

PATIENT CENTERED CARE

Improving Recognition and Treatment of Cognitive Problems in Cancer August 9

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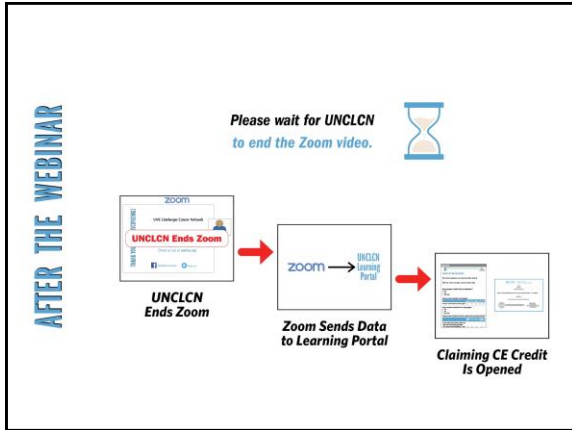
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UNC Lineberger Cancer Network

PATIENT CENTERED CARE

Live Webinar


Zev Nakamura, MD

Improving Recognition and Treatment of Cognitive Problems in Cancer

August 9

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OUR PRESENTER



Zev Nakamura, MD

Dr. Nakamura a psychiatrist and clinical researcher with advanced training in psycho-oncology and a career focus to improve cognitive outcomes in patients with cancer. His goal for this line of research is to rigorously evaluate objectively measured and patient-reported outcomes of cognition, understand how other psychosocial and biological variables impact cognition, and test interventions to prevent or treat the cognitive consequences of cancer and cancer care. Related to his interest in cognitive outcomes in cancer patients, he has led foundation and NIH-funded clinical trials to ameliorate delirium during hospitalization for stem cell transplantation and mitigate cognitive decline during chemotherapy for breast cancer. His research has also examined a wide range of neuropsychiatric symptoms (e.g., depression, anxiety, grief) in oncology and other medical illnesses.

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OUR PRESENTER

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5. Dr. Nakamura authored a review of psychiatric care for patients receiving bone marrow transplantation that was recognized as the most outstanding manuscript published in "Psychosomatics" in 2019.

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1. He directs the UNC Comprehensive Cancer Support Program Psycho-oncology Clinic for psychiatry fellows.

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Chemobrain is the preferred medical terminology to refer to cognitive difficulties experienced by cancer patients due to cancer and its treatments.

(A) True 0%

(B) False 0%

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A potential conflict of interest occurs when an individual has an opportunity to affect educational content about health-care products or services of a commercial interest with which they have a financial relationship. The speakers and planners of this learning activity have not disclosed any relevant financial relationships with any commercial interests pertaining to this activity.

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UNC Lineberger Cancer Network

Chemobrain is the preferred medical terminology to refer to cognitive difficulties experienced by cancer patients due to cancer and its treatments.

True 0%

False 0%

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IMPROVING RECOGNITION AND TREATMENT OF COGNITIVE PROBLEMS IN CANCER

Zev Nakamura, MD
Assistant Professor
Department of Psychiatry
Lineberger Comprehensive Cancer Center
Patient Centered Care Series
8/9/23

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OUTLINE

- Background
- Causes and underlying mechanisms
- Screening and diagnosis
- Treatment

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LEARNING OBJECTIVES

1. Identify causes of cancer-related cognitive dysfunction
2. Describe the impact of cognitive problems in cancer patients on quality of life and medical outcomes
3. Recognize key aspects of workup for patients with cancer experiencing cognitive difficulties
4. Discuss available resources for patients with cancer who are experiencing cognitive problems
5. Recognize available treatments for patients with cancer experiencing cognitive dysfunction

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HISTORICAL PERSPECTIVE

- Awareness since 1970s - "Serial Cognitive Testing in Cancer Patients Receiving Chemotherapy" (Oxman 1980)
- "Chemobrain" defined in late 1990s in cross-sectional studies in breast CA
- 2002 – Ahles et al. showed long-term effects of chemo
- 2004 – Wefel et al. first prospective longitudinal study
- Growing appreciation for cognitive difficulties resulting from cancer **and** its treatments over the last 15-20 years (i.e. CRCD, CRCI, "Tumor brain")

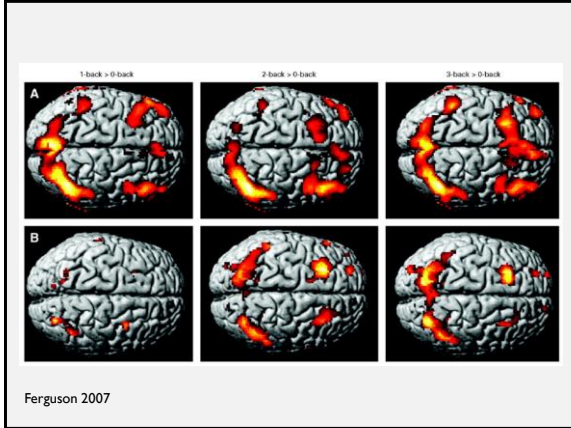
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CANCER-RELATED COGNITIVE DYSFUNCTION (CRCD)

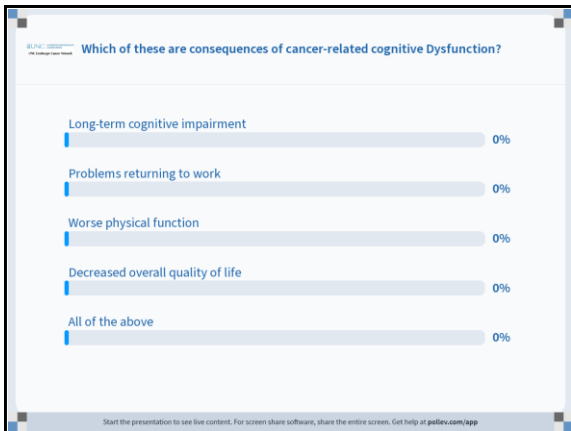
- Problems in memory, concentration, executive function
- Typically subtle, but can be dramatic
- At least mild objectively measured deficits in ~50% and 75% according to self-report
- Variable course

Friedman 2009, Syrjala 2011, Lin 2018, Root 2018, Gregory 2014, Buchbinder 2018

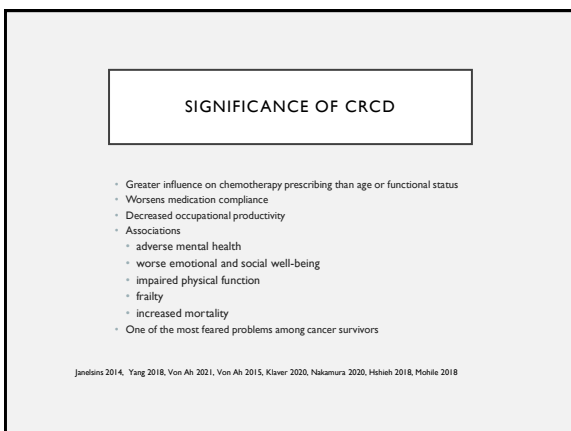
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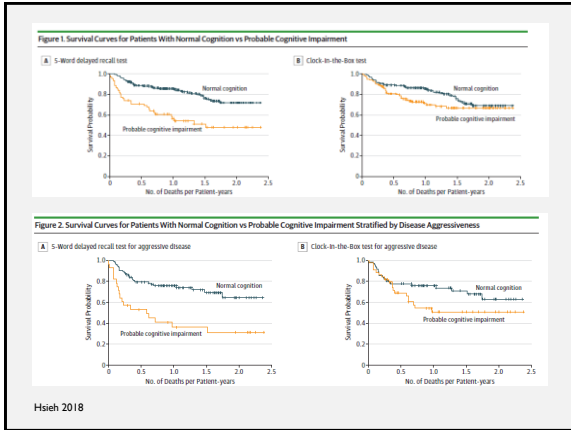
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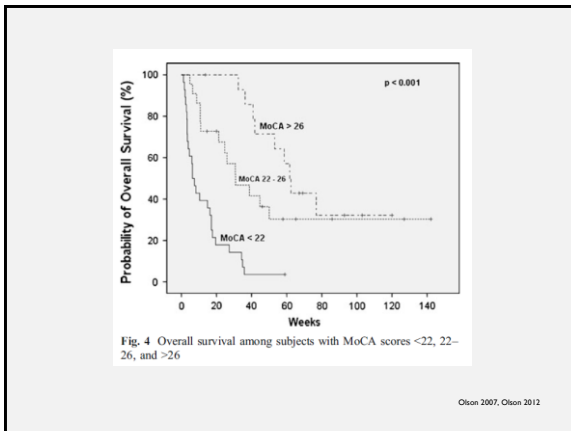
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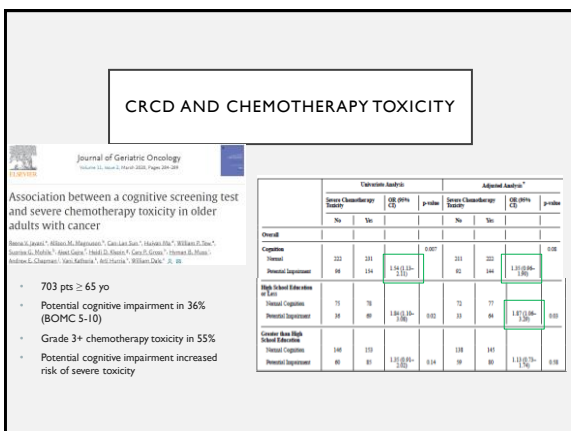
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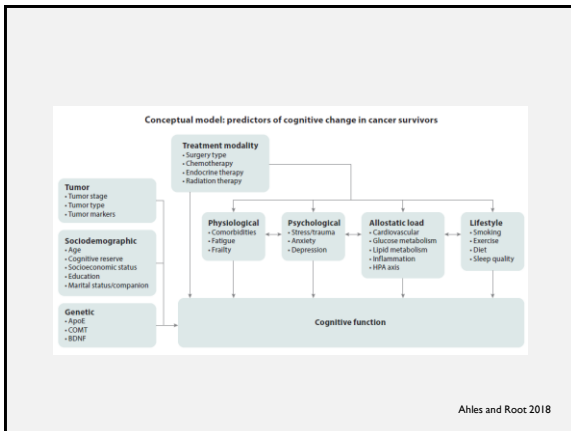


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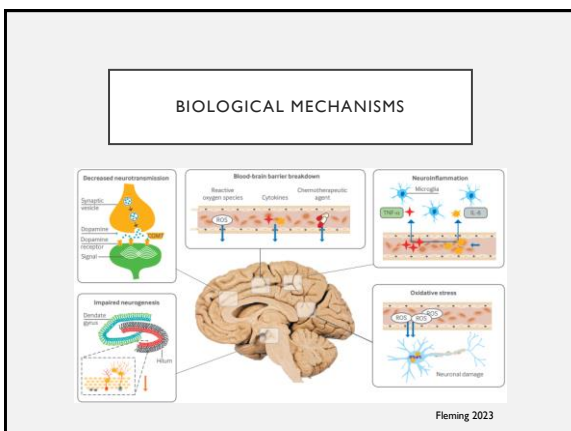




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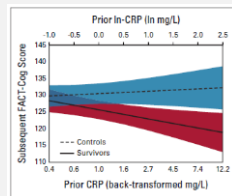
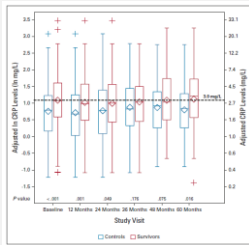
INFLAMMATION

- Associated with ↑ risk for cancer and neurocognitive disorders
- ↑ cytokine levels in CA pts at baseline relative to controls
- ↑ during chemo and during hospitalization for HSCT
- ↓ (but stay elevated) with time
- Correlate with objective and self-reported CRCD

Patel 2015, Wang 2016, Kesler 2013, Lyon 2016, Hoogland 2019

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ELEVATED C-REACTIVE PROTEIN PREDICTIVE OF SELF-REPORTED COGNITIVE PROBLEMS

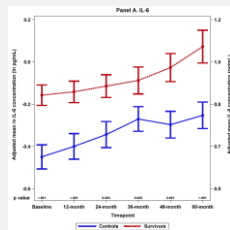


Carroll, Nakamura, Small et al. 2022

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INTERLEUKIN-6 PARTIALLY ACCOUNTS FOR WORSE COGNITION IN CANCER SURVIVORS COMPARED TO CONTROLS

- Survivors had significantly higher IL-6 levels than controls over time
- Survivors had lower attention/executive function scores than controls ($p < .05$).
- Levels of IL-6, IL-10, and TNF- α related to cognitive performance
- IL-6 mediated the relationship between survivor/control group and cognition ($p = .01$).



Mandelblatt 2023

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CRCD IN THE CONTEXT OF ACCELERATED AGING

The graph plots Cognitive Functioning on the y-axis against Time on the x-axis. Three lines represent different trajectories: a solid yellow line for 'No Cancer' which shows a gradual decline; a dashed blue line for 'Cancer Survivor' under the 'Phase Shift Hypothesis' which starts at a lower level than the 'No Cancer' group but declines at a similar rate; and a dashed black line for 'Cancer Survivor' under the 'Accelerated Aging Hypothesis' which shows a steeper decline than the 'Phase Shift' group. Two blue callout boxes provide definitions for the hypotheses.

Phase Shift Hypothesis: The trajectory of cognitive dysfunction parallels normal aging.

Accelerated Aging Hypothesis: The trajectory of cognitive dysfunction is accelerated in comparison to normal aging.

Ables 2012

- Inflammation, oxidative stress, DNA damage, shortening of telomeres, cellular senescence
- Increased expression of p16^{INK4a} in breast cancer after chemotherapy (10 yrs chronological aging) and after autologous HSCT for multiple myeloma (34 yr of chronologic aging)

Sanoff 2014, Rosko 2015, Salas-Ramirez 2015

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IMAGING FINDINGS

- Altered functional brain activation
- ↓ gray matter volume
- ↓ white matter connectivity
- Decreased volume and connectivity correlate with worse function

Sousa 2020, Kesler 2020, Deprez 2018

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CANCER/TUMOR

- Non-CNS Cancers
 - Immune system dysfunction → disrupt brain structure and function
 - Feeling physically ill, fatigued, depressed, etc.
- Primary brain tumors and brain metastases
 - ↑ Intracranial pressure
 - Edema
 - Displacement of brain tissue
 - ↓ blood supply

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CHEMOTHERAPY

- Most chemo cannot cross the BBB
- CA increases BBB permeability
- Even small amounts can cause significant damage
- Increases levels of pro-inflammatory cytokines
- Cytokines increase BBB permeability
- Elevated cytokines can lead to damage through oxidative stress and DNA damage
- Diminution of neurogenesis
- Disruption of myelin and oligodendrocyte precursors

Lange 2019

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SURGERY

- Mastectomy implicated in cognitive effects
- May be 2/2 increased inflammation, pain, psychological effects
- Impact of anesthesia (especially in elderly)
- In pts w/ brain tumors, can improve or worsen cognitive function

Reid-Arndt 2012, Cimprich 2010, Su 2020

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RADIATION

- Cranial, Head & Neck
- Radiation necrosis
- Disrupts creation of new neurons in the hippocampus
- Local
- Some evidence for adverse cognitive effects
- Mechanisms
- Chronic oxidative stress and inflammation
- Neuronal damage
- Changes to BBB, ischemia, oligodendrocyte function

Wilke 2018, Dong 2015, Carvalho 2018

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HORMONAL THERAPY

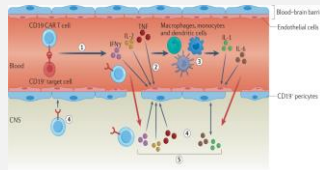
- Estrogen and testosterone support brain function
- Tamoxifen and aromatase inhibitors
 - Smaller hippocampal size
 - Combination with chemo may lead to greater cognitive difficulties
 - Other studies show no association
- ADT with adverse cognitive consequences

Ganz 2014, Van Dyk 2019, Bender 2015

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CAR T CELL THERAPY

- 30-62% develop acute encephalopathy (ICANS), which resolves with steroids, tocilizumab
- At least one small study demonstrated patient-reported cognitive concerns in memory (35%), word-finding (30%), attention (23%), executive function (13%) 1-5 years after CART (Ruark 2020)



Lee 2019, Gust 2017, Santomaso 2018

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IMMUNE CHECKPOINT INHIBITORS

- Encephalitis occurs in <1% from 4 days to 28 weeks after exposure
- May lead to neuroinflammation, which in combination with other treatments, could increase risk for CRCDD
- Other candidate mechanisms include: cross-reaction w/ auto-antigens in the CNS (e.g., paraneoplastic syndrome), autoimmune, T-cell mediated direct injury
- Indirect effects via endocrinopathies (e.g. hypo/hyperthyroidism)
- Up to 37% of metastatic melanoma survivors treated with ICIs had cognitive impairment when tested 6 months after treatment
- Systematic studies are lacking

Touss 2017, Schagen 2022, Rogiers Support Care Cancer 2020, Rogiers J Immunol Res 2020

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MEASUREMENT

- Hopkins Verbal Learning Test
- Trail Making Test
- Controlled Oral Word Association Test

- EORTC-QLQ-30
- FACT-Cog
- PROMIS Cognitive Function

- Montreal Cognitive Assessment (MOCA)
- Mini Mental Status Exam
- Mini-Cog
- Blessed Orientation Memory Concentration Test

- NIH Toolbox
- CANTAB

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PROMIS COGNITIVE FUNCTION SHORT FORM

Please respond to each question or statement by marking one box per row.

In the past 7 days...

	Never 1	Rarely (Once) 2	Sometimes (Two or three times) 3	Often (About once a day) 4	Very often (Several times a day) 5
My thinking has been slow.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It has seemed like my brain was not working as well as usual.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have had to work harder than usual to keep track of what I was doing.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have had trouble shifting back and forth between different activities that require thinking.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have had trouble concentrating.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have had to work really hard to pay attention or I would make a mistake.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have had trouble forming thoughts.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have had trouble adding or subtracting numbers in my head.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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MOCA

MONTREAL COGNITIVE ASSESSMENT (MOCA)
Version 7.1 Original Version

NAME: _____
Education: _____
Sex: _____
Date of birth: _____
DATE: _____

VISUOSPATIAL / EXECUTIVE

Copy cube: Draw CLOCK (Ten past eleven) (10min):

Points

____/5

NAMING

____/3

Points

____/3

45

MEMORY	Read list of words; subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.												No points	
	1st trial	FACE	VELVET	CHURCH	DAISY	RED								
	2nd trial													
ATTENTION	Read list of digits (1 digit/ sec.). Subject has to repeat them in the forward order [] 2 1 8 5 4 Subject has to repeat them in the backward order [] 7 4 2						[]	[]	[]	[]	[]	[]	___/2	
	Read list of letters. The subject must tap with his hand at each letter A. No points if > 2 errors [] FBACMNAAJKLBAFAKDEAAAJAMOFAB						[]	[]	[]	[]	[]	[]	___/1	
	Serial 7 subtraction starting at 100 [] 93	[] 86	[] 79	[] 72	[] 65								___/3	
	4 or 5 correct subtraction: 3 pts. 2 or 3 correct: 2 pts. 1 correct: 1 pt. 0 correct: 0 pt.												___/3	
LANGUAGE	Repeat : I only know that John is the one to help today. [] The cat always hid under the couch when dogs were in the room. []						[]	[]	[]	[]	[]	[]	___/2	
	Fluency / Name maximum: number of words in one minute that begin with the letter F [] _____ (N & 11 words)						[]	[]	[]	[]	[]	[]	___/1	
ABSTRACTION	Similarity between e.g. banana - orange - fruit [] train - bicycle [] watch - ruler						[]	[]	[]	[]	[]	[]	___/2	
DELAYED RECALL	Has to recall words WITH HD CUE		FACE	VELVET	CHURCH	DAISY	RED						Points for UNCALLED recall only	___/5
	Category cue		[]	[]	[]	[]	[]	[]	[]	[]	[]	[]		
Optional	Multiple choice cue		[]	[]	[]	[]	[]	[]	[]	[]	[]	[]		
ORIENTATION	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	___/6	
	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	___/6	
© Z.Nasreddine MD www.mocatest.org Normal > 26 / 30												TOTAL	___/30	
Administered by: _____												Add 1 point if < 12 yr old		

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Which of these DOES NOT have at least some evidence for Treatment of CRC?

- Certain FDA approved treatments from Alzheimer's disease 0%
- Ginkgo biloba 0%
- Meditation-mindfulness 0%
- Cognitive rehabilitation 0%
- Exercise 0%

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ADDRESS REVERSIBLE CONTRIBUTORS

- Sleep disorders (insomnia, sleep apnea)
- Depression, anxiety, distress
- Pain and pain medications
- Other physical illnesses
- Fatigue
- Vitamin/Mineral deficiencies
- Anemia

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CRCD INTERVENTIONS

Behavioral: Cognitive rehabilitation, Cognitive training, Combination

Physical activity: Aerobic, strength exercise programs; Yoga

Mind-Body: Meditation, Mindfulness, Acupuncture

Pharmacotherapies: Donepezil, Memantine, Modafinil, Methylphenidate, Epo-stimulating agents, Vitamin E, Ginkgo biloba, SSRIs

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**COGNITIVE REHABILITATION
("STRATEGY TRAINING")**

- Increase awareness and problem solving around difficulties
- Weekly, face-to-face sessions with Speech or Occupational Therapist
- Aids: planner, alerts, sticky notes

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COGNITIVE TRAINING

- AKA "Brain Training", "Brain Games"
- Repetitive, increasingly challenging tasks (often via computer)
- 4-5 days/week, 30 min/session
- HappyNeuron, Luminosity, BrainHQ

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PHYSICAL ACTIVITY

- ↓ risk of Alzheimer's and slows age-related cognitive decline
- Research in CRCD is growing
- Moderate intensity aerobic exercise ~150 min/week
- Get Real & Heel
- LIVESTRONG at the YMCA
- Yoga

Campbell 2020

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MIND-BODY

- Guided imagery
- Mindfulness
 - UCLA MAPS classes
 - UNC and Duke Integrative Medicine
- Apps: The Mindfulness App, Sitting Still, Headspace, Insight Timer, Mindfulness Bell
- Acupuncture
 - UNC Family Medicine Acupuncture Clinic
 - NC Society of Acupuncture and Asian Medicine

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MEDICATIONS

- Stimulants (Ritalin and modafinil)
- Alzheimer's medications (donepezil and memantine)
- SSRI antidepressants
- Weigh risk/benefit

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MEMANTINE FOR PREVENTION OF COGNITIVE DECLINE IN PATIENTS WITH BREAST CANCER

- Most interventions limited by:
 - Non-specific biological mechanisms
 - Availability/scalability
 - Administered during survivorship
- Memantine in guideline recommendations for WBRT
- Memantine prevents cognitive decline in chemotherapy animal models through modulation of neuroinflammation and BDNF

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STUDY SCHEMA

Baseline
 - Cognitive evaluation*
 - Comorbidities**

Start/Titrate memantine
 - Tolerability
 - Adherence

q3-3wk
 - Tolerability
 - Adherence

Post-assessment
 - Cognitive evaluation*
 - Comorbidities**

*Traditional neuropsychological assessment, PROs, computerized tests (CANTAB)
 **Comorbidities: depression, anxiety, fatigue, sleep, functional ability, hormonal status

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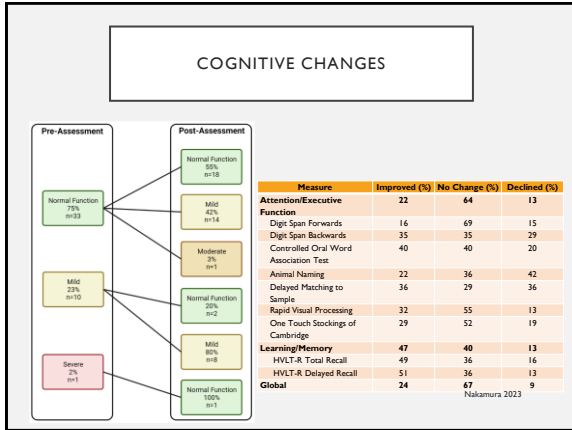
FEASIBILITY, TOLERABILITY, AND ACCEPTABILITY

Participant Characteristics (N=56)		Feasibility and Safety	
	n (%)		
Age, mean (SD)	56.2 (12.8)	• Recruitment Rate: 44%	
Female	98 (55)	• Retention Rate: 80%	
Race		• Adherence: 76% received ≥ 90% scheduled doses	
White	77 (43)	• AEs: 2 at least probably related to memantine; both grade I	
Black or African-American	18 (10)		
More than one race	3 (5)		
Education, mean (SD)	15.8 (2.3)		
Stage			
I	57 (32)		
II	27 (15)		
III	16 (9)		
HER2+	29 (16)		
HR+	68 (38)		
Adjuvant	64 (36)		
Anthracycline-based regimens	43 (24)		

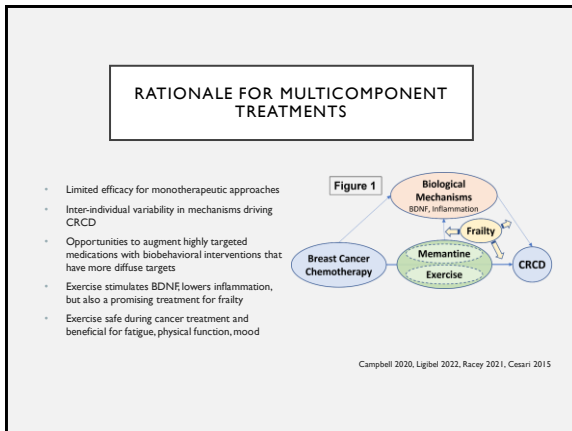
	Agree or Strongly Agree (%)	Uncertain (%)	Disagree or Strongly Disagree (%)
Having to take memantine worried me	72	7	86
I sometimes worried about long-term effects of memantine	16	12	72
Memantine disrupted my life	5	5	91

Nakamura 2023

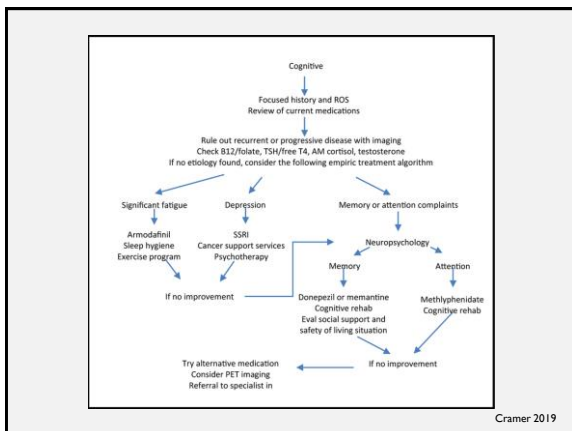
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SUMMARY

- CRCD is common and consequential
- Multiple mechanisms, converging on inflammation and accelerated aging
- Measurement
 - Self-report and objective measures
 - Self-report should include FACT-Cog or, at minimum, the PROMIS Cognitive Function Short Form 8a
 - Neuropsych batteries should reflect ICCTF recommendations
- Workup/Treatment
 - B12, folate, vitamin D, TSH/T4
 - Address depression/anxiety, sleep problems (e.g., sleep study)
 - Consider referral for neuropsychological testing
 - Referral for cognitive rehab (e.g., SLR OT)
 - Trials of memantine/donepezil vs. stimulants

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UNC COMPREHENSIVE CANCER SUPPORT PROGRAM (CCSP)



<https://unclineberger.org/ccsp/>

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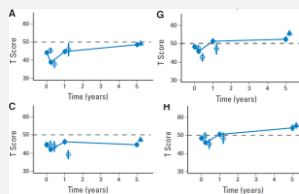
CRCD AND FRAILTY

- Frailty is the phenotypic representation of dysregulation across multiple physiological systems
- Higher prevalence in cancer populations and accelerated by cancer treatments
- In breast cancer, longitudinal objective and self-reported decline in cognitive function from pre- to 6 months post-chemotherapy was associated w/ increase in frailty over the same period (Magunson 2019)
- In breast cancer survivors 5-15 years post-treatment, frailty and pre-frailty predicted cognitive decline over 2 yr observation in cancer survivors but not controls (Ahles 2022)
- In outpatients with plasma cell disorders (n=86), we have shown that frailty is uniquely associated with both objective (RR 1.49, p=0.04) and self-reported (RR 3.60, p=0.02) CRCD (Nakamura 2022)

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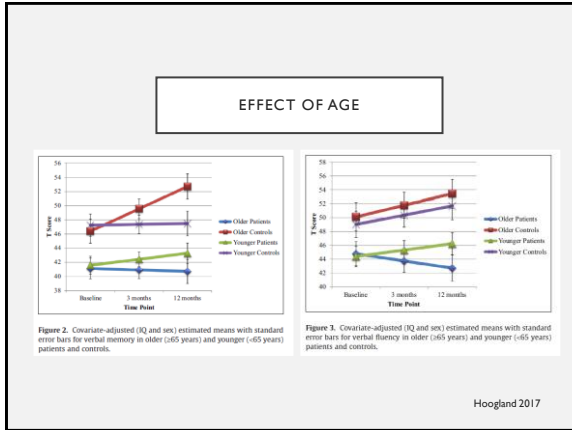
TRAJECTORY AFTER TRANSPLANT

- Cognitive dysfunction at baseline is prevalent
- Worsens immediately after transplant
- Recovers over time, but persists in a subset

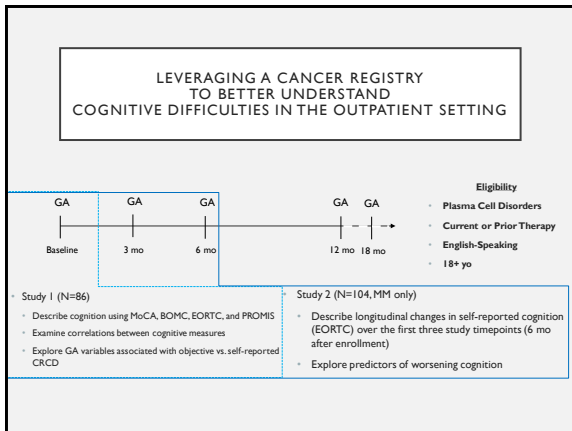


Syrjala 2011

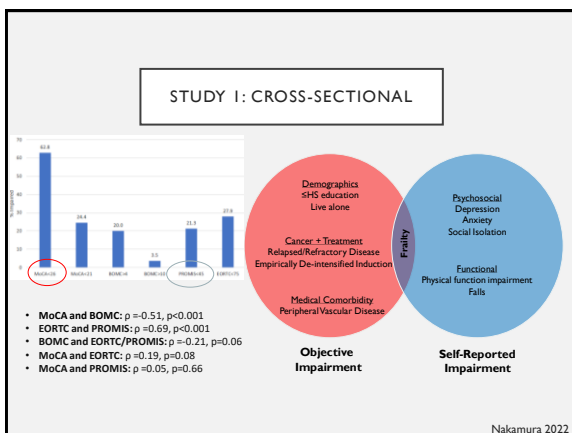
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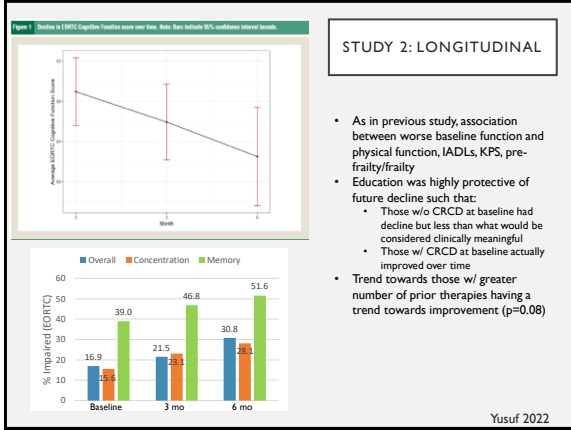
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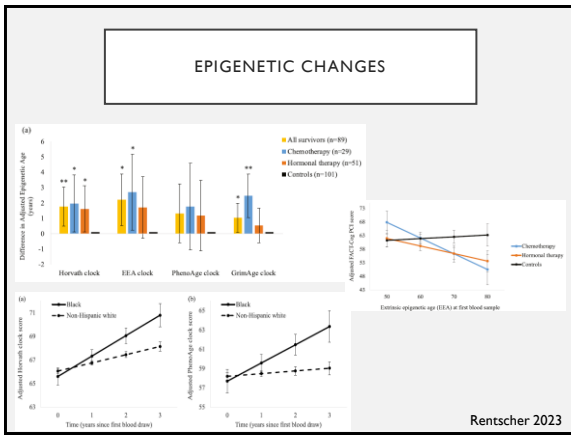
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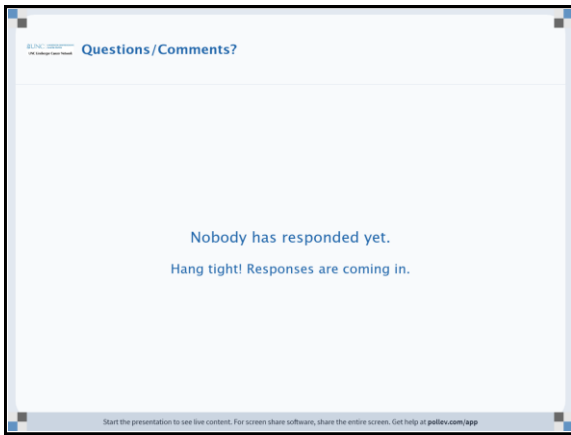
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Tim Poe, Director

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SELF-PACED, ONLINE COURSES

	<p>ADVANCED PRACTICE PROVIDER</p> <p>Developing Comprehensive Exercise Programming for People Affected by Cancer</p> <p>Carly Bailey, MA</p>	<p>August 16 4:00 PM</p>
	<p>RESEARCH TO PRACTICE</p> <p>H&N Cancer Management in NC: Updates for 2023</p> <p>Siddharth Sheth, DO, MPH Colette J. Shen, MD, PhD Wendell Yarbrough, MD, MMHC, FACS</p>	<p>August 23 12:00 PM</p> <p>No CME credit available for August 23 webinar</p>
	<p>PATIENT CENTERED CARE</p> <p>Improving the Lives of AYA with Cancer</p> <p>Lauren Lux, MSW Catharine Swift, MSW, LCSW Melissa Matson, MSN, RN, AGPCNP-BC</p>	<p>September 13 12:00 PM</p>

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SELF-PACED, ONLINE COURSES

	<p>ADVANCED PRACTICE PROVIDER</p> <p>Parenting with Cancer</p> <p>Justin Yopp, PhD</p>	
	<p>RESEARCH TO PRACTICE</p> <p>The Ketogenic Diet for Brain Tumor Patients: A Phase 1 Trial and Beyond...</p> <p>Jethro Hu, MD</p>	
	<p>PATIENT CENTERED CARE</p> <p>Cancer Pathology: How Diagnosis Drives Treatment</p> <p>Yuri Fedoriw, MD</p>	

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