

Treatment of Kidney Cancer: Managing Side Effects Optimizing Outcomes

Laurie Appleby, APRN,MS
Dana Farber Cancer Institute
Boston, MA

Current Treatment Options for Kidney Cancer

- Surgery
 - removal of kidney
 - removal of single metastatic site
- Immunotherapy
 - high dose interleukin 2
 - interferon (role is fading)
- “Targeted” therapy

Emerging Trends in Kidney Cancer Care

- Cancer is increasingly being viewed as a chronic disease
- Increase use and availability of oral medications
- New and different side effect profiles which each new drug
- Longer survival requiring long-term daily medication
- Patients and care givers monitoring and managing side effects
- Increased emphasis on the patient and families as active team members

Available Targeted Therapies for Kidney Cancer

- *sorafenib* (*Nexavar*®) Dec. 20, 2005
 - Bayer/Onyx Pharmaceuticals
 - Oral medication
- *sunitinib* (*Sutent*®) Jan. 26, 2006
 - Pfizer Pharmaceuticals
 - Oral medication
- *temsirolimus* (*Torisel*®) May 30, 2007
 - Wyeth Pharmaceuticals
 - Intravenous infusion, weekly

Available Targeted Therapies cont'd

- *everolimus (Afinitor®* March 2009)
 - Novartis
 - oral medication
- *bevacizumab (Avastin®* August 2009)
 - Genentech
 - intravenous infusion given every two weeks
- pazopanib (Votrient®* October 2009)
 - GSK
 - oral medication

Important Factors for Improving Outcomes

- understanding of the disease
- understanding goals of treatment
- adhering to and understanding the treatment regimen

Risk Factors for Non-Adherence

- Physical or mental impairments
- Lack of social/family support
- \$\$ Cost of drug \$\$
- Complex regimens and frequent medical or infusion appointments
- Side effects
- Lack of or misunderstanding of long term therapy and proper dosing

What Do I Need to Know?

- How does the drug work?
- Side effects:
 - what to expect
 - when to expect them
 - what to do about them
- Schedule of treatment and office visits
- Concomitant medications
- Storage conditions

What Does My Team Need to Know?

- Health history
- Concomitant medications
- Allergies
- Social profile
 - with whom do you live
 - insurance issues
 - social supports

How to Improve Adherence

- Known your healthcare team
 - know how to reach them
- Understand your treatment goals
- If not provided, ask for written information about the medication
- Dosing aids
 - pill diary
 - pill box
- Inquire about available supports
 - financial
 - social
 - visiting nurses
- **Communication!!!!**



Side Effects

Management



Fatigue

- Exercise
- Exercise
- Exercise



Fatigue Management

- Set priorities
- Optimize sleep quality
- Build in rest periods
- Modify life style
- Exercise

Skin Toxicities

- Dry, itchy skin
- Rash
- Hand/Foot Skin Reaction
- Hair Changes
 - Thinning
 - Change in color(turns gray/white)
 - Scalp itching/burning
- Nail changes
- Wound healing complications

Skin Care

- Application of emollient based creams
 - Start before therapy
 - Continue during any break in therapy
 - Recommended moisturizers include: Bag Balm[®], Aveeno[®], Udderly Smooth[®], lanolin, Dermal Therapy[®]
 - Avoid hot showers
 - Increase fluid intake

HFSR Symptom Management

- Urea-based creams
- Apply moisturizers gently, avoid vigorous rubbing.
- Wear comfortable soft-soled shoes, gel insoles can be helpful
- Wear loose-fitting comfortable clothing.
- Keep legs raised whenever possible and sit on padded surfaces
- Avoid gripping objects tightly

Gastrointestinal Side Effects

- Mucositis – mouth sores and through out G.I. tract
 - Functional
 - Clinical
- Heartburn
- Taste Changes
- Anorexia
- Nausea, Vomiting
- Diarrhea
- Constipation
- Bleeding from the bowel- rare

Managing GI Side Effects

- Anti-diarrheal agents
 - OTC
 - prescription
- Antinausea medication
- Identify intolerances
- Small frequent meals
- Mouth rinses
 - OTC
 - prescription
- Use a straw for drinking

High Blood Pressure (hypertension)

- Common with some targeted therapies
- Rarely occurs with temsirolimus or everolimus
- Baseline BP is very important
- Monitor BP during initial weeks of treatment and then periodically thereafter
- Starting or adjusting an antihypertensive regimen may be necessary
- Monitoring reduces likelihood of interrupting treatment

Laboratory Abnormalities

- Urine
 - Protein in urine (bevacizumab)
- Hematologic (all)
 - Anemia (low red blood cell count)
 - Thrombocytopenia (low platelet count)
 - Leukopenia (low white blood cell count)
- Elevated liver function tests (pazopinib)
- High cholesterol (temsirolimus, everolimus)
- High blood sugar (temsirolimus, everolimus)

Misc. Side Effects

- Nose bleeds
- Runny nose
- Tearing eyes
- Blood clots
- Hemorrhage- coughing up blood, bleeding from the stomach or bowel
- Hypothyroidism (under-active thyroid)
- Edema (swelling)
- Congestive heart failure

Medication Conflicts

- Antibiotics
- Antifungal medications
- Blood thinners
- Dexamethasone (steroid)
- Vitamins
- Supplements: herbals, enzymes, naturopathic therapies
- No grapefruit or grapefruit juice or star fruit
- Do not take St. John's Wort

Medication Dosing

- Sutent: may be taken with or without food, 4/2 schedule
- Nexavar: taken daily on an empty stomach at least 1 hour before or 2 hours after eating
- Torisel: IV infusion once a week
- Afinitor: taken daily
- Avastin: IV infusion every two weeks
- Votrient: taken daily on an empty stomach; 1 hr before or 2 hrs after eating

DO NOT DRINK OR EAT GRAPEFRUIT



Temsirolimus (*Torisel*®)

Everolimus (*Afinitor*®)

- Allergic reactions during the infusion (Torisel)
 - Skin rash
 - Shortness of breath
 - Back pain
 - Anaphylaxis
- ↑ blood sugar
- ↑ cholesterol
- ↑ triglycerides
- **Damage to lung tissue** - report cough, SOB, fever
- **Increased susceptibility to infection**- report fever to health care team

Bevacizumab (*Avastin*®)

- Fatigue - usually mild
- Asthenia - body aches
- Proteinuria
- Hypertension
- Bleeding
- Clotting

Patient Assistance Programs

- www.spoconline.com
(*Avastin*)
- REACH (1-866-NEXAVAR)
(*Nexavar*)
- First RESOURCE (1-877-744-5675)
(*Sutent*)
- Wyeth Pharmaceutical Assistance (1-800-568-9938)
(*Torisel*)
- www.AFINITOR.com - (*Afinitor*) *Novartis*
- www.votrient.com - (*Votrient*) *GSK*

Patient Resources

- Kidney Cancer Association
 - www.KidneyCancer.org
- American Cancer Society
 - www.cancer.org
- Association of Cancer Online Resources
 - www.acor.org
- National Coalition for Cancer Survivorship
 - www.canceradvocacy.org
- People Living with Cancer/ASCO
 - www.plwc.org
- National Cancer Institute
 - www.cancer.gov

QUESTIONS ?