The dimensions of the complexity of treating the senior adult with cancer

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The dimensions of the complexity of treating the senior adult with cancer

“The Ten Commandments”
dignity

attached to being a human,
from birth until after death

Chochinow HM. BMJ 2007,335,184-7
The Ten Commandments

- respect
- attention
- admiration
- information
- protection
- diagnosis
- care
- time
- caution
- freedom

Senior Adult
respect

- They have gained experience in life
admiration

• They have succeeded to escape premature end of life (UK)
• They have succeeded to escape premature end of life (USA)
• They present with more than one disorder

<table>
<thead>
<tr>
<th>Table 1. Increase of prevalence (%) of chronic diseases in period 2005-2025</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer:</td>
</tr>
<tr>
<td>• Lung cancer</td>
</tr>
<tr>
<td>• Breast cancer</td>
</tr>
<tr>
<td>• Colon cancer</td>
</tr>
<tr>
<td>Cardiovascular disease:</td>
</tr>
<tr>
<td>• Acute myocardial infarction</td>
</tr>
<tr>
<td>• Heart failure</td>
</tr>
<tr>
<td>• Stroke</td>
</tr>
<tr>
<td>Chronic obstructive lung disease</td>
</tr>
<tr>
<td>Diabetes mellitus:</td>
</tr>
<tr>
<td>• Basic trend</td>
</tr>
<tr>
<td>• Including increase of obesity</td>
</tr>
<tr>
<td>Osteoporosis</td>
</tr>
</tbody>
</table>
They cumulate risk factors for mortality

- Functional decline
- Comorbidities (cardiovascular, metabolic, neurodegenerative)
- Geriatric syndromes: dementia, delirium, falls, incontinence, neglect, osteoporosis

JCO 1998,16,1582-7; Clin Hematol Oncol 2000,14,1
information

• They have been educated several decades ago (1920-1950)
Thelast43pts(33AML,10aMDS)
ICvsNIC/BSC
21ptsdecidedforIC(medianage66y)
and22forNIC/BSC(medianage76y)
QoLmoreimportantthansurvivallengthfor97%
<table>
<thead>
<tr>
<th></th>
<th>Patients</th>
<th>Physicians</th>
</tr>
</thead>
<tbody>
<tr>
<td>tt options offered</td>
<td>63%</td>
<td>100%</td>
</tr>
<tr>
<td>tt related death</td>
<td>&lt;10% for 50%</td>
<td>&lt;10% for 5%</td>
</tr>
<tr>
<td>chance of cure</td>
<td>&gt;50% for 74%</td>
<td>&lt;10% for 89%</td>
</tr>
</tbody>
</table>

Leukemia 2004, 18, 809-816
• They read

• > 80 years, breast cancer

5-year survival

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Survival Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mastectomy</td>
<td>82%</td>
</tr>
<tr>
<td>Breast cancer surgery + adjuvant therapy</td>
<td>90%</td>
</tr>
</tbody>
</table>

JCO 2003, 21, 3580-7
They read

> 70y, SCLC

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>MST</td>
<td>25w</td>
<td>P&lt;0.001</td>
</tr>
<tr>
<td>1-year survival</td>
<td>14%</td>
<td>27%</td>
</tr>
</tbody>
</table>

BJC 2006,94,18-21
protection

• They are voting citizen

« Older Americans are routinely the largest voting age group, and, as a whole, can therefore affect election outcomes » (CBS news)
They are living alone

65-94 years: 42%
  Men    17%
  Women  49%

80-94 years: 59%
  Men    29%
  Women  73%
protection

• They are living alone

At least one child:

- same house: 11%
- same town: 32%
- same canton: 41%
- other canton/country: 16%
diagnosis

• They are prone to cancer

2’261 new cases per 10^5 inhabitants per year > 65

(207 new cases of cancer per 100’000 inhabitants per year < 65)
They take many drugs …

… a mean of 7 different kind of registered tablets at admission in a general university geriatric hospital (DRG, HUG) and not to mention other therapeutic means …
care

• Ethic principles

  autonomy
  beneficiary
  non-maleficiency
  justice
time

• They are accompanied by loved ones
time

P. Agée
time
caution

- They use vulnerable and frail organs
caution

- They use vulnerable and frail organs

freedom

• They are made of thoughts and beliefs
freedom

- They cope with cancer

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Prayer</td>
<td>64%</td>
</tr>
<tr>
<td>Music</td>
<td>43%</td>
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<tr>
<td>Breathing exercises</td>
<td>&lt;30%</td>
</tr>
<tr>
<td>Meditation</td>
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<tr>
<td>Muscle relaxation</td>
<td></td>
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<tr>
<td>Visualization</td>
<td></td>
</tr>
<tr>
<td>(self)hypnosis</td>
<td></td>
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<tr>
<td>Individual counselling</td>
<td></td>
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<tr>
<td>Family counselling</td>
<td></td>
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<tr>
<td>Support groups</td>
<td></td>
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<tr>
<td>Religious support</td>
<td></td>
</tr>
</tbody>
</table>

*Source: J Psychol Oncol 2005; 23:55-72*
freedom

• unresolved issues remain

• suicide assistance is not punished in CH
• physician assisted suicide is permitted in Oregon under strictly controlled conditions
• euthanasia and physician assisted suicide are permitted in Belgium, the Netherlands and Luxemburgh under strictly controlled conditions that will shorten life by more than a week in 75% cases.
• terminal sedation is a widely accepted palliative procedure that will shorten life by more than a week in 25% of cases.
conclusion

• years and experience are necessary for doctors, nurses and other HP to fully understand the needs of elderly (cancer) patients
conclusion

• but there isn’t much time left before you will yourself be aged, 1 in 3 with cancer, 1 in 3 with cognitive impairment, and each of us with our own functional reserves …