

Smart Patients Get Smart Care™

Beyond the Diagnosis: Surviving and Thriving with CLL / SLL

August 21, 2023

11 AM PT, 12 PM MT 1 PM CT, 2 PM ET

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Speakers



Moderator
Stephen Feldman
CLL Patient Advocate, Senior Support Group Advisor,
Member CLL Society's Patient Advisory Board



Speaker
Heather Wolfe, MD
Assistant Professor, Department of Internal Medicine
Director of CLL Survivorship
UT Southwestern Medical Center



Welcome
Robyn Brumble, MSN, RN
Director of Scientific Affairs and Research
CLL Society





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Beyond the Diagnosis: Surviving and Thriving with CLL

Heather Wolfe, MD

Assistant Professor of Internal Medicine
Director of CLL Survivorship
Harold C. Simmons Comprehensive Cancer Center
University of Texas Southwestern Medical Center

August 21, 2023

Learning Objectives

CLL SOCIETY

- 1. Survivorship Care in CLL
- 2. Infection Prevention
- 3. Secondary Cancer Screening
- 4. Cardiovascular Health/Risk Factor Modification
- 5. Bone Health
- 6. Mental Health
- 7. Additional Survivorship Recommendations

Advances in Management of CLL





Single Agent Chemotherapy

Chlorambucil Cyclophosphamide

Response Rate 30-50% Complete Response 5%

Single Agent Chemotherapy

Fludarabine Pentostatin

Response Rate 50-80% Complete Response 20-30% **Combination Chemotherapy**

FC PC

Response Rate 75-90% Complete Response 35% Chemo-immunotherapy (Rituximab)

FCR BR

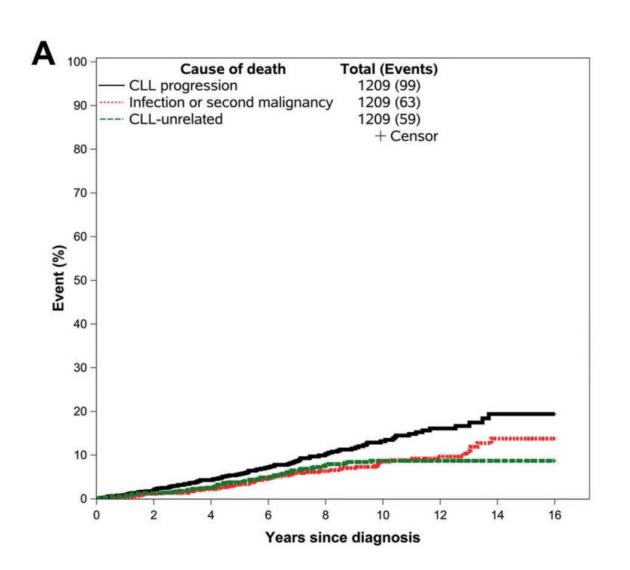
Response Rate 90-95% Complete Response 40-70% **Targeted Therapy**

BTK Inhibitors BCL2 Inhibitors PI3K Inhibitors

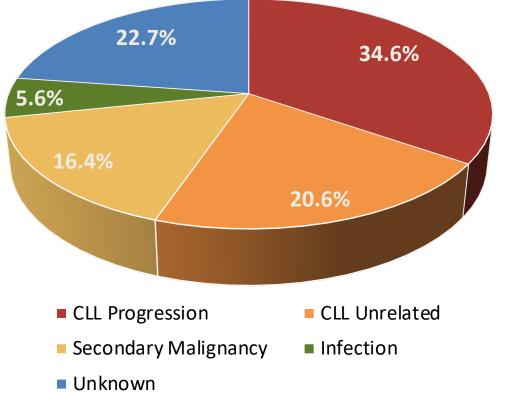
Response Rate 85-95% Overcome Adverse Prognostic Markers

Outcomes in CLL in 2020s









Outcomes in CLL in 2020s



Infection

Secondary Malignancies

> Secondary Cancer Screening

Infection Prevention

Non-CLL Mortality

Cardiovascular Disease Cerebral/ Neurologic Disease

Cardiovascular
Risk Factor
Modification

Survivorship Care in CLL



National Comprehensive Cancer Network (NCCN):

"An individual is considered a cancer survivor from diagnosis, through the balance of life. This includes survivors living with cancer and those free of cancer"



NCCN Guidelines Version 1.2023 Survivorship

NCCN Guidelines Index
Table of Contents
Discussion

STANDARDS FOR SURVIVORSHIP CARE^b

Care of the cancer survivor should include:

- Surveillance for cancer spread or recurrence, and screening for subsequent primary cancers (SURV-4)^c
- 2. Monitoring long-term effects of cancer, including psychosocial, physical, and immunologic effects
- 3. Prevention and detection of late effects of cancer and therapy
- 4. Evaluation and management of cancer-related syndromes, with appropriate referrals for targeted intervention
- 5. Coordination of care between primary care providers and specialists to ensure that all of the survivor's health needs are met
- 6. Planning for ongoing survivorship care:d
 - ♦ Information on treatment received including all surgeries, radiation therapy (RT), and systemic therapies
 - \Diamond Information regarding follow-up care, surveillance, and screening recommendations
 - Information on post-treatment needs, including information on acute, late, and long-term treatment-related side effects and health risks when possible (NCCN Guidelines for Treatment of Cancer by Site)
 - Delineation of roles of all health care providers (including oncologists, primary care physicians [PCPs], and subspecialists) in long-term survivorship care with coordinated timing of care and transfer of care as appropriate
 - ♦ Promotion of adherence to healthy behavior recommendations (HL-1)
 - ${\boldsymbol \Diamond}$ Periodic assessment of ongoing needs and identification of appropriate resources







Survivorship Care in CLL

Surviving

Thriving



Management of CLL

Infection Prevention

Prevention of Secondary Malignancies

Cardiovascular Risk Factor Modification

Management of Comorbid Conditions

Survivorship Care

Manage Disease/
Treatment Side Effects

Maintain Physical Function

Support Mental Health

Nurture Relationships with Friends and Family

Survivorship Care in CLL

Surviving

Thriving



Management of CLL

Infection Prevention

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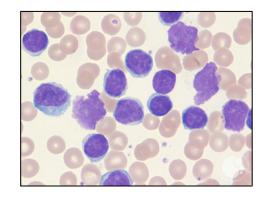


Infection Prevention

Infection Prevention







The Disease

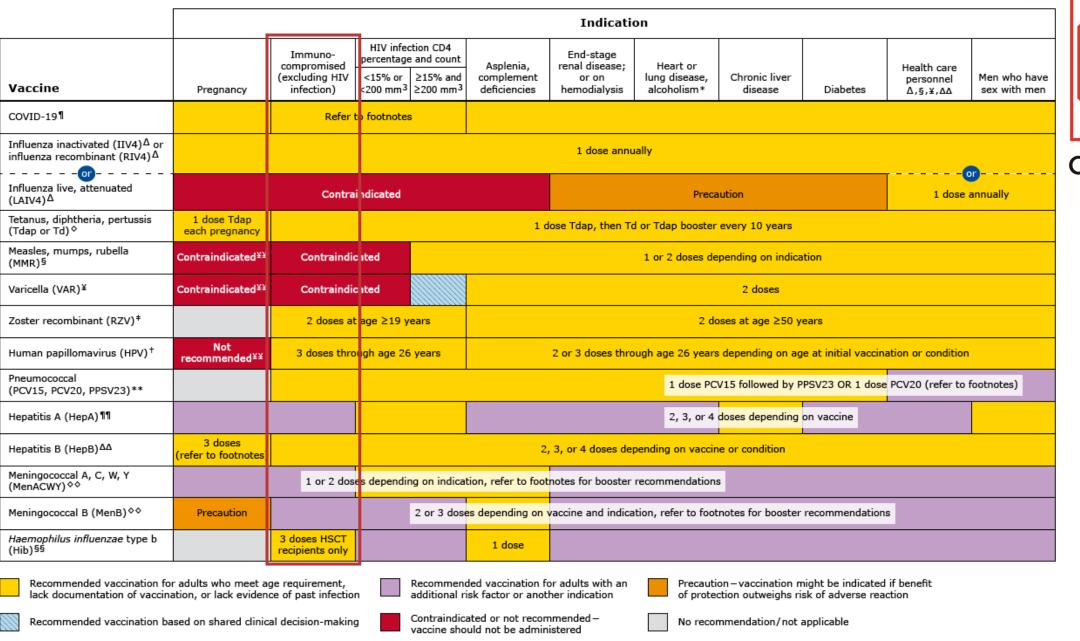
The Treatment



Infection Prevention



- 1. Immunoglobulin Replacement
 - Prophylactic immunoglobulin replacement (IVIG) is not recommended
 - IF IgG < 500 mg/dL + recurrent infections requiring IV antibiotics or hospitalization, IVIG is recommended
- 2. Routine Vaccination for Immunocompromised





Vaccinations for Patients with CLL



- 1. Yearly recombinant influenza vaccine (Avoid live vaccines)
- 2. Pneumococcal vaccine series
 - 1. PCV20
 - 2. PCV15 => PPSV23
- 3. COVID-19 vaccine series
- 4. Recombinant Zoster Vaccine
- 5. Tetanus, diphtheria, pertussis (Tdap or Td) booster every 10 years
- 6. HPV Vaccine (consider ≤ 45 years of age)
- 7. RSV Vaccine (in patients ≥ 60 years of age)

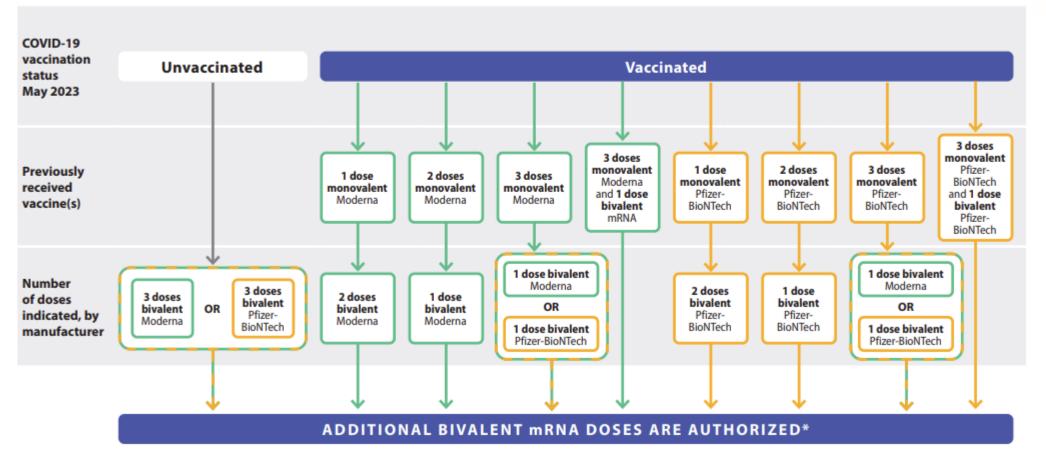
* Ask your doctor about timing of vaccines.

Prevention of COVID-19 Infection

Recommended COVID-19 vaccines for **people who ARE moderately or severely immunocompromised, aged 6 years and older,** mRNA vaccines, May 2023*







Treatment of COVID-19 Infection



- 1. Prevention
- 2. Outpatients:
 - Paxlovid (Nirmatrelvir/ritonavir) preferred
 - Remdesivir (IV)
- 3. Hospitalized:
 - Remdesivir (IV)

No Longer Recommended:

- Monoclonal antibodies
- Evusheld



Secondary Cancer Screening

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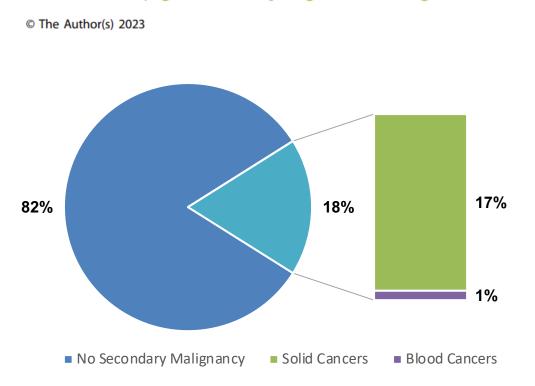


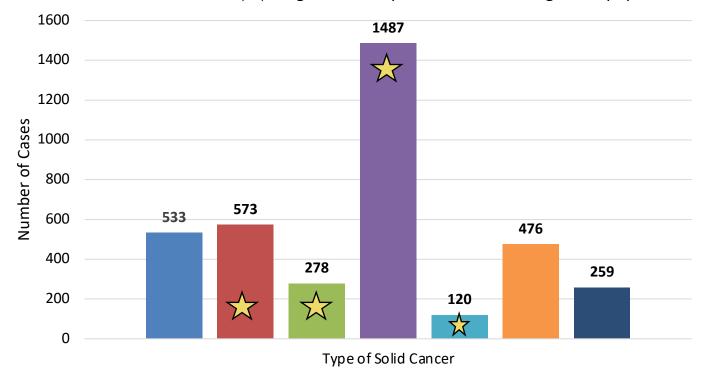
Risk of second primary malignancies in patients with chronic lymphocytic leukemia: a population-based study in the Netherlands, 1989-2019



Lina van der Straten (1)^{1,2,3 \omega, Mark-David Levin (1)², Manette A. W. Dinnessen (1)^{1,4}, Otto Visser⁵, Eduardus F. M. Posthuma^{6,7}, Jeanette K. Doorduijn (1)⁸, Anton W. Langerak (1)³, Arnon P. Kater (1)⁴ and Avinash G. Dinmohamed (1)^{1,4,9,10}}

= Higher than expected case rates in general population





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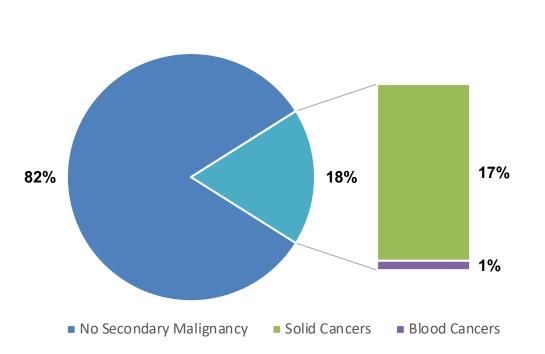


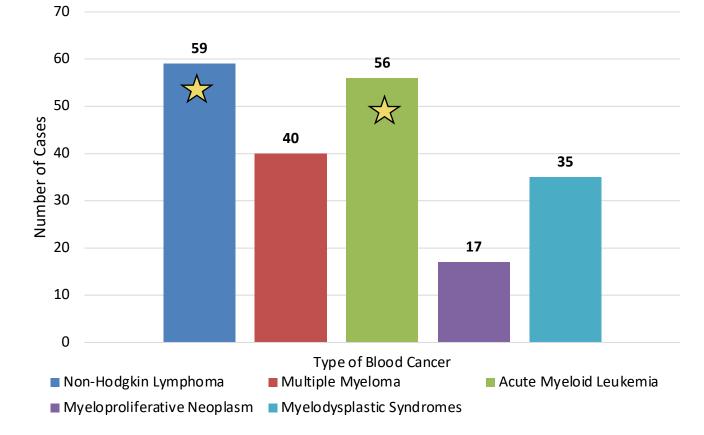
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= Higher than expected case rates in general population





Secondary Cancer Screening



Know your family history (if possible).

Know your medical/treatment history.

Talk to your doctor about your individual cancer risk.

Secondary Cancer Screening



- 1. Skin Cancer: Yearly dermatology visits
- 2. Colorectal Cancer: Screening at age 45
- 3. Breast Cancer: Mammograms every 1-2 years at age 50-74, shared decision making at age 40-49 and after 75
- **4. Lung Cancer**: Annual Low-dose CT scan in patients ≥ 50 years of age with ≥ 20 pack-year smoking history
- 5. Prostate Cancer: Shared decision making, if screening is performed PSA at age 50-75 (every 1-2 years)
- 6. Cervical Cancer: Start at age 21 with pap smears, at age 30-65 can do pap smears with HPV testing every 5 years



Cardiovascular Health/ Risk Factor Modification



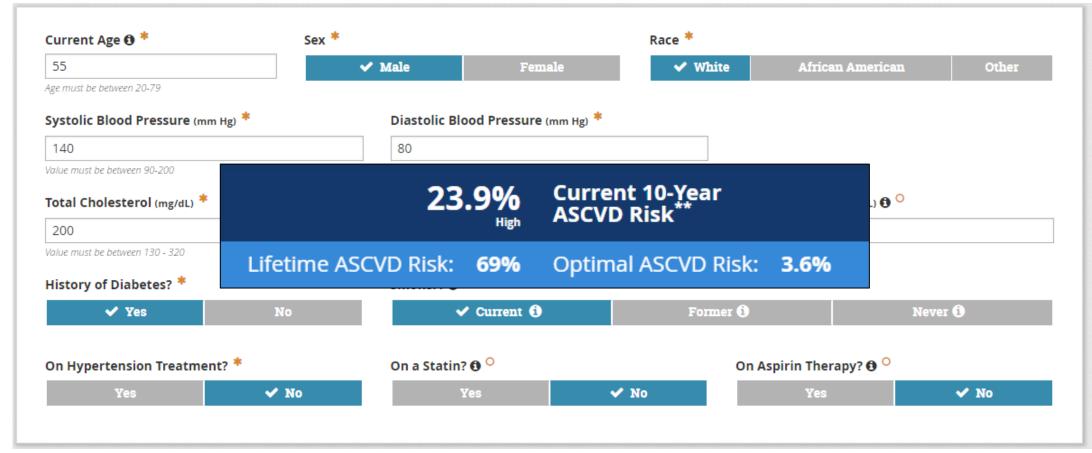
- 1. Screen for pre-existing cardiac disease or emerging risk factors
 - Coronary Heart Disease
 - Heart Failure
 - Atrial Fibrillation
 - High blood pressure (<u>blood pressure monitoring in clinic</u>)
 - Hyperlipidemia (routine cholesterol levels)
 - Diabetes (<u>check HgbA1c</u>)
 - Obesity
 - Cigarette/Tobacco Use
- 2. Discuss your family history
- 3. Review prior cancer treatment history and risk for toxicity
- 4. Assess current diet and exercise habits





AMERICAN COLLEGE of CARDIOLOGY

ASCVD Risk Estimator Plus





ASCVD Risk Estimator Plus





♡ View Advice Summary for this Patient

- BP: For Stage 2 HTN, initiation of antihypertensive drug therapy (with 2 agents of different classes) in combination with nonpharmalogical therapy is recommended.
- LDL-C: Statin initiation is indicated in the context of a clinician-patient risk discussion.
- **Diabetes:** Dietary counseling and ≥ 150 minutes/week of moderate intensity or ≥75 minutes/week of vigorous physical activity recommended. Metformin as first line drug to improve glycemic control to reduce CVD may be considered.
- Smoking: Advise patient to quit. Use combination of behavioral and pharmacotherapy. Avoid second hand smoke.
- Aspirin: Low dose aspirin (75-100 mg oral daily) might be considered for select patients at higher risk and age 40-70.

Lifestyle: The most important way to prevent ASCVD is to promote a healthy lifestyle throughout life. Medications to reduce ASCVD risk should only be considered part of a shared decision-making process for optimal treatment when a patient's risk is sufficiently high. Decisions around the therapies listed above are assumed to be made in the context of ACC/AHA guideline-recommended lifestyle interventions.



- 1. Management of chronic medical conditions
 - If you have high blood pressure → adequate blood pressure control
 - If you have high cholesterol levels → dietary changes or start statin
 - If you have pre-diabetes/diabetes → dietary changes, management of diabetes
- 2. Addition of protective medications
 - Start aspirin?
 - Start statin?
- 3. Avoid cigarette/tobacco use
- 4. Encourage regular exercise



Bone Health

NCHS Data Brief ■ No. 405 ■ March 2021

Osteoporosis or Low Bone Mass in Older Adults: United States, 2017–2018

Neda Sarafrazi, Ph.D., Edwina A. Wambogo, Ph.D., M.S., M.P.H., R.D., and John A. Shepherd, Ph.D.



Figure 1. Prevalence of osteoporosis among adults aged 50 and over, by sex and age: United States, 2017–2018

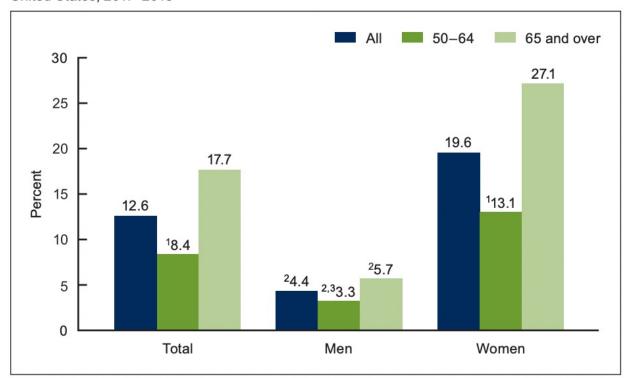
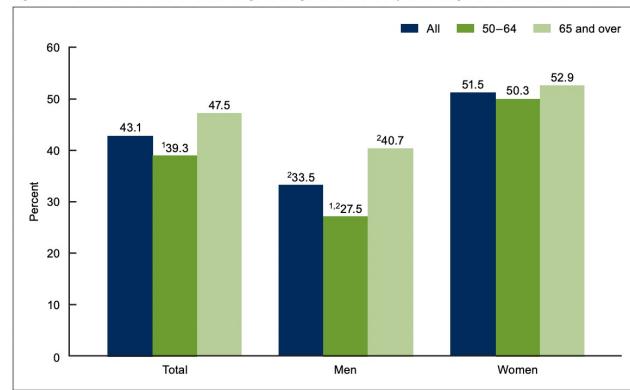


Figure 2. Prevalence of low bone mass among adults aged 50 and over, by sex and age: United States, 2017–2018

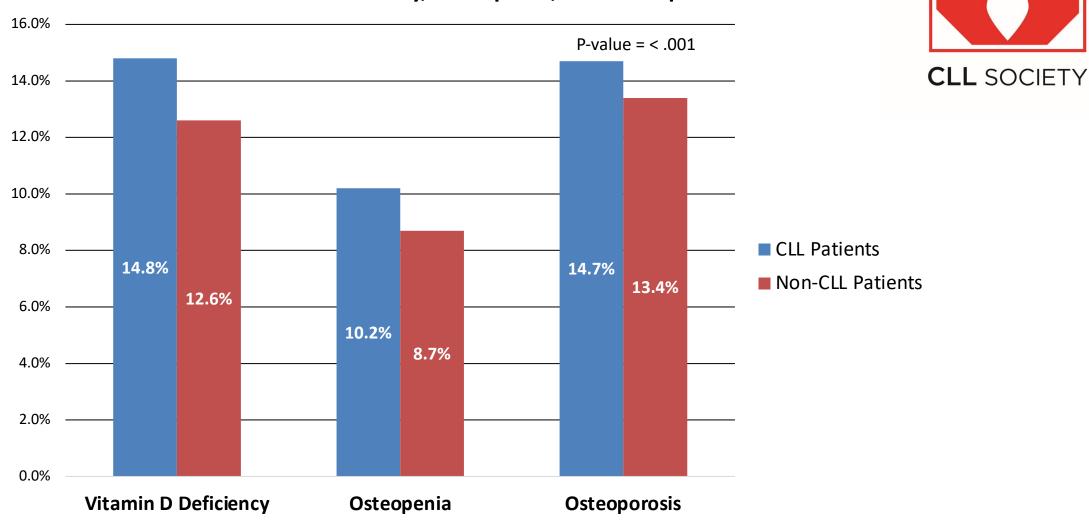


Why Do We Care About Bone Health?



Author	Year	Number of Patients	In-Hospital Mortality, %	Overall I-Year Mortality, %; Male/Female, %	I-Year Mortality of NH Patients, %	I-Year Mortality of Community Patients, %
White et al ²⁹	15			. 11.	C NA	NA
Geene et al ²³	15		$r N/I \cap$	rtality of	NA NA	NA
haronoff et al ²²	15	LTICA	IIVIU	itanty (ccluded	12.7
eibson et al ²¹	20			•	30	15
lliot et al ²⁰	20			2001	NA	NA
ichmond et al ⁵⁸	20		20-3	Z11%	ccluded	11.5
Vehren et al ¹⁸	20		ZU ,		ccluded	18.9
oche et al ⁷	20				NA	NA
laentjens et al ¹⁷	2007	170	6.5	18.8; NA	NA	NA
app et al ¹⁶	2008	4342	NA	M 58.3, F 44.8	M 58.3, F 44.8	Excluded
on Friesendorff et al 15	2008	163	NA	21; NA	NA	Na
rauer et al	2009	786 717	NA	M 32.5, F 21.9	NA	NA
erry et al ¹⁴	2009	195	NA	39.5; M 53.5, F 35.6	39.5; M 53.5, F 35.6	Excluded
Sentler et al 13	2009	495	3	26	NA	NA

Prevalence of Vitamin D Deficiency, Osteopenia, and Osteoporosis



Current Bone Health Screening



- All women ≥ 65 years
- Postmenopausal women < 65 with risk factors
- Men with clinical manifestation of low bone mass, history of low trauma fracture, risk factors for fracture

Clinical Risk Factors for Fracture

Advancing Age

Previous Fracture

Steroid Use

Family history of hip fracture

Low body weight

Current cigarette smoking

Excessive alcohol consumption

Rheumatoid arthritis

Secondary osteoporosis (hypogonadism, malabsorption, liver disease, bowel disease)

Management of Bone Loss



- Normal Bone Mass = Consider repeat bone density in ~ 10 years
- Osteopenia (Low Bone Mass)
 - Calcium (500-1000 mg/day) and vitamin D (800 IU daily) supplementation
 - Weight bearing exercise
 - Avoid alcohol and tobacco use
 - Consider repeat bone density in ~ 5 years

Osteoporosis

- Bone strengthening medicines (bisphosphonates or denosumab)
- Repeat bone density in ~ 2 years





Distress
Fear of Recurrence

Depression

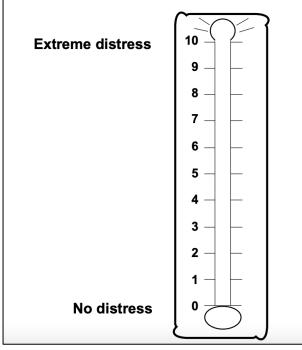
Anxiety

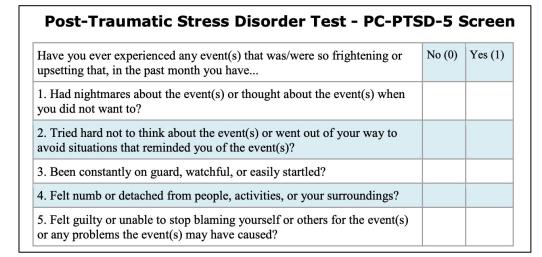
Post-Traumatic Stress
Disorder (PTSD)

NCCN DISTRESS THERMOMETER

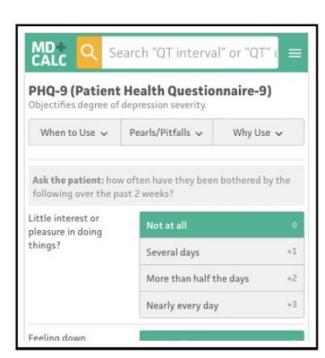
Distress is an unpleasant experience of a mental, physical, social, or spiritual nature. It can affect the way you think, feel, or act. Distress may make it harder to cope with having cancer, its symptoms, or its treatment.

Instructions: Please circle the number (0–10) that best describes how much distress you have been experiencing in the past week, including today.









Over the last two weeks, how often have you Several Not More Nearly been bothered by the following problems? at all than half days every the days day 1. Feeling nervous, anxious, or on edge 0 1 2 3 2. Not being able to stop or control worrying 0 1 2 3 3. Worrying too much about different things 0 2 3 1 4. Trouble relaxing 0 3 5. Being so restless that it is hard to sit still 0 3 Becoming easily annoyed or irritable 0 3 7. Feeling afraid, as if something awful might happen 0 2 3

GAD-7 Anxiety

CLL SOCIETY

Social Workers

Primary Care Physicians

Psychologists

Family/Community

Psychiatrists

Oncology Team



- Talk to your oncology team regarding prognosis or risk for disease progression
- 2. Establish with a mental health provider (if needed)
- 3. Pay attention to lifestyle changes that may improve your overall health and well-being (ex: sleep and exercise)
- 4. Journaling or find a hobby
- 5. Spend time with friends/family/support system
- 6. Connect with other cancer patients/survivors

CLL Society Support Groups

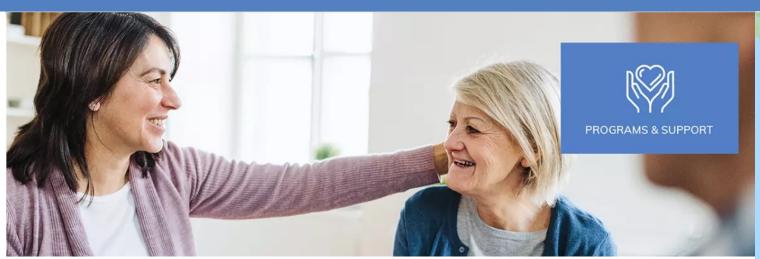
CLL-Specific Patient Support Groups

Over 3,000 CLL patients and caregivers are currently registered to meet monthly in our approximately 40 CLL-specific support groups across the United States and Canada under the care and guidance of CLL Society-trained facilitators who uphold standards of inclusiveness and privacy.

CLL Society's CLL-specific support groups are a place of camaraderie and strategy sharing among CLL patients and caregivers as well as a hub of learning and swift conduits for CLL breaking news and cutting-edge research-supported treatment information.

Sign up today!

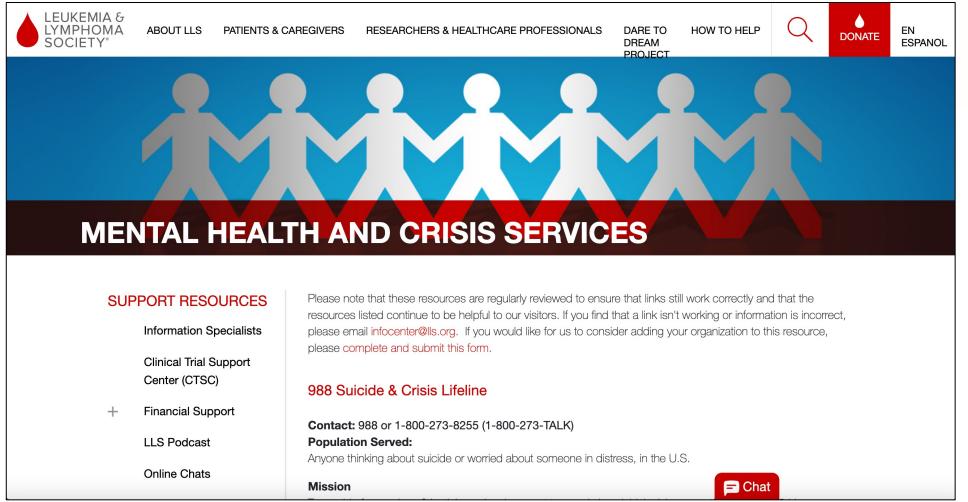






https://cllsociety.org/support-groups/

Leukemia & Lymphoma Society





Additional Recommendations



- 1. Engage in physical activity.
- 2. Maintain a healthy diet high in vegetables, fruits, and whole grains.
- 3. Drink alcohol sparingly.
- 4. Discontinue use of cigarettes, tobacco products, and e-cigarettes.
- 5. Practice sun safety (use SPF at least 30, avoid tanning beds, avoid sunburns, wear hats/coverage when outside).
- 6. Strive for 7-9 hours of sleep regularly.

Conclusions



Patients with CLL can/do live long, rich lives!

- Remain up-to-date on vaccinations to prevent disease.
- Establish care/follow-up with primary care team regularly for age-appropriate cancer screening, management of risk factors, and comorbid conditions.
- Discuss cancer-related or treatment-related fears with oncology team.
- Seek out assistance from mental health professionals when needed.
- Join cancer support groups or engage in community activities.

Poll Question





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Thank You for Attending!



Please take a moment to complete our **post-event survey**, your feedback is important to us

If you're question was not answered, please feel free to email asktheexpert@cllsociety.org

Join us on September 27th for our next webinar on why policy matters for CLL/SLL patients and caregivers

CLL Society is invested in your long life. Please invest in the long life of the CLL Society by supporting our work

cllsociety.org/donate-to-cll-society/