



# Improving Quality of Life After Childhood Cancer

## Survivorship at St. Jude: Helping Pediatric Cancer Survivors Live Long and Healthy Lives

The U.S. is home to an estimated 420,000 childhood cancer survivors—a number that is growing each year due to improved screening, diagnosis and treatment. While this generation of survivors is living longer, they also are experiencing the long-term effects of cancer and treatment, so it is vital to understand and address their unique healthcare needs.

St. Jude Children's Research Hospital® is a global leader in research and care for childhood cancer survivors through the following programs:

- St. Jude LIFE Study
- St. Jude After Completion of Therapy (ACT) Clinic
- Childhood Cancer Survivor Study (CCSS)

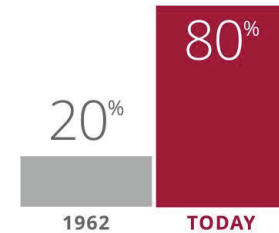
Due to the aging population of pediatric cancer survivors, St. Jude researchers are actively monitoring the health issues of adults who received their diagnosis and treatment 10, 20 and even 30-plus years ago. These learnings are then used to improve the health and quality of life among long-term survivors. It also translates into more effective treatments with fewer side effects for future generations of patients.

### St. Jude LIFE

St. Jude LIFE is a research study launched in 2007 that brings St. Jude childhood cancer survivors back to the hospital for regular health screenings. Participants receive assessments based on the specific treatment they received as a child. Testing could include anything from an eye exam to an echocardiogram. To date, more than 4,300 participants have participated and advanced the:

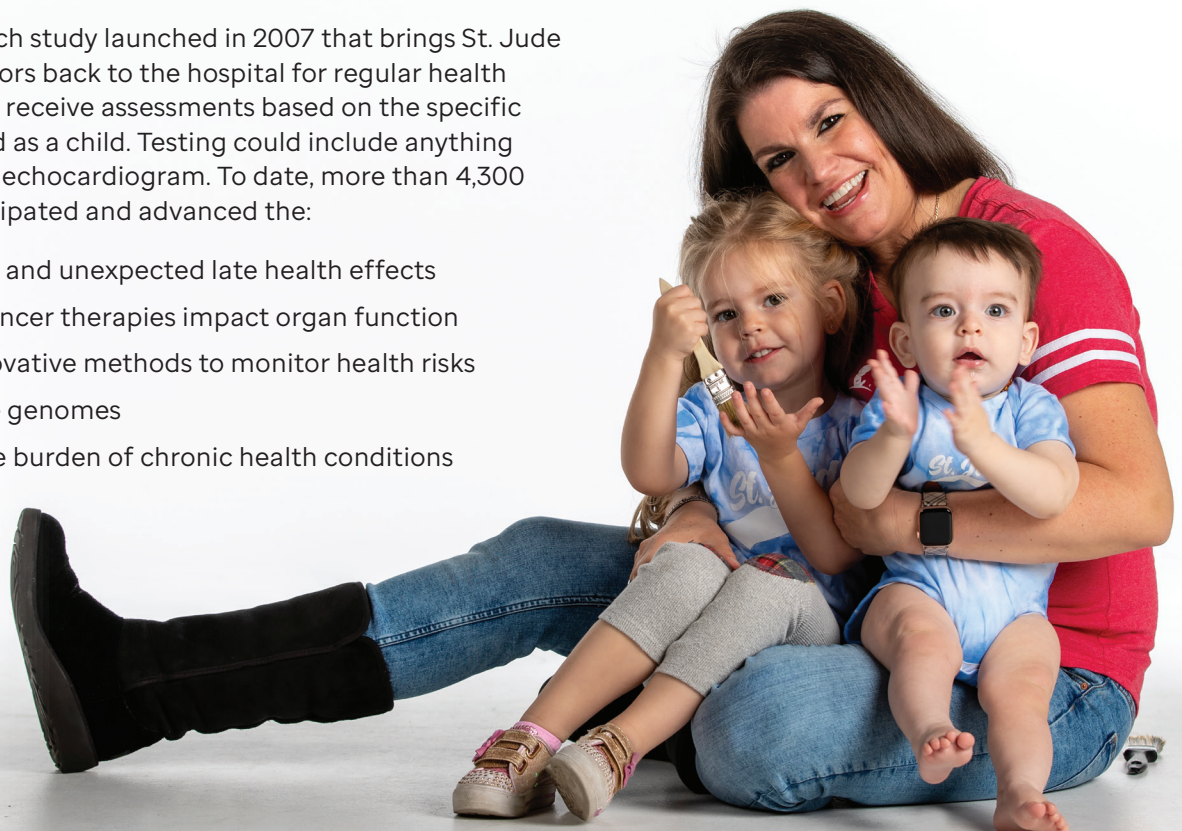
- Identification of new and unexpected late health effects
- Awareness of how cancer therapies impact organ function
- Development of innovative methods to monitor health risks
- Sequencing of whole genomes
- Understanding of the burden of chronic health conditions

### Childhood cancer survival rates



Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20% to more than 80% in the U.S.

Three-time cancer survivor  
Tayde with her children



St. Jude leads the Childhood Cancer Survivor Study (CCSS), a collaboration of more than 30 U.S. and Canadian institutions that includes more than 20,000 childhood cancer survivors.

## After Completion of Therapy (ACT) Clinic

The After Completion of Therapy (ACT) Clinic Presented by Kmart opened in 1984 to meet the medical, mental and social needs of patients after they finish their treatment plans. Patients are monitored every year until they reach 18 years of age or 10 years out of treatment.

Today St. Jude is following 5,000 survivors who received treatment for childhood cancer at St. Jude. The ACT Clinic is the largest long-term follow-up clinic for childhood cancer patients in the United States and serves as a model for other cancer follow-up programs around the world.

The ACT Clinic team includes doctors, nurse practitioners, nurses, social workers and psychologists who have special training and expertise to help cancer survivors. During checkups, patients are assessed for health problems or late effects that can occur after cancer treatment, such as trouble with growth and fertility, among other issues.

## Childhood Cancer Survivor Study

St. Jude is home to the world's single largest resource for survivorship research called the Childhood Cancer Survivor Study (CCSS). The research includes 20,000 survivors, including thousands of St. Jude patients. Launched in 1994, CCSS is funded by the National Cancer Institute and a collaboration of more than 30 U.S. and Canadian institutions to help researchers learn about the long-term effects of cancer and

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As new discoveries are made and the number of people surviving childhood cancer continues to grow, the opportunities to transform the post-cancer experience also grow. We are grateful for our dedicated donors and partners like Kmart, along with Sears, who make St. Jude research and programming possible. With your continued support, we can ensure that **patients don't just survive, but that they thrive into adulthood.**



St. Jude survivors and siblings Jakayla and Javon were each diagnosed with acute lymphoblastic leukemia (ALL) when they were 2.

therapy in order to design treatments and intervention strategies that increase survival and minimize harmful health effects.

## Survivorship Boxes

St. Jude is proud to honor survivors, from the newly diagnosed to those who first walked through the doors when the hospital opened in 1962. To recognize survivors and their caregivers, St. Jude sends an annual Survivor Box. This year's Survivor Box contains a guide with important health updates for cancer survivors, along with news from St. Jude; a metal skyline ornament that can be used as a holiday decoration or displayed as a year-round reminder of St. Jude; a 2019 survivor pin and any other applicable milestone pins.

## St. Jude Partner Support

The building that houses the St. Jude LIFE and After Completion of Therapy Clinic Presented by Kmart was renamed The Kmart St. Jude Life Center in 2014, in recognition of Kmart's contributions. Since becoming a corporate partner in 2006, Kmart, along with Sears, have raised more than \$120 million for St. Jude—more than any corporate partner in history.







Brain cancer survivor Isaac with Dr. Kirsten Ness

## COVID-19 and Survivorship Care

Due to the unprecedented COVID-19 pandemic, St. Jude is limiting campus access to existing patients with urgent treatment needs to keep families and hospital staff safe. For St. Jude LIFE participants, St. Jude is providing alternative resources to help survivors with tips on preventative measures and how to navigate health risks. Examples include:

- **Together:** The Together powered by St. Jude Children's Research Hospital™ website is a go-to source for information and resources about how to stay safe and healthy through the pandemic both physically and mentally. The COVID-19 virus is a global issue and families all around the world have access to the resources on the Together website, currently available in six languages. Together is a unique platform for open resource sharing where patients and families have access to trusted and credible information about life with pediatric cancer from diagnosis and treatment to life after cancer.
- **Continued Care Plans:** The St. Jude Department of Cancer Survivorship is in close contact with survivors and continues to adapt to their unique needs as cancer survivors are a vulnerable population for COVID-19. Survivorship Care Plans outline each survivor's health history and recommended actions and are shared with local health teams who may not be familiar with treating childhood cancer survivors. The information detailed in each survivor's Survivorship Care Plan also informs local health teams in the event they contracted COVID-19.

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Learn more by visiting  
[stjude.org/act](https://stjude.org/act)