

Platinum Study Newsletter

VOLUME 2, ISSUE 1

SPRING / SUMMER 2016

SPECIAL POINTS OF INTEREST:

- We update you briefly on the study's progress
- We showcase the inaugural ASCO Cancer Survivorship Symposium held in San Francisco
- Importance of completing your audiometry visit
- We introduce the Platinum Study Website

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A Platinum Study Update

With gratitude to all of you, The Platinum Study now has over 1100 participants throughout the U.S., Canada and the U.K. As enrollments continue, we remain focused on the synthesis and analyses of the valuable data provided by you and your peers. We also continue to present abstracts of scientifically important information at the national and international level. In addition to the 4 abstracts mentioned in previous newsletters, 2 additional abstracts were presented at the ASCO Cancer Survivorship Symposium held January 15-16, 2016 in San Francisco, CA.

As always, all data are presented in aggregate with complete protection of your privacy. We thank you for your valuable contributions to this research.

We remain focused on the following topics:

- The types of hearing loss that may be due to cisplatin-based chemotherapy
- Various health conditions in cancer survivors
- Cardiovascular disease risk factors
- Genetic variants associated with cisplatin-associated ototoxicity and neuropathy



The Platinum Study Website

We are delighted to present to you the new Platinum Study Website as another means to keep you up to date on study issues and accomplishments. Please see below for the link and let your coordinators know if you have suggestions for this website.

(<http://cancer.iu.edu/platinum>)

In August of 2015, the Journal of Clinical Oncology published an article by The Platinum Study's own Drs. Chunkit Fung, Sophie D. Fossa, Deepak M. Sahasrabudhe, and Lois B. Travis. This article is a population-based study about cardiovascular disease mortality after chemotherapy or surgery for testicular nonseminoma in the National Cancer Institute's Surveillance Epidemiology and End Results program. It was considered important enough to receive an editorial.

You can find this article on the web at:

<http://jco.ascopubs.org/content/early/2015/08/03/JCO.2014.60.3654.abstract>



Dr. Feldman from Memorial Sloan Kettering Cancer Center

Featured Clinician: Dr. Darren R. Feldman

Dr. Feldman is an Assistant Attending Physician on the Genitourinary Oncology Service within the Department of Medicine at Memorial Sloan Kettering Cancer Center and Assistant Professor in Medicine at Weill Medical College of Cornell University, both in New York City, NY. He leads the germ cell tumor (GCT) research program at Memorial Sloan Kettering Cancer Center. With his colleagues in urologic, medical, and radiation oncology, this program sees about 400 patients with GCT per year and Dr. Feldman's practice is almost entirely dedicated to the management of men with GCT. Dr. Feldman's research focuses on understanding the biology of and improving the treatment for patients with testicular and extra-gonadal GCT. Working with the Center's cardiologists and subspecialists, he also has a special interest in the mechanism and management of late toxicities resulting from the treatment for GCT, particularly effects on the heart and vascular system. He has led and is currently leading both national and international trials in the treatment of GCT and presented his research on new treatments, tumor biology, and cardiovascular toxicity at meetings around the world. He is the recipient of an American Society of Clinical Oncology (ASCO) Young Investigator Award as well as an Aflac / Children's Oncology Group (COG) Adolescent and Young Adult Biology Research Grant to fund his GCT research. Dr. Feldman has published more than 70 peer-reviewed publications, including in journals such as the *Journal of the American Medical Association*, *Journal of Clinical Oncology*, *Journal of the National Cancer Institute*, *Clinical Cancer Research*, *PLOS One* and *Proceedings of the National Academy of Science*. He has also authored review chapters on testicular cancer in several prominent text books including Harrison's *Principles of Internal Medicine*, DeVita, Hellman, and Rosenberg's *Cancer: Principles and Practice of Oncology*, and the *Comprehensive Textbook of Genitourinary Oncology*.

Chemotherapy-Induced Peripheral Neuropathy

In Issue I of our newsletter, we briefly discussed chemotherapy-induced peripheral neuropathy (CIPN). Let's dive deeper into this topic.

Can CIPN be prevented?

- More research is still needed due to mixed results on the prevention of CIPN. Vitamins, dietary supplements, and some drugs are being studied but to date, there is no known way to prevent CIPN.

Treatment for CIPN:

- There are many treatments out there to help ease the symptoms of CIPN including: steroids, patches or creams of numbing medicine, antidepressants, anti-seizure medicines and opioids or narcotics.
- Other forms of treatment include; electrical stimulation, occupational, physical, and relaxation therapy, guided imagery, distraction, acupuncture and biofeedback.

Coping with CIPN:

Below are some useful tips to help you manage your neuropathy symptoms.

- Pain medication as prescribed by your doctor
- Avoid hot or cold temperatures
- Avoid tight fitting clothes and shoes

What is Biofeedback?

- Biofeedback is a technique teaching you to control your body's functions. You are connected to electrical sensors that help you receive information about your body to improve your health and wellness.

Cancer Survivorship Symposium: Advancing Care and Research

This past January, several members of your Platinum Study research team gathered for the inaugural ASCO Cancer Survivorship Symposium in San Francisco. Sarah L. Kerns, PhD, MPH a Research Assistant Professor in the Department of Radiation Oncology at the University of Rochester Medical Center presented and addressed the increased burden of morbidity after being treated with cisplatin-based chemotherapy. Men with testicular cancer diagnosed at a young age have a high cure rate but are vulnerable to future health conditions. “Despite this excellent long-term survival profile, testicular cancer survivors are at risk for late adverse effects from treatment for many decades—most of their adult life,” said Kerns. The study looked at 751 Platinum Study participants under the age of 50 at the time of diagnosis who underwent cisplatin-based chemotherapy. Men answered questions about their health and prescription drug use and after the data was compiled, obesity was the most commonly reported health outcome. The study also found that those patients with the highest cumulative burden of morbidity were also more likely to self-report worse health status. In conclusion, future research will further focus on evaluating long-term cumulative burden of morbidity among testicular cancer survivors to inform risk-adapted survivorship care plans.

Kerns SL, Fung C, Williams A, Zaid MIA, Sesso HD, Feldman DR, Hamilton RJ, Vaughn DJ, Beard C, Liu H, Herrmann D, Sahasrabudhe DM, Foss SD, Einhorn LH, Travis LB, The Platinum Study Group. Cumulative burden of morbidity (CBM) among testicular cancer survivors (TCS) in the Platinum Study. Presented at: ASCO Cancer Survivorship Symposium; January 15-16, 2016; San Francisco, CA. Abstract 106.

For more information on this Platinum Study research, you can visit the link below.

<http://nursing.onlive.com/conference-coverage/css-2016/addressing-cisplatin-late-effects-in-testicular-cancer-survivors>

Extra! Extra! Read all about it!

For its annual meeting, the American Association of Cancer Research is adding a Major Symposium on Cancer Survivorship. The invited featured speaker for adult-onset cancer survivorship is the PI of the Platinum Study: Lois B. Travis, M.D., ScD. Her title is “What Have We Learned from Survivors of Adult-Onset Cancers?” We will provide a synopsis of this presentation in a future newsletter.



"Photo Courtesy © ASCO/Todd Buchanan 2016"

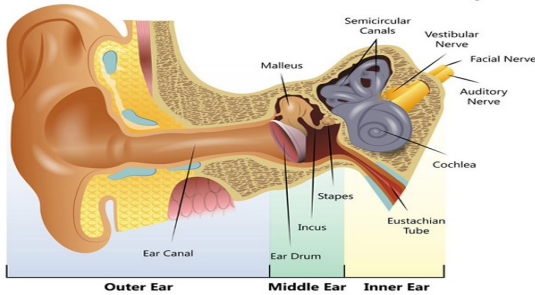
Achieving a Healthy Lifestyle: Easy Recipes

In our last edition, we discussed the importance of a healthy lifestyle in cancer survivors. Achieving a healthy lifestyle is composed of physical activity and a well-balanced diet with portion control and getting started is the hardest part. Below are some recipes that won't leave you hungry and will kick-start your healthy lifestyle:

- <http://www.realsimple.com/food-recipes/recipe-collections-favorites/quick-easy/easy-healthy-dinner-recipes/pork-chops-squash>
- <http://www.realsimple.com/food-recipes/recipe-collections-favorites/quick-easy/easy-healthy-dinner-recipes/brisket-potatoes>
- <http://www.realsimple.com/food-recipes/recipe-collections-favorites/quick-easy/easy-healthy-dinner-recipes/lamb-chops-chickpeas>
- <http://allrecipes.com/recipe/85452/homemade-black-bean-veggie-burgers/?internalSource=recipe%20hub&referringId=84&referringContentType=recipe%20hub>
- <http://allrecipes.com/recipe/19963/fajita-marinade-i/?internalSource=recipe%20hub&referringId=84&referringContentType=recipe%20hub>

What is Ototoxicity?

Ototoxicity is ear poisoning (oto=ear, toxicity=poisoning) resulting from exposure to drugs or chemicals that damage the inner ear or vestibulocochlear nerve. Chemotherapy agents like cisplatin attack cancer cells that are dividing quickly. Other cells in your body such as hair follicles in your ear can sometimes become damaged resulting in loss of hearing and tinnitus (which is ringing of the ear) and can become a long-term side effect. If you are experiencing the symptoms mentioned above and they are affecting your everyday life, please contact your physician.



Sources:

<http://www.cancer.org/cancer/testicularcancer/detailedguide/testicular-cancer-treating-chemotherapy>

<http://vestibular.org/ototoxicity>

<http://www.hearinglink.org/what-is-sensorineural-hearing-loss>

Coordinator's Corner

As part of your participation in this study, you have been invited to complete a hearing test. The information provided by this test is extremely important for helping us to advance this research and understand the types of hearing loss that may be associated with cisplatin-based chemotherapy. If you still need to complete this test, please respond to requests from your study coordinator at your site to schedule this exam. We greatly appreciate your time and participation!

Schedule your audiometry

- **Contact your site to schedule an appointment.**

Your Health Project Coordinator will direct you from there.

- **Complete your audiometry visit.**

The visit should only take 15 to 20 minutes using state-of-the-art audiometry, helping us learn more than ever before about hearing after cisplatin-based chemotherapy in you, the survivor.



<https://pixabay.com/en/ear-listen-hear-gossip-sound-25595/>

Featured Health Project Coordinator

Lynn Anson-Cartwright, BSc, CCRA Princess Margaret Cancer Centre, Toronto



Based in Toronto, after completing her Bachelor of Science from the University of Toronto, Lynn began her career in research labs in the fields of Genetics, Developmental Biology, and Fetal Development. After 20 years conducting basic research she moved into the clinical research setting, swapping a lab bench and mice for a desk, computer and patient interaction. She has been at Princess Margaret for 16 years beginning in the field of breast cancer clinical research. At the same time she completed the Certified Clinical Research Associate (CCRA) program at McMaster University. For the past 10 years, Lynn has been the Clinical Research Co-ordinator for the Testicular Cancer Program. She especially enjoys clinic days, meeting new patients and working with the multi-disciplinary team with expertise in the fields of chemotherapy, surgery, and radiotherapy.



Outside of work, Lynn loves being a mom and spending time with her family. She has three grown children who are great to just hang out with. She also enjoys traveling with her husband Michael, and building her library.