

Impact on Patients In Cancer Treatment

Impact Of Disease On Patient Lives

With an estimated incidence of 1.9 million new cases in 2022 in the US, cancer is the second most common cause of global deaths. Disease progression as well as treatment side effects inflict severe strain on the patient's health. It also deteriorates their mental well-being with long-term consequences such as depression and anxiety. Eventually, the patient is forced to incorporate preventive care along with regular screening in their new, compromised lifestyle.

PATIENT JOURNEY

Cancer is devastating for the patient as well as the caregiver because it impacts not only the work capacity and daily activity of the patient but also their relationships with those around them. Intensive treatments and frequent tests, coupled with lifestyle changes and fear of relapse, take a toll – physically and mentally – on both the patient and caregiver.

MEDICAL IMPACT

EMOTIONAL IMPACT

PRE-DIAGNOSIS

- Initially, the patient **overlooks** common symptoms such as fatigue, weakness, unexplained weight loss, and irregular bowel habits.
- Over time, **severe symptoms** become apparent, prompting a visit to a physician.

- The patient's quality of life (QoL) is high in this phase.
- They disregard the possibility of severe health conditions.
- The onset and persistence of severe symptoms causes irritation and frustration.

DIAGNOSIS

- Persistent, worsening symptoms prompt physicians to suggest cancer diagnostics.
- The patient undergoes various tests and screenings to confirm the presence of cancer, its type, and stage.
- About 50%** of cancer cases are diagnosed in early stages.

- The patient's initial response is **shock and denial**.
- This is followed by **emotional turmoil**, including disbelief, anger, sorrow, fear, and resignation.
- They feel extremely vulnerable while informing loved ones.

TREATMENT DECISION

- The patient, in consultation with their healthcare team and family, finalizes the treatment based on:

Cancer type and stage	Therapy goals	Risks and side effects	Clinical guidelines	Patient health
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- It is difficult to find relevant information.
- Decision-making becomes **stressful** due to limited knowledge, conflicting recommendations and overwhelmingly negative information.

ACTIVE TREATMENT

- The patient may suffer from treatment-related **physical hardships** due to:

Nausea and vomiting	Weakened immune system	Pain and neuropathy	Operative setbacks
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- Extreme fatigue** | **Alopecia** | **Disfigurement**
- About 55%** of patients undergoing therapy experience pain.

- The patient endures psychological hardships such as **anxiety, mood disturbances, and depression** due to:

Uncertainty of outcome	Inability to function	Guilt of burdening family	Financial burden
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- Cancer patients are diagnosed with depression (**27%**) and anxiety (**14%**)
- Average US cancer treatment cost: **USD 150,000**

AFTERCARE

- The patient must maintain regular **follow-up** appointments with clinicians to/for:

Monitor recovery	Manage side effects	Support ongoing treatment	Preventive care	Healthy lifestyle
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- About 1/4** cancer survivors claim negatively impacted QoL due to physical disabilities.

- A fear of recurrence, treatment side effects and altered lifestyle may cause mental fatigue, irritation, and anger.

- Around 25%** of cancer survivors face persistent psychological and psychosocial issues.
- About 1/10** cancer survivors report reduced QoL due to emotional problems.

RECURRENCE

- Treatment depends on the type of cancer, stage, and type of recurrence.
- Management may include reutilization of first-line therapy, novel treatment, combination treatment, surgeries, or participation in clinical trials.

- Patients experience a sense of hopelessness, which in turn triggers a resurgence of their psychological struggles from past treatment encounters.

- As per American Cancer Society, **60%** of one-year cancer survivors had moderate to severe concerns about their cancer recurring.

PATIENT BREAKPOINTS

The emotional well-being of patients, families, and caregivers can be impacted by cancer diagnosis. Identifying the patient's breakpoints can facilitate better connections and bridge gaps.

Key Breakpoints	Representative Quotes
Failure to recognize initial signs and symptoms	"I started to feel very tired and had loads of brain fog, but I thought it was just because of my promotion."
Persistent refusal to accept the diagnosis	"I was frightened and shocked at the diagnosis, and today I am certain that it took me many months to begin to comprehend how it would shape the remainder of my life. I suppose I was in constant state of denial."
Coping with the disease	"It's a lot of information coming at you. It's hard to focus because you're so worried about dying ... so it's hard to hear what they're saying and take it all in."
Significant influence of treatment side effects on well-being	"The treatment was intense and came with severe side effects. I lost my appetite, had terrible gastrointestinal symptoms, and was exhausted. I became severely anemic. Over the course of two months, I lost 20 pounds and all my strength."
Ongoing state of anxiety	"What if ...? That is the nagging underlying question that just won't go away, even if it does not bubble to the surface."

Right from understanding key issues to advising you through the right set of insights and recommendations, Aranca Research, consolidation, and insightful analysis will aid in-depth understanding of therapy and effective decision-making

HOW CAN ARANCA HELP?

- 01 Epidemiological Analysis:** Prevalence and diagnosis of diseases based on geography, gender, race and ethnicity, etc.
- 02 Diagnosis and Treatment Paradigm:** Analysis of diagnosis and treatment algorithm adopted in clinical practice
- 03 Current and Future Landscape:** Current treatments and latest pipeline landscape assessment for a particular therapy area
- 04 Humanistic, Economic Burden, and Unmet Need Analysis:** Impact of a disease on the patient's mental and economic well-being
- 05 Health Technology Assessment:** Analysis of various HTA decisions published by various countries

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