

Webinar #3:

# Organ Health After Childhood Cancer PART 2

11th February 2022 | 20:00-21:30 (UTC +8)

<b>Program Name:</b>	St. Jude-VIVA Survivorship #3
<b>Event Date:</b>	Friday 11th Feb 2022
<b>Event Time:</b>	8:00pm – 9:30pm (Singapore Time)

## Programme Synopsis

### Lecturer 1:

#### Endocrine Late Effects – Hypothalamic-Pituitary Axis (Dr Wassim Chemaitilly)

This presentation will offer a brief overview of hypothalamic-pituitary disorders, one of the most reported endocrine complications in childhood cancer survivors. Injury from tumor growth, surgery and / or radiotherapy represents the main risk factors with emerging data related to newer chemotherapy agents. Screening strategies will also be discussed.

### Lecturer 2:

#### Metabolic Late Effects – Obesity, Insulin Resistance (Dr Stephanie Dixon)

With improvements in childhood cancer treatment and supportive care there is a continually growing population of long-term survivors at risk for late complications of cancer treatment. Endocrine late effects are highly prevalent among survivors and include obesity, metabolic syndrome and diabetes. Compared to siblings, survivors of childhood cancer have been shown to have an increased risk of obesity and diabetes. Additionally, metabolic syndrome, a group of risk factors associated with increased cardiovascular mortality in the general population, is seen at a higher rate among adult survivors of childhood cancer than in the general population. Specific, cancer-directed therapies impact risk for metabolic late effects.

Cranial radiation and high-dose glucocorticoid exposure are associated with increased risk of obesity. Survivors of hematopoietic cell transplant, particularly those who received total body irradiation, are at high risk for metabolic syndrome. And radiation involving the pancreatic tail has been shown to increase risk of diabetes. Further, while adherence to modifiable lifestyle factors may decrease risk for metabolic syndrome among survivors, only a minority report following recommendations for diet and exercise. In the general population, obesity, diabetes, and metabolic syndrome are each established risk factors for cardiovascular mortality, a leading cause of non-cancer death among long-term survivors. Because of the high prevalence of metabolic late effects, it is necessary that survivors receive appropriate risk-based screening and are counselled on the importance of lifestyle factors, including diet and physical activity, for their cardiometabolic health.