# Cardio Oncology Emerges as Important Specialty as Cancer Treatments Advance, Patients Live Longer

Cardio oncologists focus on keeping patients' hearts healthy throughout treatment and beyond as cancer treatments can cause damage to the heart.

National Jewish Health		
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#### NEWS PACKAGE SUGGESTED TEASE AS CANCER PATIENTS AND THEIR DOCTORS BATTLE THE DISEASE, THERE IS OFTEN ANOTHER LIFE-THREATENING HEALTH CONCERN DEVELOPING THROUGHOUT THEIR TREATMENT. COMING UP. AN EMERGING SPECIALTY FOCUSED ON KEEPING PATIENTS HEALTHY ENOUGH TO CONTINUE THE FIGHT. AFTER A CANCER DIAGNOSIS, THE WHEELS GO ANCHOR LEAD INTO MOTION TO FIND THE BEST COMBINATION OF MEDICATIONS AND TREATMENTS TO FIGHT THE DISEASE. BUT WHILE DOCTORS ARE FOCUSED ON ERADICATING A PATIENT'S CANCER, THERE ARE OFTEN DANGEROUS LEVELS OF DAMAGE OCCURRING TO THEIR HEART. BARB CONSIGLIO HAS THE DETAILS ON AN EMERGING MEDICAL SPECIALTY THAT HELPS KEEP CANCER PATIENTS' HEARTS HEALTHY ENOUGH TO CONTINUE TREATMENT AND GIVE THEM THE BEST CHANCE OF SURVIVAL. (PACKAGE START) ----CG: Courtesy: National Jewish (Nats - Sound) :02 Health :00 - :03 JANET SCHMIDTLEIN-SPARLING (SHMIT-line SPAR-ling) WORKS WITH HER DOCTORS TO ATTACK Shots of Janet going through HER CANCER FROM EVERY ANGLE POSSIBLE, BUT medications, taking pill TREATMENTS TOOK A MAJOR TOLL ON HER HEART THAT WAS BEYOND THE EXPERTISE OF A GENERAL CARDIOLOGIST. :09 CG: Janet "Because I'm now considered to have metastatic cancer Schmidtlein-Sparling and I still need my heart checked out. He introduced me to Cancer patient Dr. Fine." :09 DOCTOR CHRIS FINE IS A CARDIO ONCOLOGIST

Shots of Janet talking to Dr. Fine in exam room	AT NATIONAL JEWISH HEALTH AND AN INTEGRAL PART OF SCHMIDTLEIN-SPARLING'S CARE TEAM, NOT JUST TO LOOK AFTER HER HEART THROUGHOUT CANCER TREATMENT, BUT TO STAND BEHIND HER AND FIGHT. :10
Janet Schmidtlein-Sparling (CG'd earlier)	<i>"I was like, 'Yes, I'm not ready to give up yet,' and he goes, 'Then I'm walking with you.'" :05</i>
Shots of Dr. Fine conducting EKG on Janet	DOCTOR FINE STAYS IN CLOSE CONTACT WITH HIS PATIENTS' ONCOLOGISTS TO ENSURE THEIR HEARTS ARE STRONG ENOUGH TO ENDURE TREATMENT. SEAMLESS FOLLOW-UP CARE IS ALSO BECOMING INCREASINGLY IMPORTANT, AS CANCER SURVIVORS ARE MORE THAN TWICE AS LIKELY TO DIE OF HEART DISEASE THAN THE GENERAL POPULATION <sup>1</sup> . :16
CG: Chris Fine, MD National Jewish Health Shots of echocardiogram	"We're finding cancers earlier on, our treatments have improved and that's leading to more remission for more patients. // even when the battle has been won, we're continuing to keep a close eye on things and monitor their overall cardiovascular health long term." :13
Shots of Dr. Fine review echo images Shots of Dr. Fine and Janet discussing data on Janet's app	CARDIO ONCOLOGISTS NOT ONLY CONDUCT ONGOING HEART IMAGING AND SCREENING THROUGH ROUTINE ECHOCARDIOGRAMS AND E-K-G'S, BUT ALSO GIVE PATIENTS TOOLS TO KEEP CLOSE TABS ON ANY CHANGES TO THEIR HEART USING APPS TO TRACK THINGS LIKE BLOOD
	PRESSURE, HEART RATE AND OXYGEN LEVELS. :15 (NATS of app discussion) :02
Shots of Janet and Dr. Fine	IT'S THIS COORDINATED CARE THAT HELPS JANET KEEP GOING EVERY DAY, KNOWING HER TEAM IS ALWAYS RIGHT BEHIND HER. :06
Janet Schmidtlein-Sparling (CG'd earlier)	<i>"These little things help because people are aware that you're fighting, you're fighting for your life." :06</i>
Dr. Fine (CG'd earlier)	"I'm going to be with them the whole way. We're going to monitor your heart in X, Y, Z ways to make sure things from our standpoint continue to be safe so you can focus your mental energy, your physical energy, where it's needed the most, and that's with battling their cancer." :14
Shots of Janet and Dr. Fine (PACKAGE END)	AT NATIONAL JEWISH HEALTH, THIS IS BARB CONSIGLIO REPORTING. :02
ANCHOR TAG	AS TREATMENTS HAVE QUICKLY ADVANCED OVER THE PAST DECADE, SO HAS THE FIELD OF CARDIO-ONCOLOGY.

	EXPERTS SAY IT IS IMPORTANT FOR PATIENTS TO BE AWARE OF THE RISKS AND TO ADVOCATE FOR THEMSELVES BY SEEKING THE CARE OF A CARDIO-ONCOLOGIST, WHO HAS THE EXPERTISE TO CONSIDER HOW THEIR HEART HEALTH WORKS IN TANDEM WITH THEIR THEIR CANCER CARE.
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# SOCIAL MEDIA

Share it! Suggested tweet:	As cancer patients and their doctors focus on eradicating their disease, treatment is often taking a major toll on their heart. Cardio-oncologists at <u>@NJHealth</u> focus on keeping patients' hearts as healthy as possible so they can avoid interruptions in cancer treatment and continue the fight. <u>https://bit.ly/3KQ0wMS</u>
Suggested post:	Recent advancements in cancer screenings and care are improving survival rates. But as patients live longer, the effects of cancer treatments on patients' hearts are becoming more evident. Cardio-oncologists at <u>National</u> <u>Jewish Health</u> focus on cancer patients' heart health to help them avoid treatment interruptions, as well as manage their increased risk of heart attack and stroke for years to come. <u>https://bit.ly/3KQ0wMS</u>

### **EXTRA BITES**

CG: Chris Fine, MD National Jewish Health	Fine says minimizing heart damage is important to preventing interruptions in cancer treatment: "One of the best things that we can do in order to curb these cardiovascular adverse events is to monitor closely and risk stratify patients who are at highest risk for developing these potential adverse effects. Monitoring closely and intervening early with the goal being to minimize the likelihood of cancer treatment interruption." :19
	Fine says cancer care advancements have increased the need for cardio-oncology: <i>"Historically, cardio-oncology, couldn't even be a discipline</i> <i>early on because we were finding cancer too late in the</i> <i>course, and the prognosis of patients with cancer was</i> <i>quite poor. 18:22:00 So they never had the opportunity</i> <i>necessarily to develop cardiovascular toxicities." :17</i>
	Fine says cardio oncologists take the burden of heart health off of patients and oncologists: "There's somebody that can keep an eye on their heart in the midst of their cancer treatment. So that's one less thing that they have to worry about. It's one less thing for their oncologist to worry about, and we can truly operate as a multidisciplinary team to do the best for the patient." :12

CG: Chris Fine, MD National Jewish Health	Fine explains how survivors of childhood cancer are at risk for heart issues later on: "When they become 35, 40, 45 years old and appear to be normal. Otherwise, healthy middle-aged adults, they're at significantly higher risk of heart attacks, strokes, heart failure, you name it." :14
	Janet says her heart health is critical to helping her continue the fight: "If I want to stay healthy and be able to see my nieces and nephews and have a normal family life, I need to know my heart's safe, as far as that part goes. If my heart's not safe, then we're going to figure out how to make it safe." :12
CG: Janet Schmidtlein-Sparling Cancer patient	Janet says it's helpful to have a doctor that focuses on the effects of cancer treatments: <i>"It's very nice to know you have a doctor that's going to be there to support you through your cancer treatment, be aware of what the cancer's doing to my body, and to help me to know how to survive while I'm going through the cancer treatments." :15</i>
	Janet describes some of the daily data in her heart health app: "For my week so far, this week, I'm at a low walking steadiness, so I'm not as steady as I was if the week before. Again, that could be due to the fact that the medication's working, my blood pressure's been up a little bit and things. That's the stuff that I can talk to the doc about." :20

#### References

<sup>1</sup>*Fatal heart disease among cancer patients*, **Nature Communications**, **April**, **2020**. Online: <u>https://www.nature.com/articles/s41467-020-15639-5</u>

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