for adults)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Associated with cataplexy, frequent short naps, vivid dreams, disrupted sleep, or sleep paralysis</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excessive daytime sleepiness not associated with other symptoms</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Restless leg syndrome is also known as Willis-Ekbom disease.

*For other less frequent syndromes, refer to sleep specialist.

See STOP Questionnaire: A Tool to Screen Patients for Obstructive Sleep Apnea (SSD-A).

See Essential Diagnostic Criteria for Restless Legs Syndrome (SSD-B).

Cataplexy: Sudden loss of muscle tone. Typically triggered by strong emotions, such as laughter or anger. Cataplexy is the most specific diagnostic feature of narcolepsy.

Sleep studies can be done as laboratory PSG or as home sleep study.

See General Sleep Hygiene Measures (SSD-C).

---

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Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
## NCCN Guidelines Version 2.2014
### Sleep Disorders

<table>
<thead>
<tr>
<th>SYMPTOM</th>
<th>ASSESSMENT&lt;sup&gt;d&lt;/sup&gt;</th>
<th>TESTING</th>
<th>DIAGNOSIS&lt;sup&gt;d&lt;/sup&gt;</th>
<th>TREATMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Associated with prolonged wakefulness or awakenings</td>
<td></td>
<td></td>
<td>Insomnia</td>
<td>See SSD-4</td>
</tr>
<tr>
<td>Associated with prolonged nocturnal sleep (i.e., &gt;9 hours for adults)</td>
<td>Polysomnography (PSG),&lt;sup&gt;h&lt;/sup&gt;</td>
<td>Idiopathic hypersomnia</td>
<td>Sleep hygiene education&lt;sup&gt;i&lt;/sup&gt;, Stimulants, Refer to sleep specialist</td>
<td></td>
</tr>
<tr>
<td>Associated with cataplexy, frequent short naps, vivid dreams, disrupted sleep, or sleep paralysis</td>
<td>PSG,&lt;sup&gt;h&lt;/sup&gt; MSLT</td>
<td>Narcolepsy</td>
<td>Sleep hygiene education&lt;sup&gt;i&lt;/sup&gt;, Schedule short daytime naps, Refer to sleep specialist for pharmacologic management</td>
<td></td>
</tr>
<tr>
<td>Excessive daytime sleepiness not associated with other symptoms</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<sup>d</sup>For other less frequent syndromes, refer to sleep specialist.

<sup>g</sup>Cataplexy: Sudden loss of muscle tone. Typically triggered by strong emotions, such as laughter or anger. Cataplexy is the most specific diagnostic feature of narcolepsy.

<sup>h</sup>Sleep studies can be done as laboratory PSG or as home sleep study.

<sup>i</sup>See General Sleep Hygiene Measures (SSD-C).

---

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EVALUATION

Insomnia disorder

- Obtain details about course of insomnia
- Insomnia problematic, causing:
  - Decreased daytime functioning
  - Poor quality of life
  - Worsening of complaints
  - Distress to patient

TREATMENT

Insomnia with comorbidities:
- Medical
- Neurologic or psychiatric
- Recurrence of cancer, pain
- Assess medications that may cause insomnia

- Treat comorbid condition
- Treat with cognitive behavioral therapy
- Consider pharmacologic intervention, if safe, for:
  - Difficulty in falling asleep
  - Difficulty maintaining sleep
  - Non-restorative sleep
  - Sleep hygiene education
- Refer to sleep specialist

Insomnia without comorbidities
- No medications causing insomnia

- Treat with cognitive behavioral therapy
- Consider pharmacologic intervention, if safe, for:
  - Difficulty in falling asleep
  - Difficulty maintaining sleep
  - Non-restorative sleep
  - Sleep hygiene education

Insomnia not persisting
- No further treatment

Insomnia persisting
- Refer to sleep specialist

Insomnia not problematic
- Do not treat
- Sleep hygiene education

---

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Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.

---

i See General Sleep Hygiene Measures (SSD-C).
ii See Cognitive Behavioral Treatments (SSD-D).
iii See Principles for Choosing an FDA-Approved Hypnotic (SSD-E).
iv See Other Commonly Used Medications For Insomnia (SSD-F).
STOP Questionnaire: A Tool to Screen Patients for Obstructive Sleep Apnea (OSA)\textsuperscript{1, 2}

1. **Snoring**
   Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?
   
<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

2. **Tired**
   Do you often feel tired, fatigued, or sleepy during daytime?
   
<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

3. **Observed**
   Has anyone observed you stop breathing during your sleep?
   
<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

4. **Blood pressure**
   Do you have or are you being treated for high blood pressure?
   
<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

**PROVIDER KEY**

High risk of OSA: Answering yes to two or more questions
Low risk of OSA: Answering yes to less than two questions

\textsuperscript{1}Reproduced and modified with permission from Chung, Yegneswaran, B, Liao, P, et al. STOP Questionnaire: A Tool to Screen Patients for Obstructive Sleep Apnea. Anesthesiology 2008;108:812-821.

\textsuperscript{2}This screening tool and other similar tools are not diagnostic, but have been shown to be useful to assess risk for OSA.
ESSENTIAL DIAGNOSTIC CRITERIA FOR RESTLESS LEGS SYNDROME

- An urge to move the legs usually accompanied by uncomfortable and unpleasant sensations in the legs, and sometimes the arms or other body parts.
- The urge to move or unpleasant sensations begin or worsen during periods of rest or inactivity such as lying or sitting.
- The urge to move or unpleasant sensations are partially or totally relieved by movement, such as walking or stretching.
- The symptoms are more pronounced in the evening or night or may only occur in the evening or night.


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GENERAL SLEEP HYGIENE MEASURES¹,²,³

- Regular exercise in the morning and/or afternoon
- Increase exposure to bright light during the day
- Avoid exposure to bright light during the night
- Avoid heavy meals or drinking within 3 hours of bed
- Avoid alcohol, caffeine, nicotine too close to bedtime
- Enhance sleep environment
  (dark, quiet room, comfortable temperature)
- Set aside a worry time
- Avoid looking at the clock

## COGNITIVE BEHAVIORAL TREATMENTS  

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Goal</th>
</tr>
</thead>
</table>
| Cognitive therapy   | • Challenge patient's dysfunctional beliefs and misconceptions about sleep disturbances.  
                     | • Promote positive thoughts.                                         |
| Relaxation training | • Reduce physiologic and cognitive arousal at bedtime                |
|                     | • Techniques include progressive muscular relaxation, transcendentental meditation, yoga, biofeedback |
| Sleep restriction   | • Improve sleep continuity by limiting time spent in bed and maintaining a regular sleep schedule |
| Stimulus control    | • Associate the bed/bedroom as a place for sleep or sexual activity only |

---

### PRINCIPLES FOR CHOOSING AN FDA-APPROVED HYPNOTIC: \(^1\)

- Does the patient have difficulty initiating or maintaining sleep?
- Does the patient have both sleep onset and sleep maintenance difficulty?

<table>
<thead>
<tr>
<th>AGENT</th>
<th>HELPS WITH SLEEP INITIATION</th>
<th>INCREASES TOTAL SLEEP TIME</th>
<th>INDICATED FOR SLEEP ONSET AND MAINTENANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zolpidem</td>
<td>+</td>
<td>+</td>
<td>–</td>
</tr>
<tr>
<td>Zolpidem CR</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Zaleplon</td>
<td>+</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>Eszopiclone</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Ramelteon</td>
<td>+</td>
<td>+/-</td>
<td>–</td>
</tr>
<tr>
<td>Temazepam</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Doxepin (3-6 mg)</td>
<td>–</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Lorazepam</td>
<td>+</td>
<td>–</td>
<td>–</td>
</tr>
</tbody>
</table>


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Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
# OTHER COMMONLY USED MEDICATIONS FOR INSOMNIA

This is a list of agents that do not have an FDA-approved indication for the treatment of insomnia and that do not have enough data to be recommended for routine use. They have none to limited efficacy or effectiveness data for the treatment of insomnia disorder.

<table>
<thead>
<tr>
<th>Antidepressants&lt;sup&gt;2&lt;/sup&gt;</th>
<th>Anti-epileptics&lt;sup&gt;2&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trazodone</td>
<td>Gabapentin</td>
</tr>
<tr>
<td>Amitriptyline</td>
<td>Tiagabine</td>
</tr>
<tr>
<td>Trimipramine</td>
<td></td>
</tr>
<tr>
<td>Mirtazapine</td>
<td>Atypical antipsychotics&lt;sup&gt;2&lt;/sup&gt;</td>
</tr>
<tr>
<td>Doxepin</td>
<td>Quetiapine</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Antihistamines&lt;sup&gt;2&lt;/sup&gt;</th>
<th>Nutritional/Herbal supplements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diphenhydramine</td>
<td>Melatonin</td>
</tr>
<tr>
<td></td>
<td>Valerian</td>
</tr>
</tbody>
</table>


<sup>2</sup>Although they are commonly prescribed, antidepressants, antihistamines, anti-epileptics, and antipsychotics have significant risks and should be used with caution.

---

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Preventive Health
GENERAL PRINCIPLES OF HEALTHY LIFESTYLES

- All survivors should be encouraged to achieve and maintain a healthy lifestyle with attention to weight management (SNWM-2), physical activity (SPA-1), and healthy dietary habits (SNWM-1).
- Healthy lifestyle habits have been associated with improved overall health and quality of life. For some cancers, a healthy lifestyle has been associated with a reduced risk of recurrence and death.
- For a healthy lifestyle, all survivors should be encouraged to:
  - Achieve and maintain a healthy body weight throughout life (SNWM-2)
    - Pay attention to calories consumed versus calories expended via diet and exercise.
    - Calculate and monitor body mass index (BMI).
  - Engage in physical activity regularly (SPA-1)
    - Avoid inactivity and a sedentary lifestyle
    - Strive for at least 150 minutes of moderate or 75 minutes of vigorous activity per week, spread out over the course of the week.
  - Maintain a healthy diet high in fruits, vegetables, and whole grains (SNWM-1)
  - Minimize alcohol intake
    - Limit intake to one drink per day for a woman and two drinks per day for a man
  - Avoid tobacco products
    - Attempt tobacco cessation if currently smoking or using smokeless tobacco
  - Practice sun safety
    - Utilize a sunscreen with an SPF of at least 30 that protects against UVA and UVB rays and is water resistant.
    - Apply generously and reapply every two hours or after swimming/excessive sweating
    - Consider using physical barriers whenever possible (i.e hats, shirts with sleeves, avoiding direct sun during peak hours)
  - Follow up with primary care physician regularly
    - Adhere to age appropriate health screening, preventive measures (SIMIN-1), and cancer screening recommendations (See NCCN Guidelines for Detection, Prevention and Early Detection)
- Routine use of dietary supplements is not recommended for the purposes of cancer control (SSUP-1)

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## GENERAL PRINCIPLES OF PHYSICAL ACTIVITY

- All survivors should be encouraged to avoid inactivity or a sedentary lifestyle and return to daily activities as soon as possible.
- Patients who are able should be encouraged to engage in physical activity\(^a\) daily.
- Physical activity and exercise recommendations should be tailored to individual survivor’s abilities and preferences.
- General recommendations for cancer survivors: \(^b\)
  - Overall volume of weekly activity should be **at least** 150 minutes of moderate-intensity\(^c\) activity or 75 minutes of vigorous-intensity\(^c\) activity or equivalent combination.
  - Two to three sessions per week of strength training that include major muscle groups.
  - Stretch major muscle groups on days exercises are performed.

\(^a\) Physical activity includes exercise, daily routine activities, and recreational activities.


\(^c\) Light exercise: No noticeable change in breathing pattern; Moderate exercise: Can talk, but not sing; Vigorous exercise: Can say a few words without stopping to catch a breath (See Examples of Exercise [SPA-B]).
Ask about prior and current participation in physical activity and assess level of current physical activity at regular intervals.

Focused clinical evaluation:
- Weight/BMI
- Blood pressure
- Functional status/performance status
- Assess baseline level of activity prior to diagnosis and current level of activity
- Barriers to physical activity as assessed by survivor
  - Environmental (home, gym access, outdoor space)
  - Financial
  - Physical limits
  - Time/competing demands
  - Social support
  - Stress
- Review of systems
- Disease status
- Nutritional status

Assessment of treatable contributing factors:
- Pain
- Fatigue
- Emotional distress
- Nutritional deficits/imbalance
- Medications

Assessment of comorbidities and treatment effects as appropriate:
- Cardiovascular disease (including cardiomyopathy)
- Pulmonary disease
- Arthritis/musculoskeletal issues
- Lymphedema
- Peripheral neuropathy
- Bone health/bone strength (including presence of bone metastases)
- Incontinence
- Presence of stoma or ostomy
- Fall risk assessment
- Need for assistive devices (cane, walker, brace, etc)
- History or presence of anemia/thrombocytopenia
- Steroid myopathy

Determine risk level for exercise-induced adverse events (See SPA-3)


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**Low Risk:**
- Early-stage cancer survivors
- High baseline level of physical activity
- No significant comorbidities

**RISK ASSESSMENT FOR EXERCISE-INDUCED ADVERSE EVENTS**

**General recommendations** for physical activity for cancer survivors

**Moderate Risk:**
- Peripheral neuropathy
- Arthritis/musculoskeletal issues
- Bone metastases/poor bone health
- Lymphedema

**General recommendations** for cancer survivors with modifications based on assessment
- Consider medical evaluation prior to initiation of exercise program
- Consider referral to trained personnel

**High Risk:**
- History of lung surgery or major abdominal surgery
- Ostomy
- Cardiopulmonary comorbidities (ie, COPD, CHF, CAD, cardiomyopathy)
- Extreme fatigue (See SFAT-1)
- Ataxia
- Severe nutritional deficiencies (See SNWM-3)

**Avoid Physical Activity/Exercise:**
- Severe anemia
- Immediately after surgery (wound healing)
- Worsening/changing physical condition (ie, lymphedema exacerbation)
- Active infection

**Implementation of physical activity recommendations (See SPA-4)**

**Considerations for specific populations (See SPA-A)**

**Avoid unsupervised physical activity for approximately 6 weeks. However, supervised physical activity with early mobilization and referral to a trained therapist is strongly encouraged.**

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IMPLEMENTATION OF RECOMMENDATIONS

Meeting Guideline recommendations\(^9,1^j\)

Current or prior exercise behavior:
- Frequency
- Intensity
- Type
- Time

Not meeting Guideline recommendations\(^9\)

Moderate- to high-risk patients\(^k\)

Initial prescription:
- Frequency: 1-3 days/week
- Intensity: Light to moderate\(^1\)
- Type: Brisk walking and/or resistance prescription\(^m\)
- Time goal: 20 minutes/session

If tolerating\(^j\)

Progression:
- Frequency: Up to 5 days/week
- Intensity: Light to moderate\(^1\)
- Type: Brisk walking and/or resistance prescription\(^m\)
- Time: 20-60 minutes/session as tolerated

If tolerating\(^j\)

If tolerating\(^j\)

Periodic reassessment, positive reinforcement with review of benefits of exercise, and encouragement to maintain activity level\(^1\)

Discuss and review possible side effects of exercise (eg, pain)

Continued reinforcement of guideline recommendations at follow-up visits

If tolerating, consider variation, additional activity, or progression to:
- Frequency: 4-6 days/week
- Intensity: Light to vigorous\(^1\)
- Type: Varied aerobic, resistance prescription,\(^m\) endurance
- Time: 20-60 minutes/session

If tolerating\(^j\)

Periodic reassessment, positive reinforcement with review of benefits of exercise, and encouragement to maintain activity level\(^1\)

Discuss and review possible side effects of exercise (eg, pain)

Continued reinforcement of guideline recommendations at follow-up visits

If tolerating, consider variation, additional activity, or progression to:
- Frequency: 4-6 days/week
- Intensity: Light to vigorous\(^1\)
- Type: Varied aerobic, resistance prescription,\(^m\) endurance
- Time: 20-60 minutes/session

If tolerating\(^j\)

Periodic reassessment, positive reinforcement with review of benefits of exercise, and encouragement to maintain activity level\(^1\)

Discuss and review possible side effects of exercise (eg, pain)

Continued reinforcement of guideline recommendations at follow-up visits

If tolerating, consider variation, additional activity, or progression to:
- Frequency: 4-6 days/week
- Intensity: Light to vigorous\(^1\)
- Type: Varied aerobic, resistance prescription,\(^m\) endurance
- Time: 20-60 minutes/session

Note: All recommendations are category 2A unless otherwise indicated.
Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.

\(^9\)See General Principles of Physical Activity (SPA-1).
\(^j\)If tolerating minimum guideline recommendations, consider encouragement of variation within exercise program or physical activities.
\(^k\)Moderate to high-risk patients may need additional evaluation before doing more rigorous activity.
\(^1\)See Examples of Exercise, Strategies to Increase Physical Activity (SPA-B).
\(^m\)See Guidance For Resistance Training Recommendations (SPA-C)
CONSIDERATIONS FOR SPECIFIC POPULATIONS

- **Lymphedema:**
  - Survivors with lymphedema should utilize compression garments when engaging in exercise.
  - Work with trained exercise professional if considering weight training or resistance training.
  - Undergo baseline and periodic evaluation for development or exacerbation of lymphedema.
  - Initiate strength training exercise involving affected body part only if lymphedema stable:
    - No need for lymphedema therapy within past 3 months.
    - No recent limb infections requiring antibiotics.
    - No change in limb circumference >10%.
    - No change in ability to perform activities of daily living.
  - Resistance training/weight lifting: Gradually increase resistance by smallest increment possible with monitoring.
  - Stop exercise and refer to lymphedema specialist if exacerbation of lymphedema occurs.
  - Continued full use of the extremity and range-of-motion exercises are encouraged to maintain strength and range of motion even in the presence of lymphedema.

- **Ostomy:**
  - Empty ostomy bag before engaging in exercise.
  - Weight lifting/resistance exercises should start with low resistance and progress slowly under the guidance of trained exercise professionals.
  - Avoid contact sports and exercises that result in excessive intra-abdominal pressure.
  - Infection precautions recommended.

- **Peripheral neuropathy:**
  - Stability, balance, and gait should be assessed before engaging in exercise.
  - Consider alternative aerobic exercise (stationary biking, water aerobics) rather than walking if neuropathy affects stability.
  - Monitor discomfort in hands when using hand-held weights. Consider using dumbbells with soft/rubber coating, and/or wear padded gloves (e.g., cycling gloves).

- **Bone loss/bone metastases:**
  - Survivors with osteoporosis or bone metastases should have fracture risk and bone density assessed before initiation of exercise program as clinically indicated.

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1When possible, survivors in these populations should initiate exercise program under supervision by trained personnel. Trained personal can include physical therapists, certified trainers, cancer rehabilitation specialists, or exercise specialists. Specialized training in cancer exercise is available through the American College of Sports Medicine (ACSM) (http://www.acsm.org/get-certified). Patients should be encouraged to use an ACSM-certified trainer when available.

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### EXAMPLES OF PHYSICAL ACTIVITY

<table>
<thead>
<tr>
<th>Light Exercise&lt;sup&gt;1&lt;/sup&gt;</th>
<th>Moderate Exercise&lt;sup&gt;2&lt;/sup&gt;</th>
<th>Vigorous Exercise&lt;sup&gt;2&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>(No noticeable change in breathing pattern)</td>
<td>(Can talk, but not sing)</td>
<td>(Can say a few words without stopping to catch a breath)</td>
</tr>
<tr>
<td>• Leisurably biking at 5 miles/hour or less</td>
<td>• Ballroom/line dancing</td>
<td>• Aerobic/Fast dancing</td>
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<tr>
<td>• Activity-promoting video game</td>
<td>• Biking on level ground or with few hills</td>
<td>• Biking faster than 10 miles/hour</td>
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<td>• Light housework (light sweeping, dusting)</td>
<td>• General gardening</td>
<td>• Heavy gardening</td>
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<tr>
<td>• Bowling</td>
<td>• Baseball, softball, volleyball</td>
<td>• Hiking uphill</td>
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<td>• Playing catch</td>
<td>• Doubles tennis</td>
<td>• Jumping rope</td>
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<tr>
<td>• Slow walking</td>
<td>• Using a manual wheelchair</td>
<td>• Martial arts</td>
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<tr>
<td>• Garage work</td>
<td>• Using hand cyclers (ergometers)</td>
<td>• Race walking, jogging, running</td>
</tr>
<tr>
<td>• Child care</td>
<td>• Brisk walking</td>
<td>• Running sports (basketball, hockey, soccer)</td>
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<tr>
<td>• Yoga</td>
<td>• Water aerobics</td>
<td>• Swimming (fast pace or laps)</td>
</tr>
<tr>
<td>• Tai chi</td>
<td>• Yoga</td>
<td>• Singles tennis</td>
</tr>
</tbody>
</table>

### STRATEGIES TO INCREASE PHYSICAL ACTIVITY

- Physician and/or fitness expert recommendation
- Supervised exercise program or classes
- Telephone counseling
- Motivational counseling
- Evaluate readiness to change, importance of change, self-efficacy
- Cancer survivor-specific print materials (**See SURV-B 2 of 2**)
- Set short- and long-term goals

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<sup>1</sup>From the National Heart, Lung, and Blood Institute ([http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/phy_act.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/phy_act.htm)) and the Compendium of Physical Activities ([https://sites.google.com/site/compendiumofphysicalactivities](https://sites.google.com/site/compendiumofphysicalactivities)).


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GUIDANCE FOR RESISTANCE TRAINING RECOMMENDATIONS

- Health benefits of resistance training include improvement in muscle strength and endurance, improvements in functional status and maintenance/improvement in bone density
- Multi-joint exercises are recommended over exercises focused on a single joint
- All major muscle groups (chest, shoulders, arms, back, abdomen, and legs) should be incorporated into a resistance training program
- Larger muscle groups (legs, back, and chest) should be worked before smaller muscle groups (arms and shoulders)
- Resistance training prescription
  - Frequency: 2-3 times/week
  - Intensity: 2-3 sets of 10-15 repetitions per set
  - Time: 20 minutes per session
  - Rest: 2-3 minute rest period between sets and exercises
- For survivors who do not currently do resistance training: Start with one set of each exercise and progress up to 2-3 sets as tolerated
- Utilize weight amount that would allow for performance of 10-15 repetitions
- Survivors at risk for or with lymphedema should utilize compression garments when engaging in resistance training
GENERAL PRINCIPLES OF NUTRITION

- Assess daily intake of fruits, vegetables, food/beverages with added fats/sugars, processed foods, red meat, alcohol use, and desserts
- Assess eating habits, including portion size, night grazing, snacking habits, frequency of eating out
- Encourage informed choices about food to ensure variety and adequate nutrient intake
- Recommended composition of diet:
  - For most survivors recommending the USDA "MyPlate" recommendations (2/3 plant sources, 1/3 animal sources [www.choosemyplate.gov]) is sufficient.
    - Fat: 20-35% of total energy intake with saturated fat < 10% and trans fat < 3%
    - Carbohydrates: 45-65% of total intake with high intake of fruits, vegetables, and whole grains
    - Protein: 10-35% of total intake and goal of 0.8 g/kg
- Recommended sources of dietary components:
  - Fat: plant sources such as olive or canola oil, avocados, seeds and nuts, and fatty fish\(^a\)
  - Carbohydrates: fruits, vegetables, whole grains, and legumes
  - Protein: poultry, fish, legumes, low fat dairy foods, and nuts
- Limit intake of red or processed meat
- Currently there is no consensus either refuting or supporting the role of soy foods in cancer control. Thus, moderate consumption of soy foods is considered prudent.

\(^a\)These foods are high in calories and should be limited if weight control is an issue.

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GENERAL PRINCIPLES OF WEIGHT MANAGEMENT

- Weight gain after cancer diagnosis and treatment is common; providers should discuss strategies to prevent weight gain for normal weight and overweight/obese survivors.
- Weight gain can exacerbate risk for functional decline, comorbidity, and possibly cancer recurrence or death; and can reduce quality of life.
- Weight management should be a priority for all cancer survivors
  - Weight gain should be a priority for underweight survivors.
  - Maintenance of weight should be encouraged for normal weight survivors.
  - Weight loss should be a priority for overweight/obese survivors.
- Principles of weight loss:
  - Limit foods that are high in calories, particularly those that provide relatively few nutrients such as sugar sweetened beverages and food with added fats and sugars (i.e., many desserts, fried foods, fast foods).
  - Substitute high-calorie foods with low-energy dense foods such as water-rich vegetables, fruits, soups, and whole grains.
  - Practice portion control by using smaller plates and restricting intakes to one serving.
  - Make informed food choices through routine evaluation of food labels.
- Referrals to registered dietitians, especially those who are Certified Specialists in Oncology Nutrition (CSO) and members of the Oncology Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics, should be considered.
- There is no current evidence to support the use of weight loss supplements in cancer survivors.

b Many hospitals employ CSOs and those in private practice can be accessed via the Academy of Nutrition and Dietetics locator at www.eatright.org.

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**NUTRITION AND WEIGHT MANAGEMENT ASSESSMENT**

Evaluate weight status based on body mass index (BMI) criteria

Clinical Evaluation:
- Assess current dietary and physical activity habits and ask about:
  - Daily food intake and eating habits
  - Physical activity habits
  - Willingness to address weight (if necessary) and past strategies used to change
- Barriers to nutrition and weight management:
  - Access to nutrient dense foods
  - Financial and socioeconomic issues
  - Time
  - Appetite and changes in eating patterns

Assess treatment effects and medical issues:
- Effects of treatment
  - GI dysmotility
  - Swallowing issues/dysphagia
  - Oropharyngeal anatomic changes
  - Bowel dysfunction
  - Digestive enzyme insufficiency
  - GI tract reconstruction/anastomoses
- Comorbidities:
  - Cardiovascular disease
  - Diabetes
  - Renal disease
  - Liver disease
  - Mood disorders (eg, anxiety and depression)
  - Thyroid dysfunction
  - GI disease
- Medication use
- Dental health
- Supplement use

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Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.

Coordination with primary care physicians and other involved providers is recommended.

For body mass index, see (SNWM-A).

- Overweight/Obese
  - Normal weight
  - Underweight
  - See SNWM-4
NUTRITION AND WEIGHT MANAGEMENT INTERVENTIONS

Overweight/Obese
- Discuss “General Principles of Nutrition” (See SNWM-1)
- Discuss “General Principles of Weight Management” (See SNWM-2)
- Discuss “General Principles of Physical Activity” (See SPA-1)
- Discuss portion control
- Refer to community resources
- Refer to dietitian or weight management programs for individualized help as needed
- Consider evaluation for bariatric surgery or pharmacologic therapy as appropriate (if obese or morbidly obese)

Normal weight
- Discuss “General Principles of Nutrition” (See SNWM-1)
- Discuss “General Principles of Physical Activity” (See SPA-1)
- Reinforce maintenance of normal body weight throughout lifetime

Underweight
- Discuss “General Principles of Nutrition” (See SNWM-1)
- Discuss increasing frequency of feeding
- Discuss avoiding fluid intake with meals
- Assess smoking status and offer smoking cessation assistance as appropriate
- Assess dental health and risk factors for poor oral intake
- Assess swallowing, taste/smell disorders, and GI motility as appropriate
- Consider referral to dietitian for individualized counseling

Coordination with primary care physicians and other involved providers is recommended.
Modification of diet and dietary components should be done on an individual basis.
Strongly consider for survivors with negligible weight loss from diet and exercise interventions.
The safety and efficacy of these drugs in cancer survivors is unknown. Lifestyle modifications is preferred over pharmacologic therapy.

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Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
### BODY MASS INDEX (BMI)\(^1,2\)

To find an individual’s BMI on this chart, find the height on the left hand column and follow across to the column representing the appropriate weight. The category into which the survivor fits – underweight, normal weight, overweight, or obese – can be seen at the bottom of the chart.

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight in Pounds</th>
<th>Underweight</th>
<th>Normal weight</th>
<th>Overweight</th>
<th>Obese</th>
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\(^1\)BMI was calculated using the following formula: weight in pounds (lbs) X 703 / height in inches squared. The weight categories are as follows:
- Underweight (BMI<18.5 kg/m\(^2\))
- Normal weight (BMI 18.5-24.9 kg/m\(^2\))
- Overweight (BMI 25-29.9 kg/m\(^2\))
- Obese (BMI≥30 kg/m\(^2\))

\(^2\)For weight ranges that fall outside of the table above, the following BMI calculator from the Centers for Disease Control and Prevention may be used: http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html.

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**GENERAL PRINCIPLES OF SUPPLEMENT USE**

- Supplement use is not recommended for most survivors, except in instances of documented deficiencies, inadequate diet, or comorbid indications (e.g., osteoporosis, ophthalmologic disorders, cirrhosis).
- Little data exist to support the use of vitamins or other dietary supplements for the purposes of cancer control, recurrence, or prevention.
- Taking vitamin supplements does not replace the need for adhering to a healthy diet. All efforts should be made to obtain nutrients from dietary intake.\(^a\)
- Providers should assess supplement use at regular intervals. Ask about reasons for supplement use and supplement ingredients.\(^b\)
- Survivors of certain cancers are at risk for vitamin deficiencies based on their cancer treatment. Deficiencies should be assessed and repleted as needed (For example, See GAST-6 from the NCCN Guidelines for Gastric Cancer).

\(^a\) Referral to registered dietitians, especially those who are Certified Specialists in Oncology Nutrition (CSO) should be considered for guidance in supplement use, if deemed necessary.

\(^b\) Consider use of available resources for information on supplements (See SURV-B 2 of 2).

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GENERAL PRINCIPLES OF IMMUNIZATIONS

- These principles apply to survivors of hematologic or solid tumor malignancies, including transplant survivors.

- Clinicians should consider and encourage the administration of inactivated vaccines (e.g., influenza), vaccines made of purified antigens (e.g., pneumococcus), bacterial components (e.g., diphtheria-tetanus-pertussis), or genetically engineered recombinant antigens (e.g., hepatitis B) in all cancer and transplant survivors. In the absence of known harm, administration of inactivated vaccines with the hope of achieving some protection may be worthwhile. The usual doses and schedules are recommended.\(^a,b,c\)

- Vaccines as a strategy to prevent infection represents a unique challenge in cancer and transplant survivors. Vaccines may not trigger protective immune responses in actively immunocompromised individuals or in survivors with residual immune deficits. In addition, certain vaccines such as those that are live attenuated (e.g., zoster, MMR) are contraindicated in actively immunosuppressed individuals because of a proven or theoretical increased risk of prolonged shedding and disease from the live organism present in the vaccine; other live attenuated vaccines might also be contraindicated in survivors’ close contacts (e.g., oral polio vaccine).

- Ideally, clinicians should have administered all indicated vaccines to patients before initiation of cancer treatment (if possible, at least two weeks before cancer treatment).\(^d\)
  - Inactivated or recombinant vaccines should be administered 2 or more weeks before cancer treatment and 3 or more months after cancer chemotherapy. While this schedule is preferred, the inactivated influenza vaccine can be administered during cancer treatment.
  - Live viral vaccines can be administered 4 or more weeks before cancer treatment or 3 or more months after cancer chemotherapy but consultation with an infectious disease specialist or physician familiar with vaccination in survivors and/or patients with cancer is recommended.

- In survivors who received anti-B cell antibody therapy, vaccination should be delayed for at least 6 months after chemotherapy and the last dose of such therapy.


\(^d\)Cancer treatment includes chemotherapy, surgery, treatment with immunosuppressive drugs, radiation, and splenectomy.

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**Clinical Trials:** NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
Immunizations and Infections

RISK ASSESSMENT AND SCREENING

Risk factors for infections:
- Underlying disease
- Prior chemotherapy
- Monoclonal antibodies
- Prior radiation
- Corticosteroids
- Prior hematopoietic cell transplantation (HCT)\textsuperscript{e}
- Prior/current exposure to endemic infections or epidemics
- Blood transfusion history

INTERVENTIONS

- Vaccines\textsuperscript{f,g}
  - Assess overall immune system viability and history of allergic reactions to vaccines
    - Baseline WBC should be adequate before starting vaccinations, unless elevated due to disease status
    - Patient should not be on immunosuppressive drugs\textsuperscript{h} or chemotherapy
    - Ongoing infection should not be present

- Education on infection prevention practices
  - Safe pet care/avoidance of zoonosis\textsuperscript{i}
  - Travel precautions\textsuperscript{j}
  - Gardening precautions\textsuperscript{k}
  - Antimicrobial prophylaxis

(See NCCN Guidelines for Prevention and Treatment of Cancer-Related Infections)

\textsuperscript{e}HCT includes peripheral blood stem cell transplantation, bone marrow transplantation (BMT), and cord blood transplantation.
\textsuperscript{f}See General Principles of Vaccines in Cancer Survivors (SIMIN-A).
\textsuperscript{g}See Vaccines Contraindicated or to Be Used With Caution in Actively Immunocompromised Survivors (SIMIN-B).
\textsuperscript{h}Immunosuppressive drugs include $\geq 0.5$ mg/kg of prednisone or equivalent, or greater than a combination of two immunosuppressive medications given concurrently.
\textsuperscript{i}Safe pet care tips include washing hands with soap and running water after handling animals and their feces. If possible, survivors should avoid direct contact with animal feces.
\textsuperscript{j}Travel precautions include education on the need for pre-travel vaccines, prophylaxis against specific infections, and education on how to prevent waterborne, airborne, and zoonotic infections. Travelers may find useful information at http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-8-advising-travelers-with-specific-needs/immunocompromised-travelers or by consulting a travel clinic.
\textsuperscript{k}Examples of gardening precautions include:
  - Wearing gloves to avoid skin cuts/punctures that could have delayed healing and to avoid thorns than can have fungus or staphylococcus/streptococcus.
  - Wearing a protective mask to avoid spores.

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Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
Immunizations and Infections

VACCINE TYPE\textsuperscript{f,g}

\textbf{TREATMENT}

- Inactivated, purified antigens\textsuperscript{I} or bacterial components\textsuperscript{I}
  - Recommended for all cancer survivors
  - Recommended if some special circumstance or risk factor is present\textsuperscript{m}


- Inactivated or purified antigens or bacterial components should be administered beginning at least 3 months after chemotherapy or radiation therapy and 6 months after hematopoietic cell transplantation (HCT) (a dose of inactivated influenza vaccine can be given as early as 4 months after HCT, but a second dose should be considered in this situation).

- These vaccines should be considered if there are unique circumstances in patient's lifestyle, upcoming travel, or local epidemic or risks that merit their use. Please consult with an infectious disease or travel medicine specialist.

- See General Principles of Vaccines in Cancer Survivors (SIMIN-A).
- See Vaccines Contraindicated or to Be Used With Caution in Actively Immunocompromised Survivors (SIMIN-B).
- See Principles of Influenza Vaccine(s) (SIMIN-C).

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GENERAL PRINCIPLES OF VACCINES IN CANCER SURVIVORS

Vaccination in Non-Transplant Survivors¹,²

- These principles apply to survivors of hematologic or solid tumor malignancies except those receiving anti-B-cell antibodies.³

  - The following vaccines can be administered to cancer survivors:
    - Influenza vaccine annually (See Principles of Influenza Vaccine(s) SIMIN-C)
    - Pneumococcal vaccine
      - 13-valent pneumococcal conjugate vaccine (PCV13) x 1 dose if never vaccinated against pneumococcus
      - PPSV23 should be administered at least 8 weeks after the indicated dose(s) of PCV13
      - For those who received pneumococcal polysaccharide vaccine-23 (PPSV23), PCV13 should be administered ≥1 year after the last PPSV23 dose
    - Tetanus, diphtheria, pertussis (Td/Tdap):
      - Administer a one-time dose of Tdap to adults younger than age 65 years who have not received Tdap previously or for whom vaccine status is unknown to replace one of the 10-year Td boosters (substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 years). Otherwise Td booster every 10 years.
    - Consider human papillomavirus (HPV)5 vaccine in survivors ≤ 26 years
      - Female 3 doses
      - Male 3 doses


³In survivors who received anti-B cell antibody therapy, the above vaccines can be given, but should be delayed for at least 6 months after chemotherapy and the last dose of such therapy.
GENERAL PRINCIPLES OF VACCINES IN CANCER SURVIVORS

Vaccination in Hematopoietic Cell Transplant (HCT) Survivors\(^4,5\)

- **Influenza vaccine annually**
  - See Principles of Influenza Vaccine(s) SIMIN-C
  - One dose should be administered annually to all cancer survivors starting 6 months after HCT and starting 4 months after if there is a community outbreak of influenza as defined by the local health department.

- **Pneumococcal vaccine**
  - Three doses (1 month apart) of PCV13 should be administered 3-6 months after HCT.
  - At 12 months after HCT, 1 dose of PPSV23 should be given provided the patient does not have chronic graft versus host disease (GVHD).
  - For patients with chronic GVHD, a fourth dose of PCV13 can be given at 12 months after HCT.

- **Haemophilus influenzae type b (Hib) vaccine**
  - Three doses of Hib vaccine should be administered 6-12 months after HCT

- **Meningococcal conjugate vaccine quadrivalent (MCV4)**
  - The MCV4 vaccine may be considered in outbreak situations or in endemic areas.

- **Tetanus, diphtheria, pertussis (Td/Tdap) vaccine**
  - Three doses of tetanus/diphtheria–containing vaccine should be administered 6 months after HCT (administer the first 2 doses at least 4 weeks apart and the third dose 6-12 months after the second). This three-dose-regimen should be followed by Td boosters every 10 years.
  - Administration of 3 doses of DTaP should be considered (can replace second and third dose by Td).

- **Hepatitis B vaccine**
  - Three doses of HepB vaccine should be administered 6-12 months after HCT.
  - If a postvaccination anti-Hepatitis B surface antigen (anti-HBs) concentration of \(\geq 10\) mIU/mL is not obtained, a second 3-dose series of HepB vaccine is recommended:
    - 1st dose of HepB vaccine (after which anti-HBs is tested) using high dose (40 μg), should be administered.

- **Inactivated Polio Vaccine (IPV)**
  - Three doses of IPV vaccine should be administered 6-12 months after HCT

- **Consider human papillomavirus (HPV) vaccine**
  - Consider administration of 3 doses of HPV vaccine 6-12 months after HCT for female patients aged 11-26 years and HPV vaccine for males aged 11-26 years

- **Live viral vaccines should not be administered to HCT survivors with active GVHD or ongoing immunosuppression.** They should only be administered to HCT survivors without active GVHD or ongoing immunosuppression following consultation with an infectious diseases specialist.

- **Measles, mumps, rubella (MMR) vaccine**
  - A 2-dose series of MMR vaccine should be administered to measles-seronegative adolescents and adults 24 months after HCT in patients with neither chronic GVHD nor ongoing immunosuppression and 8-11 months after the last dose of immune globulin intravenous (IGIV).

- **Zoster vaccine (VAR)**
  - A 2-dose series of VAR should be administered 24 months after HCT to varicella-seronegative patients with neither GVHD nor ongoing immunosuppression and 8-11 months after the last dose of IGIV.


\(^5\)HCT includes peripheral blood stem cell transplantation, bone marrow transplantation (BMT), and cord blood transplantation.

Note: All recommendations are category 2A unless otherwise indicated. Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
GENERAL PRINCIPLES OF VACCINES IN CANCER SURVIVORS

Vaccines Considered Safe For Cancer And Transplant Survivors And Close Contacts

Inactivated or purified antigens or bacterial components

- Influenza: inactivated influenza virus vaccine
  - Trivalent (IIV3), Standard Dose
  - Trivalent (IIV3), High Dose
  - Quadrivalent (IIV4), Standard Dose
- Pneumococcus:
  - Pneumococcal conjugate vaccine (PCV)
  - PPSV
- Meningococcus:
  - Quadrivalent meningococcal conjugate vaccine (MCV4)
  - Quadrivalent meningococcal polysaccharide vaccine (MPSV4)
- Tetanus, diphtheria, pertussis (Td/Tdap)
- Hepatitis A
- Haemophilus influenzae type b

Recombinant viral antigens

- Hepatitis B
- Human papillomavirus (HPV) female and HPV male
- Recombinant trivalent Influenza Vaccine (RIV3)

Ideally, clinicians should have administered all indicated vaccines to patients at least 2 weeks before initiation of cancer treatment (ie, chemotherapy, surgery, treatment with immunosuppressive drugs, radiation, splenectomy).

For patients traveling to endemic countries, vaccines such as typhoid bacterial capsular polysaccharide, inactivated polio vaccine (IPV), Japanese encephalitis, and rabies virus are recommended by the Centers for Disease Control and Prevention (www.cdc.gov).

This vaccine is recommended for patients with egg allergies.

6 Ideally, clinicians should have administered all indicated vaccines to patients at least 2 weeks before initiation of cancer treatment (ie, chemotherapy, surgery, treatment with immunosuppressive drugs, radiation, splenectomy).

7 For patients traveling to endemic countries, vaccines such as typhoid bacterial capsular polysaccharide, inactivated polio vaccine (IPV), Japanese encephalitis, and rabies virus are recommended by the Centers for Disease Control and Prevention (www.cdc.gov).

8 This vaccine is recommended for patients with egg allergies.

Note: All recommendations are category 2A unless otherwise indicated.

Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
VACCINES CONTRAINDICATED OR TO BE USED WITH CAUTION IN ACTIVELY IMMUNOCOMPROMISED SURVIVORS

Live attenuated vaccines¹
- Influenza: live, attenuated influenza vaccine (LAIV)
- Measles, Mumps, Rubella
- Zoster²
- Oral polio
- Rotavirus
- Oral typhoid
- Yellow fever

¹Severe complications have followed vaccination with live attenuated vaccines among immunocompromised patients. They should not be offered to an actively immunocompromised or transplant survivor or their close contacts, unless cleared by a clinician experienced in vaccine use or by an infectious disease specialist. If a live attenuated vaccine is inadvertently administered to a survivor's close contact, close contact with the survivor should be avoided for 2 to 6 weeks following vaccination depending on the type of administered vaccine.

²For additional recommendations regarding Zoster vaccine, See Principles of Zoster (shingles) Vaccine Use in Cancer or Transplant Survivors (SIMIN-D).

Note: All recommendations are category 2A unless otherwise indicated.
PRINCIPLES OF INFLUENZA VACCINE(S)\(^1,2\)

- Annual influenza vaccination is recommended\(^3\) for all cancer and transplant survivors. Live attenuated influenza vaccines should be avoided in these individuals unless they have been cleared to do so by an infectious disease specialist or physician familiar with vaccination in this population.
- Components of the influenza vaccine are determined each year by the World Health Organization (WHO) according to reports of the most common influenza viruses that are likely to circulate that year.
- Influenza vaccines can be inactivated, recombinant or live-attenuated. They may contain standard or higher doses of the antigen. They can be trivalent or quadrivalent.

Preferred Vaccines
- Inactivated influenza vaccine
  - Trivalent (IIV3), Standard Dose
  - Trivalent (IIV3), High Dose
  - Quadrivalent (IIV4), Standard Dose
- Recombinant influenza vaccine\(^4\)
  - Trivalent (RIV3)

To date, we do not have evidence that one vaccine is superior to any other vaccine. Healthcare providers should primarily choose one of the inactivated or recombinant vaccines and avoid giving the live-attenuated virus vaccine to cancer and transplant survivors.

\(^1\)IIV influenza vaccine recommended except for patients with severe egg allergies.


\(^4\)This vaccine is recommended for patients with egg allergies.
• Zoster vaccine may be considered in survivors with a history of solid tumors or leukemia whose disease is in remission, who have restored their immunocompetence, and who have not received chemotherapy or radiation for at least 3 months.

• If zoster vaccine is given prior to starting therapy, it should be administered at least 4 weeks prior to the first dose of immunosuppressive therapy.

• The vaccine can be administered to select immunocompetent survivors regardless of whether they report a prior episode of herpes zoster.

• Licensed antiviral medications active against members of the herpes virus family (e.g., acyclovir, famciclovir, valacyclovir, valganciclovir) might interfere with replication of the live, varicella zoster virus (VZV)-based zoster vaccine.

A single dose of zoster vaccine is recommended for cancer or transplant survivors 60 years of age and older assuming that active or ongoing immunodeficiency is not present and that there is no history of cellular immunodeficiency.

For survivors age 50-59 years, zoster vaccination should be considered in those with a history of varicella or zoster infection or VZV seropositive with no previous doses of varicella vaccine.

Zoster vaccine should be avoided:

- in patients with lymphomas, other malignant neoplasms affecting the bone marrow or lymphatic system, or history of cellular immunodeficiency
- in patients on immunosuppressive therapy, including high-dose corticosteroids (>20 mg/day of prednisone or equivalent) lasting two or more weeks
- in patients undergoing or with history of HCT. The experience of HCT recipients with VZV-containing vaccines (e.g., zoster vaccine) is limited. Physicians should assess the immune status of the recipient on a case-by-case basis to determine the relevant risks. If a decision is made to vaccinate with zoster vaccine, the vaccine should be administered at least 24 months after transplantation in patients without active graft-versus-host disease (GVHD) or enhanced immunosuppression.

PRINCIPLES OF ZOSTER (SHINGLES) VACCINE USE IN CANCER OR TRANSPLANT SURVIVORS


3 Zoster vaccination is not indicated to treat acute zoster, to prevent persons with acute zoster from developing postherpetic neuralgia (PHN, a common complication of zoster that results in chronic, often debilitating pain that can last months or even years), or to treat ongoing PHN. Before routine administration of zoster vaccine, it is not necessary to ask patients about their history of varicella (chickenpox) or to conduct serologic testing for varicella immunity. Harpaz R, Ortega-Sanchez IR, Seward JF. “Prevention of Herpes Zoster Recommendations of the Advisory Committee on Immunization Practices (ACIP)” Morbidity and Mortality Weekly Report. Division of Viral Diseases, National Center for Immunization and Respiratory Diseases, Centers for Disease Control and Prevention. 2008; 57:1-30.

4 Survivors taking chronic acyclovir, famciclovir, valacyclovir, valganciclovir should discontinue these medications at least 24 hours before administration of zoster vaccine. These medications should not be used for at least 2 weeks after vaccination, by which time the immunologic effect should be established.

Note: All recommendations are category 2A unless otherwise indicated. Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.
Discussion

NCCN Categories of Evidence and Consensus

Category 1: Based upon high-level evidence, there is uniform NCCN consensus that the intervention is appropriate.

Category 2A: Based upon lower-level evidence, there is uniform NCCN consensus that the intervention is appropriate.

Category 2B: Based upon lower-level evidence, there is NCCN consensus that the intervention is appropriate.

Category 3: Based upon any level of evidence, there is major NCCN disagreement that the intervention is appropriate.

All recommendations are category 2A unless otherwise noted.

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Overview

A report issued by the Centers for Disease Control and Prevention (CDC) and the National Cancer Institute (NCI) and data from the American Cancer Society estimate that the number of cancer survivors in the United States increased from approximately 3 million in 1971 to 13.7 million in 2012.1,2 These numbers are predicted to reach almost 18 million by 2022.3 This striking increase is generally attributed to rising cancer incidence rates (mainly resulting from an aging population), earlier detection, and better treatment.

An analysis of the SEER database showed that 45% of survivors were 70 years of age or older in 2012.2 In fact, an estimated 1 of every 5 persons older than 65 years is a cancer survivor. Only 5% are younger than 40 years, and survivors of childhood cancer constitute between 0.5% and 3.0% of the survivor population.2,4 The most common cancer sites in the survivor population are breast, prostate, colon/rectum, and melanoma, together accounting for approximately 60% of survivors.2 Approximately 64% of survivors were diagnosed 5 or more years ago, whereas 15% of survivors were diagnosed 20 or more years ago, and approximately 5% have survived 30 years or longer.2

Unfortunately, many of these cancer survivors experience physical and/or psychosocial late and/or long-term effects of cancer and its treatment, which can be severe, debilitating, and sometimes permanent. Survivors may be discharged from the care of their oncologist and feel isolated and scared. Furthermore, their primary care physicians (PCPs), who may now be responsible for their care, often do not know how best to care for the specific concerns and needs of cancer survivors.5 ASCO’s recent statement, “Achieving High-Quality Cancer Survivorship Care,” cites a need for standardized, evidence-based practice guidelines for the management of treatment effects and health promotion of survivors.6 ASCO, NCCN, and other groups are working in parallel hope to provide this guidance.

The NCCN Survivorship panel is comprised of a multidisciplinary panel of experts that includes at least one oncologist, bone marrow transplant clinician, gynecologist, urologist, infectious disease specialist, cardiologist, primary care physician, psychologist, exercise physiologist, nutrition scientist, nurse, epidemiologist, and patient advocate. The panel defined general principles of cancer survivorship to help guide the recommendations that form the basis for these guidelines.7

General Principles of These Guidelines

These NCCN Guidelines for Survivorship provide screening, evaluation, and treatment recommendations for common consequences of cancer and cancer treatment to aid health care professionals who work with survivors of adult-onset cancer in the post-treatment period, including those in specialty cancer survivor clinics and primary care practices. The recommendations in these guidelines therefore pertain to patients who may be in remission and those who are cured. The guideline recommendations may also be applicable to those survivors for whom cancer has become a chronic condition and living with metastatic disease. These guidelines are designed to provide a framework for the management of long-term and/or late effects of cancer and its treatment. The guidelines focus on the vast and persistent impact both the diagnosis and treatment of cancer can have on the adult survivor's health, physical and mental states, health behaviors, professional and personal identity, sexuality, and financial standing.

These guidelines should be used as a supplement to the follow-up recommendations within the disease-specific guidelines (see NCCN Guidelines for Treatment of Cancer by Site, available at www.NCCN.org) and should provide a framework for the coordination of
care between the survivor’s health care providers to ensure that needs are appropriately addressed. Although these guidelines are focused on survivors who are in clinical remission after the completion of cancer treatment, the topics, assessments, and interventions may also be applicable to survivors living with metastatic disease, as clinically appropriate (also see NCCN Guidelines for Supportive Care, available at www.NCCN.org).

These guidelines are not intended to provide guidance for the care of survivors of childhood cancer (detailed guidelines for the care of childhood cancer survivors are available from the Children’s Oncology Group at http://www.survivorshipguidelines.org/). For survivorship issues related to younger populations, please also see the NCCN Guidelines for Adolescent and Young Adults (available at www.NCCN.org).

For this version of the NCCN Guidelines for Survivorship, the panel focused on several common issues of survivors: 1) anxiety and depression, 2) cognitive decline, 3) fatigue, 4) pain, 5) female and male sexual dysfunction, and 6) sleep disorders; and on the preventive health issues of immunizations and prevention of infections, and exercise. Additional topics will be addressed in subsequent updates.

Health Behaviors of Cancer Survivors

Analysis of data from the Behavioral Risk Factor Surveillance System (BRFSS) indicates that a large proportion of cancer survivors have significant comorbidities, smoke, are obese, and/or do not engage in physical activity. Analysis of data from other studies, including the National Health Interview Survey, showed similar results.

In addition, many survivors forego recommended cancer screenings (ie, colorectal and cervical screening) and follow-up surveillance or demand more intense surveillance than evidence supports.

The Effects of Cancer and Its Treatment

For some survivors, the consequences of cancer are minimal; these patients can return to a normal life after the completion of treatment. In fact, most cancer survivors report being in good general health and experience good to excellent quality of life. Other studies have similarly found that most survivors enjoy a high quality of life without a large number of cancer-related symptoms.

However, many survivors do experience physical and/or psychosocial effects of cancer and its treatment. Some sequelae become evident during anticancer treatment (long-term effects), whereas others may not manifest for months or years after active therapy (late effects). The problems can range from mild to severe, debilitating, or even life-threatening. Some problems are temporary or improve with time, whereas others problems are progressive or permanent. This topic has been well reviewed.
A recent review suggests that at least 50% of survivors experience some late effects of cancer treatment. The most common problems in cancer survivors are depression, pain, and fatigue. The exact prevalence of various effects of cancer and its treatment are hard to quantify, because few studies have addressed these issues in a longitudinal fashion, comparing patients with and without a history of cancer to differentiate between the effects of cancer and the effects of aging. In general, the prevalence of late effects in cancer survivors is believed to have increased over time, likely because anticancer interventions have become more complex and intense with combinations of surgery, radiation, chemotherapy, hormone therapy, and targeted biologics.

Physical Effects
Physical problems in cancer survivors include pain, musculoskeletal issues, fatigue, lack of stamina, urinary/bowel problems, lymphedema, premature menopause, cognitive deficits, and sexual dysfunction. The effects of cancer treatment on the heart and bone are also well known. The type of physical problems depends mainly on the treatment. For example, radiation to the pelvis can be associated with bowel, urinary and sexual dysfunction and increased risk for second primary malignancies.

Second Primary Cancers
Importantly, the overall cancer rate in survivors is higher than in the general population because of genetic susceptibilities (eg, cancer syndromes), shared causative exposures (eg, smoking, environmental exposures) and/or mutagenic effects of cancer treatment. Treatment-related subsequent primary cancers vary with the type and intensity of anticancer treatment and are associated in particular with radiation and specific chemotherapeutic agents. These secondary malignancies are especially well studied in long-term survivors of childhood cancers. Studies by individual cancer type show that the incidence of subsequent unrelated cancers ranges from 2% in survivors of malignant lymphoma to 30% in survivors of small cell lung cancer.

Screening for second primary cancers should be a shared responsibility between primary and oncology care physicians (see the NCCN Guidelines for Detection, Prevention, and Risk Reduction, available at www.NCCN.org). In addition, lifestyle modifications that reduce the risk of second primary cancers (eg, smoking cessation, physical activity, weight loss) should be encouraged.

Psychosocial Effects
Cancer has positive effects on a significant portion of individuals, including strengthened relationships, a sense of gratitude or empowerment, and an increased appreciation for life. Many survivors, however, experience psychologic distress after active treatment, and some experience a combination of positive and negative psychologic effects. Distress can result from the fear of recurrence or death or secondary to physical, social, or practical problems. In fact, as many as 19% of survivors meet the criteria for post-traumatic stress disorder. Practical and social problems of survivors include issues surrounding employment, finances, and health and life insurance.

Fear of Recurrence
As many as 70% of post-treatment cancer survivors report high levels of fear of cancer recurrence, which can cause significant and enduring distress. In addition, caregivers report distress from fear of cancer recurrence in their loved one. These fears and their associated distress may cause patients and their caregivers to either avoid appropriate surveillance or to demand more intense surveillance than...
Evidence supports. In addition, survivors with high levels of fear of recurrence are more likely to be depressed and have a lower quality of life.

**Employment Issues and Return to Work**

Cancer and its treatment often have an adverse effect on work status, performance, and satisfaction. Survivors often take long breaks from or even leave their jobs during treatment, and returning to work after cancer treatment can be critical to restoring normalcy to the lives of survivors. However, survivors may be left with disabilities or late/long-term effects that decrease their employment prospects or ability to perform to their previous levels. Several studies have shown that unemployment rates for survivors are higher than for the general population. Furthermore, those survivors who do return to work often encounter difficulties, such as physical or cognitive limitations, fatigue, depression, anxiety, and perceived or real discrimination.

Several studies have addressed factors that predict a delayed return to work. For example, a French population-based study revealed that clinical factors, such severity of the cancer, receipt of chemotherapy, or the experience of adverse effects, were associated with a delay in return to work. In addition, a systematic review of cohort studies found that survivors who were older, had a lower education level, or a lower income were less likely to return to work.

**Financial Burden**

A recent study in Washington state found that patients with cancer have a 2.6-fold increased risk of bankruptcy. In another study, 38% of patients with stage III colon cancer reported financial hardship resulting from cancer treatment, defined as accruing debt, selling or refinancing a home, borrowing money from friends or family, or experiencing a ≥20% decline in annual income. Another recent study found that, in addition to the average >$16,000 excess economic burden that patients feel in the early phases of cancer treatment, survivors (>1 year from diagnosis) have an average annual excess economic burden that exceeds $4,000. Much of this excess burden was because of excess medical expenditures. Clearly, with lost wages and increased expenses, the financial burden on many cancer survivors is great.

**Standards for Survivorship Care**

In 2005, the Institute of Medicine (IOM) and the National Research Council compiled a report entitled, “From Cancer Patient to Cancer Survivor: Lost in Transition.” According to this report, the essential components of survivorship care are

1. Prevention of new and recurrent cancers and other late effects
2. Surveillance for cancer spread, recurrence, or second cancers
3. Assessment of late psychosocial and physical effects
4. Intervention for consequences of cancer and treatment (eg, medical problems, symptoms, psychologic distress, financial and social concerns)
5. Coordination of care between primary care providers and specialists to ensure that all of the survivor’s health needs are met.

In addition, the IOM report discusses the importance of policies that ensure access to and health insurance coverage for all aspects of survivorship care, including psychosocial services. Cancer survivors with untreated distress have poorer compliance with surveillance screenings and are less likely to exercise and quit smoking. A 2008 IOM report, “Cancer Care for the Whole Patient: Meeting Psychosocial Health Needs,” concluded that psychosocial screening and care should be a part of the new standard for quality cancer care and should be integrated into routine care across the trajectory of cancer, which
survivorship includes the period after active treatment. See the NCCN Guidelines for Distress Management (available online at www.NCCN.org) and Anxiety and Depression below for recommendations on screening for and treating distress.

In September 2011, the LIVESTRONG Foundation convened a meeting of experts and stakeholders in the survivorship field to define essential elements of survivorship care. After 2 days of consensus building, the group agreed on the following elements that all medical settings must provide for cancer survivors, either directly or through referral:

1. Survivorship care plan, psychosocial care plan, and treatment summary
2. Screening for new cancers and surveillance for recurrence
3. Care coordination strategy that addresses care coordination with PCPs and primary oncologists
4. Health promotion education
5. Symptom management and palliative care

In 2012, the Commission on Cancer (CoC) of the American College of Surgeons (ACS) updated their accreditation standards for hospital cancer programs (http://www.facs.org/cancer/coc/programstandards2012.html). Their patient-centered focus now includes the development and dissemination of a survivorship care plan for all patients. This requirement is to be phased in by 2015.

Implementation of these standards for survivorship care has been challenging, and reasons for the difficulties have been described. To move toward the goal of all cancer survivors receiving all essential components of care, advances must be made in: 1) survivorship research; 2) education of health care providers; 3) education and empowerment of survivors; and 4) policies that address reimbursement and resource allocation issues.

The Role of Primary Care Providers in Survivorship Care

With the population of cancer survivors growing at a rapid pace, the demand for follow-up care is expected to increase. An increasing proportion of this care will likely be performed by primary care teams. Because studies have shown that primary care providers often do not know how best to care for the specific concerns and needs of cancer survivors, education for primary health care providers regarding appropriate survivorship care will be increasingly important.

A study in the Netherlands found that patients with cancer 2 to 5 years after diagnosis increased their number of consultations with primary care compared with age- and sex-matched controls without cancer by 15% for colorectal cancer ($P < .05$), 24% for breast cancer ($P < .001$), and 33% for prostate cancer ($P < .001$). These survivors also had more chronic conditions than controls. Although an American study using the SEER-Medicare database showed a smaller increase in primary care use by breast cancer survivors (10% increase in year 4 after diagnosis; $P < .05$), these results show that PCPs are providing a substantial amount of survivorship care. In fact, according to IOM analyses of the 2001 and 2002 National Ambulatory Medical Care Survey and the National Hospital Ambulatory Medical Care Survey, approximately one-third of the more than 36 million cancer-related visits to physicians’ offices were made to primary care. Furthermore, a nationally representative survey by the National Cancer Institute and the American Cancer Society found that >50% of PCPs provide survivors...
Survivorship

with cancer-related follow-up care, often with co-management by oncologists.\textsuperscript{79}

However, in a recent survey of survivors regarding their preferences for follow-up care, most participants said that the PCP should only provide care if the responsibility was shared with the oncologist.\textsuperscript{80} One of the reasons commonly cited for this preference was that survivors believe their PCPs lack the needed expertise to deal with their specific issues. In addition, survivors cited a desire for continuity of care. Additional surveys of survivors of breast cancer in the US and of survivors of breast, colorectal, and prostate cancer the UK found similar preferences for oncologist-driven follow-up care over PCP follow-up care.\textsuperscript{81,82}

Importantly, however, 2 randomized trials comparing survivorship care administered by PCPs (provided guidelines outlining appropriate follow-up care) versus oncologists found no difference in disease-related outcomes, including survival.\textsuperscript{83,84}

Survivorship Care Plans

Because primary care offices are in fact already caring for cancer survivors, it is critical for information to be shared between oncology and primary care teams. Good communication at the oncology/primary care interface may allow survivors to feel the continuity of care they desire. The CoC accreditation standards include the provision of a survivorship care plan at the completion of treatment, as recommended in the IOM report.\textsuperscript{25} According to the report, the plan should include

- A personalized treatment summary
- Information on possible late and long-term effects
- Information on signs of recurrence
- Guidelines for follow-up care
- Identification of providers
- Recommendations for healthy living
- Identification of supportive care resources

Some data suggest that treatment summaries lead to improvements in outcomes for survivors such as having fewer emotional concerns and more often reporting that their needs have been met.\textsuperscript{85} However, a randomized controlled trial of 408 survivors of breast cancer that assessed the effects of survivorship care plans found no differences visit on patient-reported outcomes, including cancer-specific distress between patients who received a discharge visit and a care plan and those who received only a discharge.\textsuperscript{86} Although criticisms of this trial, including the relevance of its outcome measures, have been published,\textsuperscript{87-89} definitive data supporting the benefits of survivorship care plans are clearly lacking. Furthermore, providing a survivorship care plan is time-consuming and resource-intensive and could have unforeseen harms.\textsuperscript{89} For these reasons, the NCCN Survivorship Panel does not currently require the use of survivorship care plans for compliance with these guidelines, although the provision of a survivorship care plan to all survivors at the completion of treatment is recommended if appropriate resources are available. Data from ongoing trials will help inform future recommendations.

Survival for Cancer Recurrence

Screening for cancer recurrence is an important aspect of survivorship care. In general, this surveillance is performed by the oncology team. When surveillance is overseen by the primary care team, the oncologist should provide evidence-based recommendations based on currently available guidelines. Specific recommendations vary between cancer site and stage and are not addressed in these guidelines. Please see individual NCCN Guidelines for Treatment of Cancer by Site (available online at www.NCCN.org).
Screening for Effects of Cancer and Its Treatment

All survivors should be periodically screened for symptoms related to cancer and prior cancer treatment, with appropriate follow-up care as clinically indicated. The panel does not assume that all survivorship issues will be addressed at every visit. Some tools that screen for long-term and late physical and psychosocial effects of cancer and its treatment in survivors have been validated. In addition, the NCCN Survivorship Panel created a sample screening instrument that is guideline-specific and can be self-administered or administered by an interviewer. This assessment tool was developed specifically for use in combination with the NCCN Survivorship Guidelines to help providers deliver necessary and comprehensive survivorship care. Although this instrument has not yet been piloted or validated, the answers can be used to guide providers to topics within the guidelines that require more in-depth assessment via validated tools and/or clinical evaluation.

In addition to screening by history and physical examination, care providers should assess the following to determine whether reversible or contributing causes for symptoms exist:

1. Current disease status
2. Functional/performance status
3. Current medications
4. Comorbidities, including weight and tobacco use
5. Prior cancer treatment history and modalities used.

This information can also inform about the patient's risk for specific late or long-term effects, including risks for second primary cancers and comorbidities. For example, patients who received pelvic irradiation or surgery are at risk for sexual dysfunction; patients with a history of brain metastasis or cranial irradiation have an elevated risk for cognitive dysfunction. In general, those who underwent more intensive therapy are at higher risk for multiple late and/or long-term effects. Survivors undergoing certain treatments, such as mantle radiation or certain systemic therapy agents, may be at increased risk for secondary malignancies. Those survivors who continue to smoke are at increased risk for smoking-related comorbidities and second primary cancers.

Recommendations for Specific Effects of Cancer and Its Treatment

Randomized controlled trials have provided evidence for the effectiveness of interventions for cancer survivors to lessen symptoms such as depression, fatigue, pain, sleep disorders, and sexual dysfunction. The NCCN Survivorship Panel used such evidence as the basis for the recommendations in these guidelines. When evidence in survivorship populations was lacking, extrapolation from other populations was used as deemed appropriate. The panel also evaluated existing guidelines from other organizations as appropriate when making recommendations. Otherwise, expert opinion and panel consensus was used to form recommendations. These recommendations and their evidence base are discussed below.

Continued on next page.
Anxiety and Depression

Survivors of cancer are at especially high risk for anxiety and depression because of the multiple stressors, vulnerabilities, and challenges they face. According to the NCCN Guidelines for Distress Management (available online at www.NCCN.org), risk factors for psychosocial distress include cognitive impairment, severe comorbid illnesses, uncontrolled symptoms, communication barriers, or a history of psychiatric disorder, depression, or substance abuse. Social issues, such as living alone, having young children, being of younger age or female, and prior physical or sexual abuse, are also risk factors for psychosocial distress. Anxiety and depression affect up to 29% of survivors, with as many as 19% of survivors reportedly meeting the criteria for post-traumatic stress disorder.43,46,50-52

Most commonly, fear of recurrence leads to worry and distress related to surveillance and physical symptoms that may or may not be related to the cancer diagnosis and that can reach levels of clinical anxiety.18,46,97 Anxiety and/or depression can also occur in survivors secondary to physical compromise, social isolation, or work and financial problems.43,46,49,98 These challenges are underscored by the inevitable decreased medical and interpersonal support following completion of treatment and transition to the surveillance stage.96

Uncontrolled anxiety and/or depression have a significant negative impact on a survivor’s quality of life, and sometimes these individuals can develop thoughts of ending their lives. The incidence of completed suicide among patients with cancer and survivors in the United States is about twice that of the general population.99-103 In addition, survivors with untreated emotional distress are less likely to adhere to recommended surveillance and are less likely to engage in health-promoting activities, such as exercise and smoking cessation.72

Management of Anxiety and Depression

Survivors should be screened for anxiety and depression, especially at times of disease transition, surveillance, significant loss, major life events, and social isolation. Treatment recommendations for managing depression and anxiety include routine exercise, which has been shown in clinical trials to have significant effects in reducing symptoms of depression among survivors.104 In addition to medication treatment, supportive psychotherapy and cognitive behavioral therapy (CBT) are also effective modalities for reducing anxiety and depression in this population.96,105-109

For additional information regarding anxiety and depression in patients with cancer, please see the NCCN Guidelines for Distress Management (available at www.NCCN.org). These guidelines may be modified to accommodate the individual circumstances of cancer survivors.

Continued on next page.
Cognitive Dysfunction

Cognitive impairment is a common complaint among cancer survivors and may be a consequence of the tumors themselves or direct effects of cancer-related treatment (eg, radiation therapy). This symptom may be especially prominent in survivors of primary central nervous system (CNS) cancers or those with brain metastases. In addition, survivors who never had brain involvement may also report difficulties in cognition.110 For some survivors, symptoms persist over the long term.111 When more severe, the presence of cognitive dysfunction can impact quality of life and function. Cognitive dysfunction is most commonly connected with chemotherapy (sometimes referred to as “chemobrain”), but evidence suggests that therapies other than chemotherapy, such as endocrine therapy and radiation, may be associated with cognitive impairments.112-118 A recent national cross-sectional study found that a history of cancer is independently associated with a 40% increase of the likelihood of self-reported memory problems.119

Cancer-related cognitive changes have primarily been studied in patients with CNS and breast cancer and lymphoma, and those who have undergone hematopoietic stem cell transplant (HSCT), with a wide incidence ranging from 19% to 78%.111,120-133 Deficits commonly occur in the domains of executive function, learning and memory, attention, and processing speed.111,132

Growing evidence supports the patient experience of cognitive dysfunction associated with cancer and its treatment. In one meta-analysis of 17 studies, women treated with chemotherapy for breast cancer 6 or more months previously (n=807) had lower functional abilities than those not treated with chemotherapy (n=291).123 These deficits were limited to verbal (eg, word-finding) and visuospatial (eg, copying complex images) abilities. However, when compared with their pre-chemotherapy baseline, no differences were noted among patients complaining of cognitive dysfunction. In another study, cognitive function was compared among 196 long-term survivors of breast cancer treated with cyclophosphamide, methotrexate, and fluorouracil (CMF) who were, on average, 21 years out from diagnosis, and 1509 control patients with no a history of cancer.134 The chemotherapy group did significantly worse on several neuropsychological tests (eg, immediate and delayed verbal memory, executive functioning, psychomotor speed). Finally, one study compared 101 patients who underwent an HSCT with 82 patients treated with a non-myeloablative therapy; both groups showed mild cognitive impairments at baseline.135 Although no significant differences in cognitive dysfunction were identified at 2-year follow-up, patients who underwent HSCT had poorer performances in several areas, including attention and executive and psychomotor functions.

The correlation between patient reports of cognitive decline and results of neuropsychological testing has not been consistently demonstrated, possibly because of various definitions of cognitive dysfunction and differences in the statistical analyses across studies.132 However, a recent study of 189 breast cancer survivors found that memory and executive function complaints, present in approximately 20% of the cohort, showed a statistically significant association with results of domain-specific neuropsychological tests.136

The underlying mechanisms that might increase the risk for chemotherapy-induced cognitive changes are not known. Studies have reported elevated levels of cytokines or DNA damage as some of the possible mechanisms.137 Structural studies have supported the hypothesis that neurotoxicity resulting in damage to white matter of the brain may play an important role in cognitive deficits after chemotherapy.
In addition, fatigue and depression, common in cancer survivors, may negatively influence cognitive function, although several studies have found that cognitive dysfunction does not correlate with mood. Psychosomatic effects can also contribute, as evidenced by a recent study of patients to be treated with chemotherapy, which found that those who were informed of the possible cognitive side effects were more likely to report cognitive dysfunction and perform worse on neuropsychological testing than uninformed patients. A better understanding of the mechanisms that cause cancer-related cognitive impairment is essential for the development of treatments to improve cognitive function and quality of life in patients with cancer and survivors.

In October 2006, the International Cognition and Cancer Task Force (ICCTF) was formed, comprising a multidisciplinary group of health professionals and health advocates. The mission of ICCTF is to advance understanding of the impact of treatment-related cognitive and behavioral functioning in patients with non-CNS cancers. The group recently published recommendations regarding neuropsychological testing, defining cognitive impairment/changes, and future study design. ICCTF also has a Web site (www.icctf.com) to provide up-to-date information to both physicians and patients seeking assistance in the management of cognitive symptoms associated with cancer treatment.

Assessment and Evaluation for Cognitive Dysfunction
Patients who present with symptoms of cognitive impairment should be screened for potentially reversible factors that may contribute to cognitive impairment, including depression, pain, fatigue, and sleep disturbance. Some medications can also contribute to cognitive impairment. Therefore, current medications, including over-the-counter medications and supplements, should be reviewed. Any potentially contributing factor should be addressed.

For those who present with concomitant focal neurologic deficits and those whose symptoms evolve to include these findings, imaging is indicated to rule out brain or CNS disease. In addition, imaging in the absence of focal findings may be appropriate for patients deemed to be at high risk for recurrence or metastatic disease involving the CNS.

Unfortunately, no effective brief screening tool for cancer-associated cognitive dysfunction in the asymptomatic cancer survivor currently exists. The Mini-Mental State Examination (MMSE) and similar screening tools lack adequate sensitivity to detect a subtle decline in cognitive performance. Instead, the panel listed several questions that can help clarify the nature of the impairment, including inquiries about the ability to pay attention, find words, remember things, think clearly, and perform functions. The time of onset and the trajectory over time should also be assessed.

Neuropsychological evaluation may be helpful when individuals perceive cognitive impairment in a non-specific way and clarity is needed about the nature of impairments to guide rehabilitative efforts. Neuropsychological evaluation itself can be therapeutic and validating. Evaluation may also be necessary if an individual is pursuing disability benefits and cognitive impairment is a contributing factor to work limitation.

Management of Cognitive Dysfunction
Survivors benefit from validation of their symptom experience and should be reassured that, in most patients, cognitive dysfunction does not worsen over time. In fact, data from breast cancer survivors suggest that symptoms may improve over time. The panel recommends the
use of nonpharmacologic interventions whenever possible, with pharmacologic interventions as a last-line of therapy in survivors for whom other interventions have been insufficient, as discussed in the following sections. Additional recommendations for cognitive dysfunction in older adults can be found in the cognitive function section of the NCCN Guidelines for Senior Adult Oncology (available at www.NCCN.org).

Nonpharmacologic Interventions for Cognitive Dysfunction
Prospective data are lacking to inform the use or potential benefits of non-pharmacologic interventions for cancer survivors who complain of cognitive dysfunction. In one small study, cognitive behavioral therapy was evaluated in 40 breast cancer survivors using a waitlist control trial design. Although overall quality of life improved with the intervention, statistically significant improvement was noted only with verbal memory, not with self-reports of daily cognitive complaints.

Practical suggestions include instruction in self-management and coping strategies (eg, using planners and reminder notes, keeping items in the same place, minimizing distractions, avoiding multi-tasking), which the panel believes can be very helpful to patients. Discontinuation or limitation of use of medications known to cause or contribute to cognitive impairment should be attempted. Management of distress, pain, sleep disturbances, and fatigue should be provided. In fact, a recent study showed that cognitive behavioral therapy for fatigue was effective at reducing self-reported cognitive disability and concentration problems in 98 severely fatigued cancer survivors. Finally, relaxation, stress management, and routine exercise should all be encouraged. Substantial evidence shows that physical activity enhances cognitive function in elderly people in general, although only few studies specific to cancer survivors have been reported.

Occupational therapy strategies focus on improvement of cognitive functioning and may be most effective for individuals who note the impact of specific functional limitations, such as word finding, comprehension, and task completion, on work performance, quality of life, or role expectations.

Pharmacologic Interventions for Cognitive Dysfunction
If nonpharmacologic interventions have been insufficient, consideration of psychostimulants such as methylphenidate or modafinil is reasonable, although data informing the efficacy of these agents are lacking. Trials assessing the effects of methylphenidate have reported mixed results. For example, a randomized, placebo-controlled, double-blind trial found that d-methylphenidate had no effect on neuropsychological test scores. In contrast, a randomized, double-blind, crossover trial of child survivors of acute lymphoblastic leukemia or brain tumors showed that methylphenidate was more effective than placebo at improving attention, cognitive flexibility, and processing speed.

Results of studies on modafinil are more consistent. A randomized controlled trial assessing the efficacy of modafinil for fatigue and cognitive function in breast cancer survivors found significantly greater improvement in memory and attention among patients receiving modafinil than in the placebo group. Similarly, a double-blind, randomized, cross-over trial also in breast cancer survivors found that participants receiving modafinil performed significantly better on cognitive tests of attention and psychomotor speed. Benefits with treatment were also noted among patients with a primary brain tumor.
Fatigue

Note: The Discussion text regarding fatigue in survivors has been adapted from the NCCN Guidelines for Cancer-Related Fatigue (available at www.NCCN.org).

NCCN defines cancer-related fatigue as "a distressing, persistent, subjective sense of physical, emotional, and/or cognitive tiredness or exhaustion related to cancer or cancer treatment that is not proportional to recent activity and interferes with usual functioning." Fatigue is a common symptom in patients with cancer and is nearly universal in those receiving cytotoxic chemotherapy, radiation therapy, bone marrow transplantation, or treatment with biological response modifiers. According to a survey of 1569 patients with cancer, the symptom is experienced by 80% of individuals who receive chemotherapy and/or radiotherapy. Cancer survivors report that fatigue continues to be a disruptive symptom after treatment ends, with studies showing that 17% to 29% of cancer survivors experience persistent fatigue for years after the completion of active therapy. Persistent cancer related fatigue affects quality of life, because individuals become too tired to fully participate in the roles and activities that make life meaningful. Disability related issues are also relevant for cancer survivors, because obtaining or retaining disability benefits from insurers is often difficult for patients with cancer-related fatigue. Identification and management of fatigue remains an unmet need for many cancer survivors.

The specific mechanisms involved in the pathophysiology of cancer-related fatigue are unknown. Proposed mechanisms include pro-inflammatory cytokines, hypothalamic-pituitary-adrenal (HPA) axis dysregulation, circadian rhythm desynchronization, skeletal muscle wasting, and genetic dysregulation. Several studies have focused on the cause of fatigue, especially in cancer survivors with no evidence of active disease, and have suggested that persistent immune system activation and chronic inflammatory processes may be involved. Evidence supporting these mechanisms is limited.

Screening for Fatigue

All survivors should be screened for fatigue to ensure that those with moderate to severe fatigue are identified and treated promptly and effectively. Because fatigue is a subjective experience, clinicians must rely on patients' descriptions of their fatigue level. The panel recommends the use of a severity scale, with survivors being asked, "How would you rate your fatigue on a scale of 0 to 10 over the past 7 days?" Alternately, screening can be performed with patients asked to rate their fatigue as none, mild, moderate, or severe. Scores of 0 to 3 or none to mild fatigue require no further assessment or interventions; these patients should be rescreened at regular intervals. Patients with scores 4 or greater or indicating moderate or severe fatigue should be evaluated further. Studies in patients with cancer have revealed a marked decrease in physical functioning at a reported fatigue level of 7 or higher on the 0 to 10 scale.

Evaluation for Moderate to Severe Fatigue

When fatigue is rated as moderate to severe, with a score of 4 to 10, a more focused history and physical examination should be conducted. A thorough history is warranted, because the recommended workup for fatigue differs according to the timing of fatigue onset in relation to the completion of active therapy and the presence of predisposing factors and other symptoms. Fatigue has a variable natural history, with some patients complaining of only mild levels of fatigue even during active therapy and others experiencing severe fatigue for years after treatment completion.
In general, mild to moderate levels of fatigue that persist for 6 to 12 months after the completion of therapy likely do not warrant an extensive workup, unless other symptoms are present. Conversely, when moderate to severe fatigue begins after or worsens during this period, or when other symptoms are present, such as pain, pulmonary complaints, or unintentional weight loss, a more extensive work-up is warranted to screen for the presence of metastatic disease or other comorbidities.

Regardless of fatigue onset, it is always relevant to screen for common contributing factors such as emotional distress, sleep disturbance, pain, and the use of prescriptions or over-the-counter medications or supplements. Possible medical causes of fatigue, including cardiac disease and hypothyroidism, should also be assessed. Disease and treatment considerations also affect recommendations for screening, such as the inclusion of echocardiograms for patients who received cardiotoxic treatments and thyroid screening for patients who received radiation to the neck or thorax.

**Management of Fatigue**
Several interventions and strategies have been shown to help alleviate fatigue and reduce distress caused by this symptom in patients with cancer and survivors; recommended strategies and interventions are described herein. For additional information about fatigue in survivors and patients with cancer, please see the NCCN Guidelines for Cancer-Related Fatigue (available at [www.NCCN.org](http://www.NCCN.org)). The following guidelines may be modified to fit the individual survivor's circumstances.

**Treatment of Contributing Factors**
Management of fatigue in survivors first includes the treatment of contributing factors such as pain, distress, anemia, and sleep disturbances (more information on treatment of pain, anxiety/depression, and sleep disorders in survivors can be found throughout these guidelines).

**Patient and Family Education and Counseling**
Education and counseling can be beneficial in helping patients cope with fatigue. Understanding typical patterns of fatigue during and after treatment can help patients set reasonable expectations regarding improvements in energy after the completion of cancer therapy and can help allay concerns that persistent fatigue after the completion of therapy is evidence of disease recurrence. Counseling can help patients develop strategies for self-monitoring of fatigue and techniques such as energy conservation, that may be helpful in the immediate post-treatment period.185

**Physical Activity**
Activity enhancement is a category 1 recommendation. Improving strength, energy, and fitness through regular exercise, even a moderate walking exercise program, has been shown to facilitate the transition from patient to survivor, decrease anxiety and depression, improve body image, and increase tolerance for physical activity. Therefore, survivors with moderate to severe fatigue should be encouraged to maintain adequate levels of physical activity (category 1). Robust data support the efficacy of increased physical activity for reducing fatigue in patients with cancer and survivors.186-192 A recent meta-analysis of randomized controlled trials found that cancer survivors who participated in exercise interventions, either during or after treatment for cancer, experienced significant improvements in fatigue compared with patients randomized to the control group.193 Another meta-analysis of 44 studies, including 3254 cancer survivors, concluded that moderate-intensity resistance exercise among older cancer survivors reduced fatigue.186
Survivors at a higher risk of injury should be referred to a physical therapist or exercise specialist (also see Healthy Lifestyles, below).

**Psychosocial Interventions**

Psychosocial interventions, such as cognitive behavioral therapy (CBT), psycho-educational therapy, and supportive expressive therapy, including support groups, counseling, and journal writing (all category 1 recommendations), have also been shown to reduce fatigue in cancer survivors, although data are not entirely consistent.\(^{194-199}\) Several meta-analyses have evaluated the role of psychosocial interventions in reducing fatigue. For example, Kangas et al\(^ {198} \) reported a weighted pooled mean effect of -0.31 for psychosocial interventions on fatigue in an analysis of 3620 patients with cancer from 41 studies. Jacobsen et al\(^ {200} \) analyzed 30 randomized controlled trials and found a significant effect size (dw) for psychological interventions (dw, 0.10; 95% CI, 0.02–0.18), but not for activity-based programs (dw, 0.05; 95% CI, -0.08–0.19). A meta-analysis by Duijts et al\(^ {194} \) reported that, like exercise programs, behavioral techniques, including cognitive therapy, relaxation techniques, counseling, social support, hypnosis, and biofeedback, are beneficial in improving fatigue among patients with breast cancer during and after treatment (standardized mean difference [SMD], -0.16).

Several published studies support the conclusion that CBT interventions designed to optimize sleep quality in patients with cancer may also improve fatigue.\(^ {201-204} \) Two randomized clinical trials of patients who reported chronic insomnia in the survivorship phase demonstrated improvements in both sleep and fatigue after 4 to 5 weekly behavioral therapy sessions.\(^ {195,196,205} \) Two smaller studies of patients with current complaints of insomnia in the survivorship phase reported improved sleep and fatigue.\(^ {201,203} \) Two other studies found positive benefits of a behavioral intervention on sleep and fatigue that were not sustained over time.\(^ {204,206} \) The American Academy of Sleep Medicine (AASM) has recommended 3 specific therapies for chronic insomnia in healthy individuals: relaxation training, cognitive behavior therapy, and stimulus control therapy.\(^ {207} \)

**Pharmacologic Interventions**

Psychostimulants, such as methylphenidate and modafinil, are also used to treat fatigue, although data regarding their use to treat fatigue in cancer survivors are limited. A 54% response rate to methylphenidate was reported in a phase II trial of 37 breast cancer survivors.\(^ {208} \) A randomized trial in 154 patients post-chemotherapy also found an improvement in fatigue symptoms in the dexmethylphenidate arm.\(^ {209} \) A recent meta-analysis of 5 randomized controlled trials of patients with cancer found limited evidence for the efficacy of 4 or more weeks of methylphenidate treatment for cancer-related fatigue (mean difference, –3.70; 95% CI, –7.03 to –0.37; \(P=0.03\)).\(^ {210} \)

Modafinil also shows some promise for management of post-treatment fatigue in small trials. Morrow et al\(^ {211} \) conducted an open-label study of modafinil for 51 survivors of breast cancer with persistent fatigue. The dose was 200 mg/d for 1 month. A reduction in fatigue was reported among 86% of these survivors. In a pilot study of 30 adults with previously treated brain tumors, modafinil was associated with improvement in fatigue by 8 weeks.\(^ {212} \) Currently, the panel agrees that methylphenidate or modafinil may be considered after ruling out other causes of fatigue, although they acknowledge the limited data supporting the use of these agents in this setting.

Small pilot studies and one recent randomized controlled trial have evaluated the impact of supplements, including ginseng and vitamin D, for cancer-related fatigue.\(^ {213} \) The evidence to date is inconsistent, and the panel currently does not recommend the use of supplements for the treatment of fatigue.
Pain

More than one-third of posttreatment cancer survivors experience chronic pain, which often leads to psychological distress; decreased activity, motivation, and personal interactions; and an overall poor quality of life. Pain in survivors is often ineffectively managed. Barriers to optimal pain management in cancer survivors include health care providers' lack of training, fear of side effects and addiction, and reimbursement issues.

Pain has 2 predominant mechanisms of pain: nociceptive and neuropathic. Injury to somatic and visceral structures and the resulting activation of nociceptors present in skin, viscera, muscles, and connective tissues cause nociceptive pain. Somatic nociceptive pain is often described as sharp, throbbing, or pressure-like, and often occurs after surgical procedures. Visceral nociceptive pain is often diffuse and described as aching or cramping. Neuropathic pain is caused by injury to the peripheral or central nervous system and might be described as burning, sharp, or shooting. Neuropathic pain often occurs as a side-effect of chemotherapy or radiation therapy or is caused by surgical injury to the nerves.

Screening for and Assessment of Pain

All cancer survivors should be screened for pain at regular intervals. If pain is present, the intensity should be quantified by the survivor. Because pain is inherently subjective, self-report of pain is the current standard of care for assessment. Intensity of pain should be quantified using a 0 to 10 numeric rating scale, a categorical scale, or a pictorial scale (eg, Wong-Baker FACES Pain Rating Scale). In addition, the survivor should be asked to describe the characteristics of the pain (eg, aching, burning). Severe uncontrolled pain is a medical emergency and should be responded to promptly. In addition, an oncologic emergency should also be ruled out in these cases.

Management of Pain

The goals of pain management are to increase comfort, maximize function, and improve quality of life. A multidisciplinary approach is recommended, with a combination of pharmacologic treatments, psychosocial and behavioral interventions, physical therapy and exercise, and interventional procedures.

The NCCN Survivorship Panel made recommendations for the management of 8 categories of cancer pain syndromes: neuropathic pain, chronic postoperative pain (ie, pain syndromes after amputation, neck dissection, mastectomy), myalgias/arthralgias, skeletal pain, myofascial pain, gastrointestinal/urinary/pelvic pain, lymphedema, and postradiation pain. Neuropathic pain commonly results from some systemic anticancer agents. The incidence of chronic pain after surgical treatment varies with the type of procedure and is as high as 60% in patients treated with breast surgery and 50% in those treated with lung surgery. Arthralgias, characterized by joint pain and stiffness, occur in roughly half of women taking aromatase inhibitors as adjuvant therapy for breast cancer. Pelvic pain often occurs after pelvic radiation, resulting from fractures, fistulae, proctitis, cystitis, dyspareunia, or enteritis.

Pharmacologic interventions, local therapies, psychosocial support and behavioral treatments, physical therapy and exercise, and interventional procedures are discussed below. For more information about the
management of cancer-related pain, please see the NCCN Guidelines for Adult Cancer Pain (available at [www.NCCN.org](http://www.NCCN.org)). These guidelines include information on opioid use and pain treatment agreements for patients at risk for medication misuse or diversion; adjuvant analgesics; and psychosocial support and behavioral interventions that may be modified to fit the individual survivor’s circumstances.

*Pharmacologic Interventions*

Pharmacologic measures are the foundation of treatment of many of the common pain syndromes in survivors. Pharmacologic recommendations in these guidelines vary depending on the pain syndrome and include opioids, adjuvant analgesics, nonsteroidal anti-inflammatory drugs (NSAIDs), and muscle relaxants.\(^{215,229-231}\) Topical medications are discussed in *Local Therapies*, below.

**Opioids:** Opioids may be recommended for the treatment of neuropathic, postoperative, and skeletal pain. Data on the long-term use of opioids in survivors are lacking.\(^{227,230,232}\)

The NCCN Guidelines for Adult Cancer Pain (available at [www.NCCN.org](http://www.NCCN.org)) recommend screening survivors for risk factors of aberrant opioid use or diversion of pain medication, using a detailed patient evaluation and/or tools such as the Screener and Opioid Assessment for Patients with Pain-Revised (SOAPP-R) or Opioid Risk Tool (ORT) before prescribing.\(^{233-237}\) In addition, if opioids are deemed necessary for any survivor (regardless of aberrant use risk level), the NCCN Survivorship Panel recommends using the lowest dose possible and reevaluating the effectiveness and necessity of opioids on a regular basis. Pain treatment agreements can also be considered.\(^{238}\)

**Adjuvant Analgesics:** Adjuvant analgesics include antidepressants (eg, serotonin-norepinephrine reuptake inhibitors [SNRIs], tricyclic antidepressants), anticonvulsants (eg, gabapentin, pregabalin), and corticosteroids. These are recommended for the treatment of neuropathic and postoperative pain and for myalgias and arthralgias in survivors. The term adjuvant refers to the fact that they are often coadministered with an opioid to enhance analgesia or reduce the opioid requirement, but they may also be used as the sole pain treatment. A recent systematic review found that antidepressants, anticonvulsants, other adjuvant analgesics, and opioids were all effective at reducing neuropathic pain in patients with cancer.\(^ {230}\) Another review found that antidepressants and antiepileptics provide additional neuropathic pain relief when added to opioids in patients with cancer.\(^ {239}\)

Tricyclic antidepressants have been shown to relieve neuropathic pain in the noncancer setting.\(^ {240,241}\) In addition, the SNRI duloxetine was recently shown to effectively reduce pain in a multi-institutional, randomized, double-blind, placebo-controlled, crossover trial of 231 patients with painful chemotherapy-induced neuropathy.\(^ {242}\)

The most commonly used anticonvulsant drugs for the treatment of cancer-related pain, gabapentin and pregabalin, have primarily been studied in noncancer neuropathy syndromes.\(^ {243,244}\) Only limited data support the effectiveness of corticosteroids for cancer-related pain, and they may also have anti-inflammatory effects.\(^ {245-247}\)

**Nonsteroidal Anti-Inflammatory Drugs:** NSAIDs are recommended for the treatment of cancer-related pain, gabapentin and pregabalin, have primarily been studied in noncancer neuropathy syndromes.\(^ {243,244}\) Only limited data support the effectiveness of corticosteroids for cancer-related pain, and they may also have anti-inflammatory effects.\(^ {245-247}\)
A discussion of contraindications and safety precautions that should be considered before prescribing NSAIDs is provided in the NCCN Guidelines for Adult Cancer Pain (available at www.NCCN.org).

**Muscle Relaxants:** Muscle relaxants (eg, diazepam, lorazepam, metaxalone) reduce muscle spasm and are recommended for the treatment of skeletal pain, myalgias, and arthralgias. Evidence for their efficacy in providing pain relief in the noncancer settings is limited.\(^{249,250}\) No data could be found in the setting of cancer-related pain.

**Psychosocial Support and Behavioral Interventions**
Cognitive interventions are aimed at enhancing a sense of control over the pain or its underlying cause. Breathing exercises, relaxation, imagery or hypnosis, and other behavioral therapies can be very useful.\(^{216,251-256}\) Psychosocial support and education should also be provided.\(^{257}\) Some studies in patients with cancer suggest that psychosocial and behavioral interventions such as skills training, education, relaxation training, supportive–expressive therapy, and cognitive-behavioral therapy may be effective at reducing pain.\(^{253,258}\)

Hypnosis can also be considered for treatment of neuropathic pain. Overall, data support the benefit of hypnosis for controlling pain in cancer and other settings, but are lacking in the survivorship population.\(^{259}\)

In general, studies regarding psychosocial support and behavioral interventions for reducing pain in survivors are limited. A recent systematic review and meta-analysis assessed the efficacy of psychosocial interventions for treating pain in patients with breast cancer and survivors.\(^{260}\) Although results suggest an effect, more studies are clearly needed in the survivorship population.

**Physical Therapy and Exercise**
Physical therapy and general exercise may also be effective for the treatment of pain in survivors, with the main goal of increasing mobility.\(^{188,216,226,261}\) Several randomized controlled trials have reported a reduction of neck and shoulder pain associated with exercise or therapy programs.\(^{262-264}\) In one study, 52 survivors of head and neck cancer were randomized to a progressive resistance exercise training (PRET) program or standard therapeutic exercise for 12 weeks.\(^{264}\) Pain scores decreased more dramatically in the PRET group (\(P = .001\)). In another study of 66 survivors of breast cancer, those randomized to an 8-week water exercise program experienced a greater reduction of neck and shoulder pain than those randomized to usual care.\(^{262}\) In addition, group exercise in the community with trainers specifically trained to work with cancer survivors has been shown to reduce pain and other symptoms.\(^{265}\)

**Local Therapies**
Local therapies, including heat, cold packs, massage, medicated creams, ointments, and patches, are recommended for the treatment of myalgias, arthralgias, and neuropathic and myofascial pain.\(^{216}\) Specifically, topical lidocaine, capsaicin, ketamine, and amitriptyline are recommended for treatment of some of the various cancer pain syndromes. Data are limited on the effectiveness of ketamine and amitriptyline,\(^{266-271}\) but the evidence for the effectiveness of lidocaine and capsaicin is stronger.\(^{266,268-270}\) In a randomized trial of 35 patients with non–cancer-related postherpetic, postoperative, or diabetes-related neuropathic pain, pain intensity was reduced with topical lidocaine but not with topical amitriptyline when compared with placebo.\(^{269}\) A larger trial with a similar population of 92 patients found no effect of topical amitriptyline, ketamine, or a combination of the two.\(^{272}\) Another study found that a higher dose of amitriptyline had some efficacy in reducing...
peripheral neuropathy, but also showed systemic effects. Lidocaine has been shown to reduce the severity of postherpetic neuropathy and cancer-related pain.

**Interventional Procedures**

Referral to pain management services for interventional procedures, including transcutaneous electrical nerve stimulation (TENS), intercostal nerve blocks, and dorsal column stimulation, is recommended for refractory pain in survivors. Data on the efficacy of these interventions are mainly from patients with active cancer or from the noncancer setting. TENS is a noninvasive procedure with electrodes placed in or around the painful area. A recent systematic review found that data supporting the efficacy of TENS for reducing cancer-related pain are inconclusive. The goal of invasive interventions, such as an intercostal nerve block, is to interrupt nerve conduction by either destroying nerves or interfering with their function. The data on these interventions are also limited.

**Acupuncture**

Acupuncture is recommended as an option for the treatment of myofascial pain in survivors. Evidence supporting the efficacy of this technique for reducing cancer-related pain is extremely limited.

**Sexual Dysfunction**

Cancer treatment, especially hormonal therapy and therapy directed towards the pelvis, can often impair sexual function. In addition, depression and anxiety, which are common in survivors, can contribute to sexual problems. Thus, sexual dysfunction is common in survivors and can cause increased distress and have a significant negative impact on quality of life. Nonetheless, sexual function is often not discussed with survivors. Reasons for this include a lack of training of health care professionals, discomfort of providers with the topic, and insufficient time during visits for discussion. However, effective strategies for treating both female and male sexual dysfunction exist, making these discussions a critical part of survivorship care.

**Female Aspects of Sexual Dysfunction**

Female sexual problems relate to issues such as sexual desire and arousal, orgasm, and pain. Sexual dysfunction after cancer treatment is common in female survivors. A survey of 221 survivors of vaginal and cervical cancer found that the prevalence of sexual problems was significantly higher among survivors than among age- and race-matched controls from the National Health and Social Life Survey (mean number of problems 2.6 vs 1.1; \( P < .001 \)). A survey of survivors of ovarian germ cell tumors and age-and race- and education-matched controls found that survivors reported a significant decrease in sexual pleasure.

Female sexual dysfunction varies with cancer site and treatment modalities. For example, survivors of cervical cancer who were treated with radiotherapy had worse sexual functioning scores (for arousal, lubrication, orgasm, pain, and satisfaction) than those treated with surgery, whose sexual functioning was similar to that of age- and race-matched noncancer controls. A recent systematic review of sexual functioning in cervical cancer survivors found similar results, except that no differences in orgasm/satisfaction were observed. In contrast, chemotherapy seems to be linked to female sexual dysfunction in breast cancer survivors, possibly related to the prevalence of chemotherapy-induced menopause in this population. In addition, survivors with a history of hematopoietic stem cell transplantation (HSCT) may have multiple types of sexual dysfunction even after 5 to 10 years. Some of the sexual dysfunction associated with HSCT is related to graft-versus-host disease (GVHD), which can result in vaginal fibrosis, stenosis, mucosal changes, vaginal
irritation, bleeding, and increased sensitivity of genital tissues. In addition, high-dose corticosteroids use for chronic GVHD can increase emotional lability and depression, affecting feelings of attractiveness, sexual activity, and quality of sexual life.

**Evaluation and Assessment for Female Sexual Function**

At regular intervals, female cancer survivors should be asked about their sexual function, including their sexual functioning before cancer treatment, their present activity, and how cancer treatment has impacted their sexual functioning and intimacy. The age and relationship status of the survivor may also affect sexual functioning (ie, some women may not be sexually active because of the physical health of their partner or quality of their relationship). The Brief Sexual Symptom Checklist for Women can be used as a primary screening tool. Inquiries into treatment-related infertility should be made if indicated, with referrals as appropriate. ASCO’s recently updated clinical practice guidelines on fertility preservation for patients with cancer have more information on the topic. It is important for providers to be aware that fertility issues can be addressed in the survivorship phase, even if they were not addressed prior to treatment.

Patients with concerns about their sexual function should undergo a more thorough evaluation, including screening for possible symptoms and psychosocial problems (ie, anxiety, depression, relationship issues, body image concerns, drug or alcohol use) that can contribute to sexual dysfunction. It is also important to identify prescription and over-the-counter medications (especially hormone therapy, narcotics, and serotonin reuptake receptor inhibitors [SSRIs]) that could be a contributing factor. Traditional risk factors for sexual dysfunction, such as cardiovascular disease, diabetes, obesity, smoking, and alcohol abuse, should also be assessed, as should the patient’s oncologic and treatment history. If anti-cancer treatments have resulted in menopause, menopausal symptoms and effects on sexual function should be assessed. Risks and benefits of hormone therapy should be considered in women who have not had hormone-sensitive cancers and who are prematurely post-menopausal. In addition, a physical examination should be performed or referral for gynecologic examination be made to note points of tenderness, vaginal atrophy, and anatomic changes associated with cancer and cancer treatment.

For a more in-depth evaluation of sexual dysfunction, the Female Sexual Function Index (FSFI) and/or the PROMIS Sexual Function Instrument can be considered. The FSFI instrument has been validated in patients with cancer and cancer survivors. The PROMIS tool has been validated in a mixed group of patients that included those undergoing active treatment and those post-treatment.

**Interventions for Female Sexual Dysfunction**

Female sexual dysfunction is often multifactorial in nature. Therefore, treatment of sexual dysfunction often requires a multidimensional treatment plan that addresses the underlying issues, which can be physiologic (ex, menopause, illness), disease-induced, medication-induced, psychologic (ex, anxiety, depression), and interpersonal.

Overall, the evidence base for interventions to treat female sexual dysfunction in survivors is weak and high-quality studies are needed. Based on evidence from other populations, evidence from survivors when available, recommendations from the American College of Obstetricians and Gynecologists (ACOG), and consensus among NCCN Survivorship Panel members, the panel made recommendations for treatment of female sexual dysfunction in survivors. The panel recommends that treatment be guided by the specific type of problem. The evidence base for each recommendation is described herein.
Water-, oil-, or silicone-based lubricants, vaginal moisturizers, and topical lidocaine can help alleviate symptoms such as vaginal dryness and sexual pain. In one study of breast cancer survivors, the control group used a non-hormonal moisturizer and saw a transient improvement in vaginal symptoms.

Pelvic floor muscle training may improve sexual pain, arousal, lubrication, orgasm, and satisfaction. A small study of 34 survivors of gynecologic cancers found that pelvic floor training significantly improved sexual function.

Vaginal dilators are recommended for vaginismus, sexual aversion disorder, vaginal scarring, or vaginal stenosis from pelvic surgery or radiation and associated with GVHD. However, evidence for the effectiveness of dilators is limited.

Vaginal estrogen (pills, rings, or creams) has been shown to be effective in treating vaginal dryness, itching, discomfort, and painful intercourse in postmenopausal women. Small studies have looked at different formulations of local estrogen, but data assessing the safety of vaginal estrogen in survivors are limited.

The FDA recently approved the selective estrogen receptor modulator ospemifene for treating moderate to severe dyspareunia in postmenopausal women without known or suspected breast cancer and without a history of breast cancer. Ospemifene has been studied in several large trials of women with postmenopausal vulvar and vaginal atrophy and was found to effectively treat vaginal dryness and dyspareunia. No data in the survivorship population are available. The panel recommends consideration of ospemifene for dyspareunia in survivors, but only if the patient’s cancer was not hormonally sensitive.

Psychotherapy may be helpful for women experiencing sexual dysfunction, although evidence on efficacy is limited. Options include cognitive behavior therapy (CBT), for which some evidence of efficacy exists in survivors of breast, endometrial, and cervical cancer. Referrals for psychotherapy, sexual/couples counseling, or gynecologic care should be given as appropriate, and ongoing partner communication should be encouraged. A multidisciplinary treatment plan can be very helpful in situations where psychosocial dysfunction is contributing to sexual dysfunction.

Currently, the panel does not recommend the use of oral phosphodiesterase type 5 inhibitors (PDE5i) for female sexual dysfunction because of the lack of data regarding their effectiveness in women. Although thought to increase pelvic blood flow to the clitoris and vagina, PDE5i showed contradictory results in randomized clinical trials of various non-cancer populations of women being treated for sexual arousal disorder. More research is needed before a recommendation can be made regarding the use of sildenafil for the treatment of female sexual dysfunction.

Continued on next page.
Male Aspects of Sexual Dysfunction

The NIH Consensus Conference on Impotence defined impotence as "male erectile dysfunction, that is, the inability to achieve or maintain an erection sufficient for satisfactory sexual performance." In fact, impotence and erectile dysfunction (ED) are not synonymous. Impotence can involve problems of sexual desire, orgasm, or ejaculation, which are not necessarily linked with achieving or maintaining an erection.

ED occurs frequently in the general population and increases with age. In one community-based study, 33% of men aged at least 75 years reported moderate or worse ED. ED is also very common in male cancer survivors. Anticancer treatment modalities used in a variety of cancers have the potential to damage blood vessels, leading to a reduction in blood circulation to the penis and/or damage to the autonomic nervous system. Thus higher rates of ED are seen in cancer survivors than in the general population. The prevalence of ED in male survivors of colorectal cancer has been reported to range from 45% to 75%, and it has been reported in up to 90% of survivors of prostate cancer.

In 2005, the American Urological Association (AUA) published a guideline on the management of ED; it was reviewed and confirmed as still valid by the AUA in 2011. Using a consensus-based approach with the AUA guideline as a guide, the NCCN Survivorship Panel concluded that: 1) informed patient and physician decision-making is the standard for guiding treatment decisions for ED treatment; and 2) a psychological overlay frequently exists in patients with ED and may be even more pronounced in the face of cancer survivorship. Endocrine disorders are also an important consideration in the cause of ED. Although sex therapy and the diagnosis and treatment of endocrine disorders are important management issues, these are beyond the scope of these guidelines and are therefore not addressed in depth.

Evaluation and Assessment for Male Sexual Function

Male cancer survivors should be asked about their sexual function at regular intervals. Patients should be asked about their sexual functioning before they received the cancer diagnosis and their perceptions regarding the impact of cancer treatment on their sexual functioning and intimacy. A quantitative questionnaire, such as the Sexual Health Inventory for Men (SHIM), can be considered to help identify patients who might benefit from treatment of ED.

Patients with concerns about their sexual function should undergo a more thorough evaluation, including screening for possible psychosocial problems (ie, anxiety, depression, relationship issues, drug or alcohol use) that can contribute to sexual dysfunction. Identifying prescription and over-the-counter medications (especially hormone therapy or opioids) that could be a contributing factor is also important. A focused physical examination can also be helpful and should include examination of the chest (for gynecomastia), abdomen, phallus, scrotum/testicles, and cord structures.

Importantly, cardiovascular risk should be estimated for all men with ED, especially those with cardiovascular disease. Cardiovascular disease and ED share risk factors and often coexist. Sexual activity is considered equivalent to walking 1 mile in 20 minutes on a flat surface or to climbing 2 flights of stairs in 20 seconds. Men who cannot perform these exercises without symptoms are considered to be at high risk for adverse events associated with sexual activity and should be referred to a cardiologist before treatment for ED.
**Interventions for Male Sexual Dysfunction**

Treatment for ED begins with modification of risk factors, such as smoking cessation, weight loss, increasing physical activity, and avoiding excess alcohol consumption. In addition, treatment of psychosocial problems, with referral to sex and couples therapy as appropriate, can often alleviate symptoms of ED.

Oral phosphodiesterase type 5 inhibitors (PDE5i) have been shown to improve the symptoms of ED and be well tolerated.\[^{288,290}\] Many studies have also shown the efficacy and tolerability of PDE5i for treating ED in patients with cancer and survivors.\[^{354,355}\] Importantly, PDE5i are contraindicated in patients taking oral nitrates, because together they can lead to a dangerous decrease in blood pressure.\[^{356,357}\]

The timing and dose of PDE5i should be started conservatively, and it should be titrated to maximum dose if needed.\[^{343}\] The patient should be monitored periodically for efficacy, side effects, and any significant change in health status. An adequate trial of PDE5i is defined as at least 5 separate occasions at the maximum dose before reporting it as noneffective, unless the reason for fewer trials is an unacceptable side effect. A different PDE5i can be tried after failure of first-line PDE5i therapy.

If the second PDE5i fails, additional interventions can be considered, with referral to a urologist. These options include second-level interventions such as intraurethral alprostadil suppositories, intracavernous vasoactive drug injection therapy, and vacuum constriction devices (VCDs). A third level and definitive type of intervention, penile prosthesis implantation, can be considered.\[^{343}\]
Sleep Disorders

Sleep disturbances include insomnia (trouble falling or staying asleep resulting in daytime dysfunction), excessive sleepiness (which can result from insufficient sleep opportunity, insomnia, or other sleep disorders), sleep-related movement or breathing disorders, and parasomnias.Sleep disorders affect 30% to 50% of patients with cancer and survivors, often in combination with fatigue, anxiety, or depression. Improvements in sleep lead to improvements in fatigue, mood, and quality of life. Most clinicians, however, do not know how best to evaluate and treat sleep disorders. Sleep disorders are common in patients with cancer as a result of multiple factors, including biologic changes, the stress of diagnosis and treatment, and side effects of therapy (eg, pain, fatigue). In addition, evidence suggests that changes in inflammatory processes from cancer and its treatment play a role in sleep disorders. These sleep disturbances can be perpetuated in the survivorship phase by chronic side effects, anxiety, depression, medications, and maladaptive behaviors such as shifting sleep times, excessive time in bed because of fatigue, and unplanned naps.

Additional information about sleep disorders in patients with cancer can be found in the NCCN Guidelines for Palliative Care and the NCCN Guidelines for Cancer-Related Fatigue (available at www.NCCN.org). These guidelines may be modified to fit the individual survivor’s circumstances.

Screening for and Assessment of Sleep Disorders

Survivors should be screened for possible sleep disorders at regular intervals, especially when they experience a change in clinical status or treatment. The panel lists screening questions that can help determine whether concerns about sleep disorders or disturbances warrant further assessment. Other tools to screen for sleep problems have been validated.

If concerns regarding sleep are significant, the panel recommends that treatable contributing factors be assessed and managed. Comorbidities that can contribute to sleep problems include alcohol and substance abuse, obesity, cardiac dysfunction, endocrine dysfunction, anemia, neurologic disorders, pain, fatigue, and emotional distress. In addition, some medications, both prescription and over-the-counter, can contribute to sleep issues. For instance, pain medication, antiemetics, and antihistamines can all contribute to sleep disturbance, as can the persistent use of sleep aids.

Diagnosis of Sleep Disorders

The panel divided sleep disorders into 2 general categories: 1) insomnia and 2) sleep disturbance and/or excessive sleepiness.

Insomnia is diagnosed when patients have difficulty falling asleep and/or maintaining sleep at least 3 times per week for at least 4 weeks, accompanied by distress.

Diagnosing patients with excessive sleepiness can be challenging, because it can be caused by a variety of factors. When excessive sleepiness is associated with observed apneas or snoring, the STOP questionnaire can be used as a screening tool to determine the risk of obstructive sleep apnea (OSA). Other screening tools for OSA risk have also been validated. Sleep studies (ie, laboratory polysomnography [PSG] or home sleep studies) can confirm the diagnosis of OSA. Multiple sleep latency tests (MSLT) and PSG can also be useful in diagnosing narcolepsy, idiopathic hypersomnia, and parasomnias. Narcolepsy should be considered when excessive...
sleepiness is accompanied by cataplexy, frequent short naps, vivid dreams, disrupted sleep, or sleep paralysis.

Excessive sleepiness can also be associated with uncomfortable sensations or an urge to move the legs (and sometimes the arms or other body parts). These symptoms are usually worse at night and with inactivity, may be improved or relieved with movement such as walking or stretching, and indicate restless leg syndrome (RLS, also known as Willis-Ekbom disease). In these individuals, ferritin levels should be checked; levels less than 45 to 50 ng/mL indicate a treatable cause of RLS. 373,374

Management of Sleep Disorders
OSA should be treated with continuous positive airway pressure (CPAP), surgery, and/or oral appliances. 375-377 Additionally, weight loss and exercise should be recommended, and survivors should be referred to a sleep specialist.

RLS is treated with dopamine agonists, benzodiazepines, gabapentin, and/or opioids, and referral to a sleep specialist. 378-386 Two separate recent meta-analyses found dopamine agonists and calcium channel alpha-2-delta ligands (eg, gabapentin) to be helpful for reducing RLS symptoms and improving sleep in the noncancer setting. 386,387

For other types of sleep disturbances, several types of interventions are recommended, as described below. 207,358,388 In addition, referral to a sleep specialist can be considered in most cases.

Sleep Hygiene Education: Educating survivors about general sleep hygiene is recommended, especially for the treatment of insomnia. 389-391

Key points are listed in the guidelines and include regular morning or afternoon exercise; daytime exposure to bright light; keeping the sleep environment dark, quiet, and comfortable; and avoiding heavy meals, alcohol, and nicotine near bedtime.

Physical Activity: Physical activity may improve sleep in patients with cancer and survivors. 188,392-397 One recent randomized controlled trial compared a standardized yoga intervention plus standard care with standard care alone in 410 survivors (75% breast cancer; 96% women) with moderate to severe sleep disruption. 394 Participants in the yoga arm experienced greater improvements in global and subjective sleep quality, daytime functioning, and sleep efficiency (all \( P \leq .05 \)). In addition, the use of sleep medication declined in the intervention arm (\( P \leq .05 \)).

A recent meta-analysis of randomized controlled trials in patients who had completed active cancer treatment showed that exercise improved sleep at a 12-week follow-up. 188 Overall, however, data supporting improvement in sleep with physical activity are limited in the survivorship population.

Psychosocial Interventions: Psychosocial interventions such as cognitive behavioral therapy (CBT), psychoeducational therapy, and supportive expressive therapy are recommended to treat sleep disturbances in survivors. 398 In particular, several randomized controlled trials have shown that CBT improves sleep in the survivor population. 195-197,204 For example, a randomized controlled trial in 150 survivors (58% breast cancer; 23% prostate cancer; 16% bowel cancer; 69% women) found that a series of 5 weekly group CBT sessions was associated with a reduction in mean wakefulness of almost 1 hour per night, whereas usual care (in which physicians could treat insomnia as they would in normal clinical practice) had no effect on wakefulness. 195

In addition, a small randomized controlled trial of 57 survivors (54% breast cancer; 75% women) found that mind–body interventions
Pharmacologic Interventions: Many pharmacologic treatments for sleep disturbances are available, including psychostimulants for narcolepsy (eg, modafinil, methylphenidate) and hypnotics for insomnia (eg, zolpidem, ramelteon).

In addition, antidepressants, antihistamines, antiepileptics, and antipsychotics are often used off-label for the treatment of insomnia, even though limited to no efficacy or effectiveness data are available for this use. The panel also noted that these medications are associated with significant risks and should be used with caution. One small, open-label study found that the antidepressant mirtazapine increased the total amount of nighttime sleep in patients with cancer. Overall, however, data on pharmacologic interventions aimed at improving sleep in patients with cancer and survivors are lacking.

Recommendations for Preventive Health

Healthy Lifestyles

Healthy lifestyle habits, such as engaging in routine physical activity, maintaining a healthy diet and weight, and avoiding tobacco use, have been associated with improved health outcomes and quality of life. For some cancers, a healthy lifestyle has been associated with a reduced risk of recurrence and death. Therefore, survivors should be encouraged to achieve and maintain a healthy lifestyle, including attention to weight management, physical activity, and dietary habits. Survivors should be advised to limit alcohol intake and avoid tobacco products, with emphasis on tobacco cessation if the survivor is a current smoker or user of smokeless tobacco. Clinicians should also advise survivors to practice sun safety habits as appropriate, such as using a broad-spectrum sunscreen, avoiding peak sun hours, and using physical barriers. Finally, survivors should be encouraged to see a primary care physician regularly and adhere to age-appropriate health screenings, preventive measures (eg, immunizations), and cancer screening recommendations.

The panel made specific recommendations regarding physical activity, weight management, nutrition, and supplement use, which are discussed herein. Although achieving all of these healthy lifestyle goals may be difficult for many survivors, even small reductions in weight among overweight or obese survivors or small increases in physical activity among sedentary individuals are thought to yield meaningful improvements in cancer-specific outcomes and overall health.

Physical Activity

During cancer treatment, many survivors become deconditioned and can develop impaired cardiovascular fitness because of the direct and secondary effects of therapy. Randomized trials have shown that exercise training is safe, tolerable, and effective for most survivors. Structured aerobic and resistance training programs after treatment can improve cardiovascular fitness and strength and can have positive effects on balance, body composition, and quality of life.

The effectiveness of exercise training is especially well studied in women with early-stage breast cancer. Survivors of breast cancer who exercise have improved cardiovascular fitness and therefore an increased capacity to perform daily life functions, resulting in a better quality of life.

In addition, observational studies have consistently found that physical activity is linked to decreased cancer incidence and recurrence and increased survival for certain tumor types. For example, one meta-analysis of 6 studies including more than 12,000 survivors of breast cancer found that post-diagnosis physical activity reduced all-
cause mortality by 41% \((P < .00001)\) and disease recurrence by 24% \((P = .00001)\).\textsuperscript{420} Data from other meta-analyses primarily consisting of observational studies of survivors of colorectal, ovarian, non–small cell lung, brain, prostate, and breast cancers show that physical activity is associated with both decreased all-cause mortality and/or cancer-specific mortality.\textsuperscript{418,421,425,427} In fact, analyses of data from 986 survivors of breast cancer from the National Runners’ and Walkers’ Health Studies found that mortality decreased with increased rates of energy expenditure.\textsuperscript{426} Evidence in other disease sites is less robust, but also suggests survival benefits associated with exercise in survivors after treatment.\textsuperscript{427}

Data also support the idea that inactivity/sedentary behavior is a risk factor for cancer incidence and mortality and impacts mood and quality of life in survivors, independent of the level of an individual’s recreational or occupational physical activity.\textsuperscript{403,428,429} For example, in a cohort of more than 2000 survivors of nonmetastatic colorectal cancer, those who spent more leisure time sitting had a higher mortality than those who spent more time in recreational activity.\textsuperscript{403}

**Evaluation and Assessment for Physical Activity**
Survivors should be asked about readiness for participation and their current level of physical activity at regular intervals. The Godin Leisure-Time Exercise Questionnaire is one tool that can be used to assess a survivor’s exercise behavior, with a modified version also able to assess daily time in moderate-to-vigorous activity.\textsuperscript{430,431}

For survivors who are not meeting the guideline recommendations (see later discussion), barriers to physical activity should be discussed and addressed, if possible. Common barriers include not having enough time to exercise, not having access to an acceptable exercise environment, uncertainty about safety of exercise post-treatment, lack of knowledge regarding appropriate activities, and physical limitations.\textsuperscript{432} In addition, alleviation of pain, fatigue, distress, or nutritional deficits can facilitate the initiation of an exercise program.

**Risk Assessment for Exercise-Induced Adverse Events**
Exercise is considered safe for most survivors.\textsuperscript{192,416,433} However, a significant portion of survivors may have comorbid conditions or risk factors that make them unable to safely exercise without trained supervision.\textsuperscript{434} Therefore, a risk assessment is required for all survivors before prescribing a specific exercise program.\textsuperscript{416,435} The type of cancer, treatment modalities received, and the number and severity of comorbidities determine risk levels.\textsuperscript{433} Thus, disease and treatment history, late and long-term effects, and comorbidities should be assessed. Exercise is typically contraindicated in survivors immediately \((\approx 30 \text{ days})\) after surgery (except for supervised physical activity with early mobilization and referral to a trained therapist) and in those with severe anemia, a worsening condition, or active infection.\textsuperscript{416,435} A standardized pre-participation screening questionnaire, such as the Physical Activity Readiness Questionnaire for Everyone (PAR-Q+),\textsuperscript{436} can also be considered to identify patients for whom unsupervised physical activity is likely safe versus those for whom it may pose undue risk.

Survivors with myeloma, peripheral neuropathy, bone metastases, poor bone health, arthritis, or musculoskeletal issues are considered at moderate risk for exercise-induced adverse events. Stability, balance, and gait should be assessed in survivors with peripheral neuropathy before they engage in exercise, and exercise choice should be made based on the results (ie, stationary bike or water aerobics for survivors with poor balance). Survivors with osteoporosis, myeloma, or bone metastases should have fracture risk and/or bone density assessed as clinically indicated before initiating an exercise program. Moderate-risk
survivors can often follow the general recommendations for physical activity; however, medical clearance and/or referrals to trained personnel such as a physical therapist, certified trainer, cancer rehabilitation specialist, pulmonary or cardiac rehabilitation specialist, or exercise specialist can also be considered. Specialized training in cancer exercise is available through the American College of Sports Medicine (ACSM; http://www.acsm.org/get-certified). Survivors should be encouraged to use an ACSM-certified trainer when available.

Survivors at high-risk for exercise-associated adverse events include those with a history of lung surgery or major abdominal surgery, an ostomy, cardiopulmonary comorbidities (eg, chronic obstructive pulmonary disease [COPD], chronic heart failure [CHF], coronary artery disease [CAD], cardiomyopathy), ataxia, severe nutritional deficiencies, or extreme fatigue. These survivors should receive medical clearance and referral to trained personnel for a supervised exercise program. Survivors with lymphedema are considered at moderate risk if they are performing resistance/strength-training exercise of the affected limb, but at low risk if they are participating in cardiovascular/aerobic exercise or strength training of unaffected limbs. Resistance training in survivors with or at risk for lymphedema is discussed in more detail in Resistance and Strength Training, below.

Physical Activity Recommendations for Survivors
Both the American Cancer Society and the ACSM have made physical activity recommendations for cancer survivors. The panel supports these recommendations and has adapted them as follows:

- All survivors should be encouraged to avoid inactivity or a sedentary lifestyle and return to daily activities as soon as possible.
- Survivors who are able should be encouraged to engage in daily physical activity, including exercise, routine activities, and recreational activities.
- Physical activity and exercise recommendations should be tailored to individual survivors’ abilities and preferences.
- General recommendations for cancer survivors:
  - Overall volume of weekly activity should be at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity, or an equivalent combination
  - Individuals should engage in 2 to 3 sessions per week of strength training (see Resistance and Strength Training, below) that include major muscle groups; and
  - Major muscle groups should be stretched on the days exercises are performed.

The panel acknowledges that most survivors do not meet these exercise recommendations, and a significant portion report that they perform no leisure-time activity. However, the evidence suggests that even light-intensity physical activity can improve physical functioning in survivors. For survivors who are inactive, clinicians should not advise the immediate initiation of a high-intensity, high-frequency program. Instead, the panel suggests that clinicians provide sufficient information to encourage survivors to avoid inactivity. The panel recommends starting inactive survivors with 1 to 3 light/moderate-intensity sessions of 20-minute or more per week, with progression based on tolerance, as outlined in the guidelines. For survivors tolerating the minimum guideline recommendations, clinicians should consider encouraging variation within the exercise program or

increasing the amount of time engaged in physical activities/exercise modalities. Walking and using a stationary bike are safe for virtually all survivors.

**Resistance and Strength Training**

The health benefits of resistance training include improvement in muscle strength and endurance, improvements in functional status, and maintenance/improvement in bone density. Studies in survivors have shown improvements in lean body mass, muscular function, and upper body strength.\(^{446-449}\) A recent systematic review of 15 studies of resistance training interventions during and/or after cancer treatment concluded that meaningful improvements in physiologic and quality-of-life outcomes can be achieved.\(^{447}\) A similar review of 11 randomized controlled trials came to similar conclusions.\(^{449}\)

Multi-joint exercises (eg, chest press, shoulder press, squats, lunges, pushups) are recommended over exercises focused on a single joint, and all major muscle groups (chest, shoulders, arms, back, abdomen, and legs) should be incorporated into a resistance training program. For survivors who do not currently engage in resistance training, clinicians should recommend that they start with 1 set of each exercise and progress up to 2 to 3 sets as tolerated. A weight that would allow the performance of 10 to 15 repetitions is recommended; however, individualizing recommendations for resistance and strength training is important.

Strength training has been shown to be safe for survivors at risk for or with lymphedema and may even improve lymphedema symptoms.\(^ {437-441}\) Still, caution is advised in this population,\(^ {442}\) and referral to a lymphedema specialist for evaluation before starting a physical activity program that involves strength or resistance training of the affected limb should be considered. The panel lists special considerations for strength training in this population of survivors in the guidelines, including the use of compression garments, working with a professional trainer, slow progression as tolerated, and baseline and periodic evaluation of lymphedema. The National Lymphedema Network has published a position statement with additional guidance for exercise in individuals with lymphedema.\(^ {450}\)

**Interventions to Increase Physical Activity**

Dozens of studies have looked at the efficacy of a variety of behavioral interventions for increasing exercise behavior in cancer survivors.\(^ {416}\) However, data comparing different interventions are limited, and there is currently no “best” physical activity program for cancer survivors.\(^ {451-454}\) Several studies have examined the physical activity and counseling preferences of survivors, with the goal of informing possible strategies to best encourage increased activity in this population.\(^ {455-457}\)

The panel suggests several strategies to help increase physical activity. These strategies include a simple recommendation from a physician, physical therapist, and/or certified exercise physiologist.\(^ {458-460}\) In addition, participation in supervised exercise programs or classes or use of a pedometer may be helpful for survivors.\(^ {465,461-463}\) Print materials, telephone counseling, motivational counseling, and theory-based behavioral approaches (discussed in *Health Behavioral Change*, below) are other strategies that may be effective for increasing physical activity in the survivor population.\(^ {462-467}\)

**Nutrition and Weight Management**

Weight gain after cancer diagnosis and treatment is common.\(^ {468,469}\) The vast majority of studies on weight and weight gain in survivors have been performed in survivors of breast cancer, but some studies have also been done in survivors of other cancers. Weight gain or being overweight or obese can exacerbate a survivor’s risk for functional...
survivors. Regardless of BMI, all survivors should be advised about nutrition (see General Principles of Nutrition, below) and physical activity recommendations (see Physical Activity, above).

**Recommendations for Normal Weight Survivors**
In addition to discussing nutrition (see General Principles of Nutrition, below) and physical activity (see Physical Activity, above), clinicians should reinforce the importance of maintaining a normal weight throughout life in survivors with a BMI in the normal range.

**Recommendations for Overweight/Obese Survivors**
Survivors with a BMI in the overweight or obese range should be engaged in discussions about nutrition, weight management, and physical activity, as outlined in these guidelines. In addition, clinicians should specifically discuss portion control and refer overweight/obese survivors to appropriate hospital-based or community resources. Referrals can also be made to a registered dietitian, especially those who are Certified Specialists in Oncology Nutrition (CSO) or members of the Oncology Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics. Diet, exercise and behavioral modification are the cornerstones of weight management; however in cases of morbid obesity pharmacologic agents or bariatric surgery can be considered with appropriate referral to primary care and other providers. Of note, the safety and efficacy of weight loss drugs or bariatric surgery in cancer survivors is currently unknown.

**Recommendations for Underweight Survivors**
Survivors with a BMI in the underweight range should be engaged in discussions about nutrition (see below). In addition, advising underweight survivors to increase their frequency of eating and to avoid fluid intake with meals may help with weight gain. Furthermore, smoking status, dental health, swallowing and taste/smell disorders, and

**Nutrition and Weight Management Assessment**
The body mass index (BMI) of survivors should be evaluated at regular intervals. A BMI of 18.5-24.9 kg/m² is considered ideal. It is important to inform patients of their weight status, particularly if they are underweight (BMI<18.5), overweight (BMI=25-29.9), or obese (BMI≥30), and discuss the importance of interventions to attain a normal body weight. Current dietary and physical activity habits and potential barriers to physical activity or a healthful diet of those in high-risk groups should be ascertained either by the oncologist or other appropriate allied health personnel (eg, nurses, dietitians). In addition, effects of cancer treatment and other medical issues should be assessed and addressed as necessary.

**Weight Management for Survivors**
Providers should discuss strategies to prevent weight gain for normal and overweight/obese survivors. Clinicians should reinforce the importance of maintaining a normal body weight throughout life and stress that weight management should be a priority for all cancer survivors. For example, a systematic review and meta-analysis of studies in survivors of breast cancer found a correlation between higher BMI and higher risk of total and breast-cancer specific mortality. Additionally, a recent meta-analysis demonstrated that this risk for increased breast cancer mortality is predominantly confined to the pre- and perimenopausal, ER+ population. A retrospective study of survivors of stage II and III colon cancer enrolled in NSABP trials from 1989 to 1994 showed that survivors with a BMI of 35 kg/m² or greater had an increased risk of disease recurrence and death. In addition, some evidence suggests that weight loss or gain increases mortality risk in survivors, suggesting that weight maintenance is optimal.

**References**
468,470-477 For example, a systematic review and meta-analysis of studies in survivors of breast cancer found a correlation between higher BMI and higher risk of total and breast-cancer specific mortality. 472 Additionally, a recent meta-analysis demonstrated that this risk for increased breast cancer mortality is predominantly confined to the pre- and perimenopausal, ER+ population. 478 A retrospective study of survivors of stage II and III colon cancer enrolled in NSABP trials from 1989 to 1994 showed that survivors with a BMI of 35 kg/m² or greater had an increased risk of disease recurrence and death. 404,407 In addition, some evidence suggests that weight loss or gain increases mortality risk in survivors, suggesting that weight maintenance is optimal.
gastrointestinal motility should be assessed and addressed as appropriate. Consideration can also be given to referral to a registered dietitian for individualized counseling.

**Nutrition in Survivors**

Systematic reviews and meta-analyses of observational studies have shown that healthy dietary patterns are associated with a decreased risk of primary cancer development. A population study in England with >65,000 participants found that consumption of ≥7 servings daily of fruit and vegetables reduced cancer incidence by 25% (HR, 0.75; 95% CI, 0.59-0.96).

Data also suggest that healthy dietary patterns (as characterized by plant-based diets that have ample amounts of fruits, vegetables, and whole grains, with limited quantities of red and processed meats and refined grains and sugars) are associated with a decrease in cancer recurrence and improved outcomes in survivors. In survivors of stage III colon cancer, a diet consisting of more fruits, vegetables, whole grains, poultry, and fish, and less red meat, refined grains, and concentrated sweets was found to be associated with an improved outcome in terms of cancer recurrence and death, as well as overall survival. Recent analysis of a stage III colon cancer adjuvant therapy trial found that higher dietary glycemic load (associated with high intakes of refined starches and sugars) was associated with an increased risk of recurrence and mortality in survivors. The link between red and processed meats and mortality in survivors of non-metastatic colorectal cancer has been further supported by recent data from the Cancer Prevention Study II Nutrition Cohort, in which survivors with consistently high intakes of red and processed meat had a higher risk of colorectal cancer-specific mortality than those with low intakes (RR, 1.79; 95% CI, 1.11–2.89). For survivors of non-colorectal cancers, the evidence linking a healthy diet with better outcomes is less robust. A study of 1901 survivors of early stage breast cancer found that a diet higher in fruit, vegetables, whole grains, and poultry and lower in red and processed meats and refined grains resulted in a decreased risk of overall death and death from non-breast cancer causes, but was not associated with risk of breast cancer recurrence or death from breast cancer.

All survivors should be encouraged to make informed choices about food to ensure variety and an adequate nutrient intake. Recommendations for the composition of a healthy diet and food sources for those components are included in the guidelines. In general, a healthy diet is rich in plant sources, such as fruits, vegetables, whole grains, legumes, olive or canola oil, avocados, seeds, and nuts. Fish and poultry are recommended, while red and processed meats should be limited. Processed foods and foods and beverages with added sugars and/or fats should also be limited. In addition, survivors should be advised to limit alcohol intake to one drink per day for a woman and two drinks per day for a man. Currently, no consensus regarding the role of soy foods in cancer control exists. Several large studies have found no adverse effects on breast cancer recurrence or total mortality related to the intake of soy food. In fact, trends towards decreased recurrence and mortality were observed. The panel therefore considers moderate consumption of soy foods to be prudent.

The NCCN Survivorship Panel supports the following recommendations for a nutritious diet:

- For most survivors recommending the USDA “My Plate” guidelines (2/3 plant sources, 1/3 animal sources [www.choosemyplate.gov]) is sufficient:
  - Fat: 20-35% of total energy intake with saturated fat <10% and trans fat <3%
Carbohydrates: 45-65% of total intake with high intake of fruits, vegetables, and whole grains

Protein: 10-35% of total intake and goal of 0.8 g/kg.

- Recommended sources of dietary components:
  - Fat: plant sources such as olive or canola oil, avocados, seeds and nuts, and fatty fish
  - Carbohydrates: fruits, vegetables, whole grains, and legumes
  - Protein: poultry, fish, legumes, low fat dairy foods, and nuts.

- Limit intake of red or processed meat.

Supplement Use in Survivors

Numerous systematic reviews and meta-analyses have assessed the role of various vitamins or other dietary supplements for the purposes of primary cancer prevention, cancer control, or preventing cancer recurrence. No clear evidence supports an effect of dietary supplements for cancer prevention, control, or recurrence, although a few exceptions may warrant further studies. Despite the lack of data supporting supplement use, as many as 81% of survivors take some vitamin or mineral dietary supplements, often without disclosing this information to their physicians.

Thus, the panel recommends that providers ask survivors about supplement use at regular intervals. The panel notes that supplement use is not recommended for most survivors, except in instances of documented deficiencies (eg, survivors of gastric cancer), inadequate diet, or comorbid indications (eg, osteoporosis, ophthalmologic disorders, cirrhosis). Survivors should be advised that taking vitamin supplements does not replace the need for adhering to a healthy diet. If deemed necessary, referral to a registered dietitian, especially a Certified Specialist in Oncology Nutrition (CSO), should be considered for guidance in supplement use.

Health Behavioral Change

Lifestyle behaviors are one area survivors can control if they are encouraged to change and are aware of resources to help them. Ambivalence about changing behavior is common in the general population, but among cancer survivors levels of motivation are often heightened, especially close to the time of diagnosis.

Some data suggest that recommendations from the oncologist can carry significant weight for patients with cancer, yet many providers do not discuss healthy lifestyle changes with survivors. Print materials and telephone counseling are other strategies that may be effective for improving healthy behavior in the survivor population, and several trials show support for these strategies. In fact, a recent trial showed that telephone-based health behavior coaching had a positive effect on physical activity, diet, and BMI in survivors of colorectal cancer. Moreover, results of the recently completed Reach Out to Enhance Wellness (RENEW) trial showed that an intervention of telephone counseling and mailed materials in 641 older, obese, and overweight survivors of breast, prostate, and colorectal cancers not only resulted in improved diet quality, weight loss, and physical activity but also had a long-lasting effect that was sustained a year after the intervention was complete.

Another strategy, motivational counseling, may be an effective technique for increasing physical activity and other healthy behaviors in cancer survivors. Motivational counseling focuses on exploring the survivor’s thoughts, wants, and feelings and is directed at moving ambivalence so survivors choose to change their behavior. Other behavioral strategies may also be useful, such as improving self-
efficacy (ie, the belief that one can perform the actions of new activity and maintain this practice by addressing barriers and planning for behavior change) and self-monitoring.\textsuperscript{515,516}

**Immunizations and Prevention of Infections**

Cancer survivors are at elevated risk for infection because of immune suppression associated with previous cancer treatments, such as chemotherapy, radiation, corticosteroids, certain surgeries, and stem cell transplantation. In fact, antibody titers to vaccine-preventable diseases decrease after anti-cancer treatment.\textsuperscript{517,518} In addition, survivors are at increased risk of complications from vaccine-preventable diseases, such as those caused by human papillomaviruses (HPV) and influenza viruses.\textsuperscript{518,519}

Many infections in survivors can be prevented by the use of vaccines. However, a recent report of data from the Behavioral Risk Factor Surveillance System (BRFSS) found that 42% of survivors did not receive an influenza vaccination in 2009, and 52% reported never receiving a pneumococcal vaccination.\textsuperscript{9} Analysis of the SEER-Medicare database showed that survivors of breast cancer, aged 65 years or older, were less likely to receive an influenza vaccination than matched non-cancer controls.\textsuperscript{78} A separate analysis of the SEER-Medicare database by another group found similar results.\textsuperscript{520}

Vaccines represent a unique challenge in cancer and transplant survivors because they may not trigger the desired protective immune responses because of possible residual immune deficits.\textsuperscript{521} In addition, certain vaccines, such as those that are live attenuated (eg, zoster; measles, mumps, rubella [MMR]), are contraindicated in actively immunosuppressed survivors because of an increased risk of developing the disease and/or prolonged shedding from the live organism given in the vaccine.

**Risk Assessment and Screening for Immunizations and Prevention of Infections**

Survivors are at elevated risk for infections if their cancer treatment included chemotherapy, monoclonal antibodies, radiation, corticosteroids, splenectomy, and/or hematopoietic cell transplantation (HCT; which includes peripheral blood stem cell transplantation, bone marrow transplantation, and cord blood transplantation). Risk is also elevated if the survivor has prior or current exposure to endemic infections or epidemics, or has a history of blood transfusion.

**Interventions for Prevention of Infections**

Infection in survivors can be prevented by education, antimicrobial prophylaxis, and the judicious use of vaccines.

**Antimicrobial Prophylaxis and Education**

Survivors should be educated about safe pet care/the avoidance of zoonosis, travel precautions, and gardening precautions.\textsuperscript{522-527} Safe pet care tips include washing hands with soap and running water after handling animals and their feces. If possible, survivors should avoid direct contact with animal feces. Travel precautions include education on the need for pre-travel vaccines, prophylaxis against specific infections, and education on how to prevent waterborne, airborne, and zoonotic infections. Travelers may find useful information at http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-8-advising-travelers-with-specific-needs/immunocompromised-travelers or through consulting a travel clinic. Gardner precautions include wearing gloves to avoid cuts and punctures that could be delayed in healing or become infected with fungus or staphylococcus/streptococcus that may be present on thorns, and wearing a protective mask to avoid inhalation of spores.
For information regarding antimicrobial prophylaxis, please see the NCCN Guidelines for Prevention and Treatment of Cancer-Related Infections (available online at www.NCCN.org).

**Immunizations**

Vaccination, or "active immunization" involves administration of all or part of a microorganism or a modified product of a microorganism (eg, a toxoid, a purified antigen, or an antigen produced by genetic engineering) to produce an immunologic response that mimics that of natural infection but usually presents little or no risk to the recipient. The use of vaccines that do not contain live organisms should be considered and encouraged in all cancer and transplant survivors who have completed therapy at least 3 months before the planned vaccine administration. In general, the usual doses and schedules are recommended, as outlined by the Advisory Committee on Immunization Practices (ACIP). The Infectious Diseases Society of America (IDSA) has outlined guidance for vaccination in immunocompromised patients, including those with cancer and those post-HCT. The NCCN Survivorship Panel outlined immunization guidelines specific to survivors of hematologic malignancies and solid tumors, with separate guidelines for survivors who received HCT. In survivors who received anti-B-cell antibody therapy, vaccination should be delayed for at least 6 months after chemotherapy or the last dose of such therapy to allow for reconstitution of the B-cell population. More details are available in the guidelines.

Before vaccination, immune system viability and history of allergic reactions to vaccines should be assessed. Baseline WBC counts should be in the normal range or within reasonable limits before starting vaccinations, unless they are elevated because of disease status. The survivor should not be on immunosuppressive drugs or chemotherapy, and ongoing infection should not be present.

The following vaccines should be considered and encouraged for all survivors, administered according to the usual doses and schedules: influenza vaccine (only inactivated or recombinant); pneumococcal vaccine (PPSV-23/PCV-13); tetanus, diphtheria, pertussis (Tdap); and HPV (in survivors aged ≤26 years old or younger). These vaccines do not contain live organisms; instead they contain inactivated organisms, purified antigens, bacterial components, or genetically engineered recombinant antigens. The effectiveness of these vaccinations might be suboptimal because of lingering immune suppression. However, in the absence of known harm, their administration may be worthwhile with the hope of achieving some protection.

Other vaccines, as listed in the guidelines, should be considered in consultation with an infectious disease or travel medicine specialist if unique circumstances in the survivor’s lifestyle, upcoming travel, or local epidemic/risks merit their use.

**Influenza Vaccines**

Annual influenza vaccination is recommended for all cancer and transplant survivors. Live attenuated influenza vaccines should generally be avoided in this population. Preferred vaccines include inactivated influenza vaccines (ie, trivalent [IIV3] standard-dose, trivalent [IIV3] high-dose, and quadrivalent [IIV4] standard-dose) or, for individuals with egg allergies, recombinant influenza vaccine (ie, trivalent [RIV3]). To date, no evidence shows superiority of any one of these vaccines.

**Live Viral Vaccines**

Vaccines that contain live attenuated organisms (eg, live-attenuated influenza vaccine; MMR; oral polio vaccine [OPV]) are contraindicated in actively immunocompromised survivors because of a proven or
theoretical increased risk of disease and prolonged shedding from the live organism present in the vaccine. They should not be offered to actively immunocompromised survivors, unless cleared by a clinician experienced in vaccine use or by an infectious disease specialist. However, live viral vaccines can be administered to immunocompetent survivors 3 or more months after treatment, but consultation with an infectious disease specialist or clinician familiar with vaccination in patients with cancer is recommended. An exception is the live-attenuated influenza vaccine, which should be avoided in survivors because safer alternatives exist (see earlier discussion).

Healthy immunocompetent individuals who live in a household with immunocompromised survivors can receive the following live vaccines: MMR, rotavirus vaccine in infants aged 2 to 7 months, varicella vaccine (VAR), and zoster vaccine. However, OPV should not be administered to individuals who live in a household with immunocompromised survivors. Highly immunocompromised survivors should avoid handling diapers of infants who have received the rotavirus vaccine for 4 weeks after vaccination. Immunocompromised survivors should avoid contact with persons who develop skin lesions after receipt of VAR or zoster vaccine until the lesions clear.

### Zoster (Shingles) Vaccine
A single dose of zoster (shingles) vaccine is recommended for survivors aged 60 years or older without active or ongoing immunodeficiency, no history of cellular immunodeficiency or HCT, and who have not received chemotherapy or radiation within the past 3 months, or it can be given at least 4 weeks before initiation of chemotherapy or immunosuppressive drugs. Zoster vaccination should also be considered for survivors aged 50 to 59 years with a history of varicella or zoster infection (VZV) or VZV seropositivity with no previous doses of varicella vaccine. The zoster vaccine should be avoided in immunocompromised survivors, but can be considered in transplant survivors without active graft-versus-host disease (GVHD) or enhanced immunosuppression 24 or more months after transplantation.

### Reassessment
Survivors should be followed and reassessed at regular intervals, depending on the nature and severity of late and long-term effects being treated. At each time point, assessment of disease status and ongoing effects of cancer and its treatment should be addressed. In addition, survivors should be periodically rescreened for the development of new late and long-term effects of cancer and its treatment. The outcomes of any interventions for ongoing effects of cancer and its treatment should be evaluated regularly based on best practices and available resources. Outcome assessment may include survivor satisfaction with the effectiveness of the intervention in reducing symptom burden, adequate pain control, receipt of recommended immunizations and preventive care, and improved adherence to guideline recommendations for health behaviors.

### Survivorship Research
The IOM survivorship report cites a paucity of longitudinal cohort studies linking specific cancer types or treatments with specific late effect, making it difficult to predict risk for individual patients. Research is needed to increase understanding of the prevalence of, mechanisms of, and risks factors for late and long-term effects of cancer and its treatment. In addition, research is needed to better define interventions that relieve symptoms, restore function, and improve the quality of life of survivors. Finally, research can help better define optimal follow-up and surveillance schedules for cancer survivors after treatment.
Survivorship Resources for Health Care Professionals and Patients

Some resources that may be helpful for cancer survivors and/or the health care professionals who care for them are included in Guidelines, above.

Summary

With improved diagnostic and treatment modalities, the population of cancer survivors is growing rapidly. Many survivors will experience late and/or long-term effects of cancer and its treatment that can include physical and/or psychosocial problems. These issues need to be addressed in a regular and systematic manner. Unfortunately, many of these effects are not addressed until discharge from the oncologist and interventions may be left to health care providers who may not have much experience treating the concerns of cancer survivors. The NCCN Survivorship Panel hopes that these guidelines can help both oncologic and primary health care professionals lessen the burden left on survivors by their cancer experience so they can transition back to a rewarding life.
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