Geriatric Oncology: Cancer in Senior Adults

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For more information, please visit: www.siog.org
Session II
Geriatric oncology in the real world or in daily practice

Cancer work-up for the geriatrician
Catherine TERRET, MD, PhD, Lyon France

How much geriatrics can an oncologist do?
Véronique GIRRE, MD, La Roche sur Yon France

Geriatric assessment in private and public setting: how does it work?
Frédérique RETOURNAZ, MD, Marseille France
Geriatric oncology in the real world or in daily practice

Cancer work-up for the geriatrician

Catherine TERRET, Geriatric Oncology Program
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Cancer – a disease of aging people

- Lack of knowledge of Geriatricians and the General Population
  - Older people: target population
  - Substantial progress in cancer management

- Two circumstances
  - No symptoms / early cancer detection
  - Alarm symptoms

- Goals
  - Survival / Decreased mortality rate
  - Quality of life / Reduction of painful and distressing symptoms
Early detection of cancer

- **Prerequisites**
  - General condition suitable for active cancer treatment
  - Expected survival likelihood higher than 5 years
  - Adequate information on benefits, risks and limits of detection tests (false positive; false negative)
  - Agreement with additional investigations if necessary, and treatment options (including watchful waiting)
Work-up for early detection

- Clinical breast examination
- Rectal digital evaluation
- Hemoglobin level, haematuria
- Risk factors
  - Tobacco smoking: urine cytology, chest X-ray or computed tomography
- Mammography, colonoscopy, transrectal prostatic sonography, cytoscopy +/- biopsy
Alarm symptoms / Red flags

- Bleeding
  - GI: stomach, colon
  - GU: bladder, kidney
  - Gynecological: uterus
  - Respiratory: lung
- Change in bowel habits
- Iron-deficiency anemia
- Dysphagia
- Lump (prostate, breast), node
Alarm symptoms / Red flags

- Unintentional weight loss
- Loss of appetite
- Asthenia
- Pain (recurrent)
- Reduction of social and physical activities
- Decreased life force

**Especially when associated**

**But lack of specificity**
Alarm symptoms - Work-up

- Physical examination
- Urine cytology, blood count (hemoglobin)
- Abdominal & pelvic ultrasound
- Gastro-intestinal endoscopy
- Chest, abdominal and pelvic CT scan
Work-up outcomes

- Geriatric assessment
- Referral to an oncologist
- Individualized care plan
  - Cancer characteristics
  - Geriatric parameters
  - Cancer treatment
  - Targeted interventions