

The ageing population: Oncogeriatric assessment and treatment considerations



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CCRCB

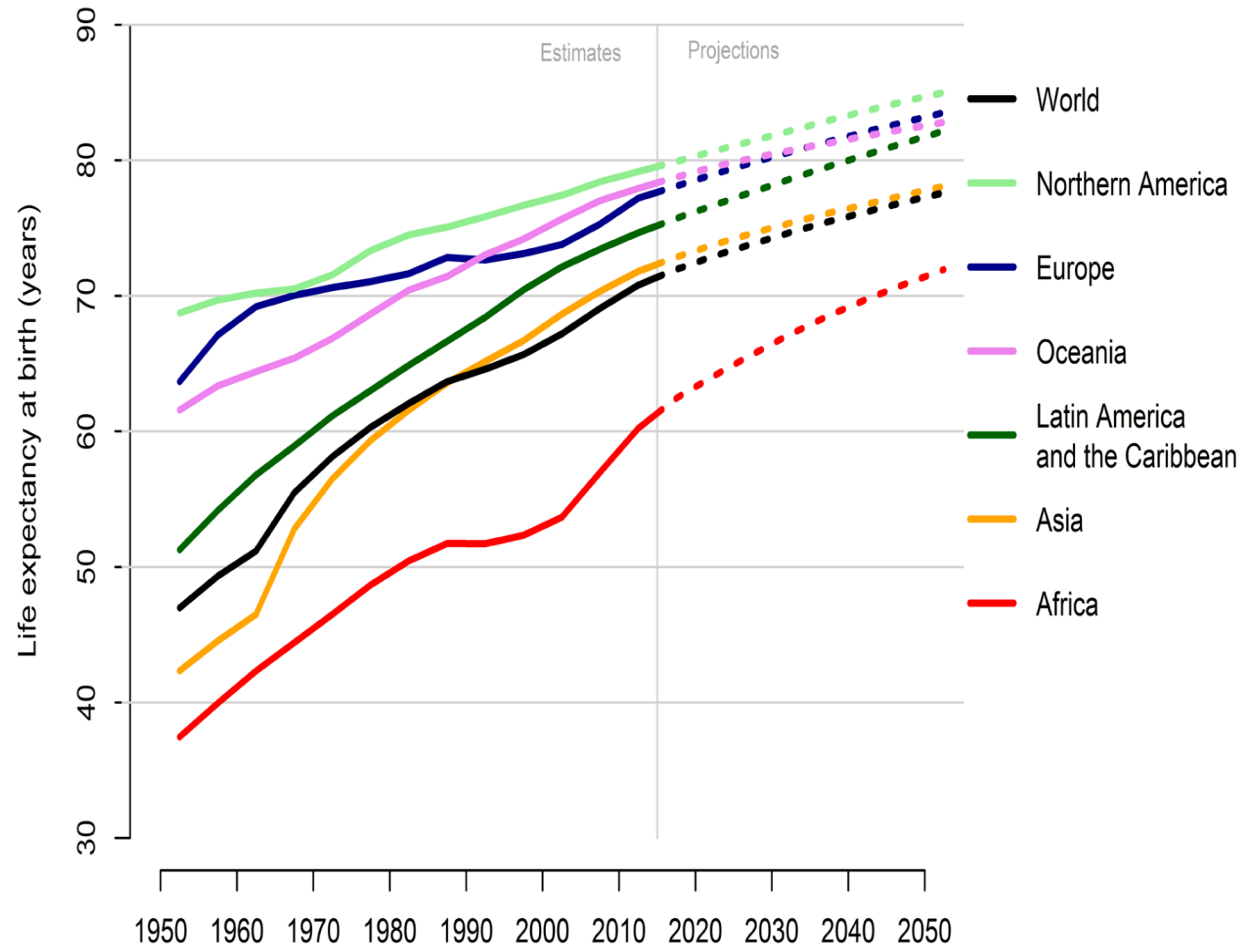
CENTRE FOR
CANCER RESEARCH
AND CELL BIOLOGY

Joe M. O'Sullivan

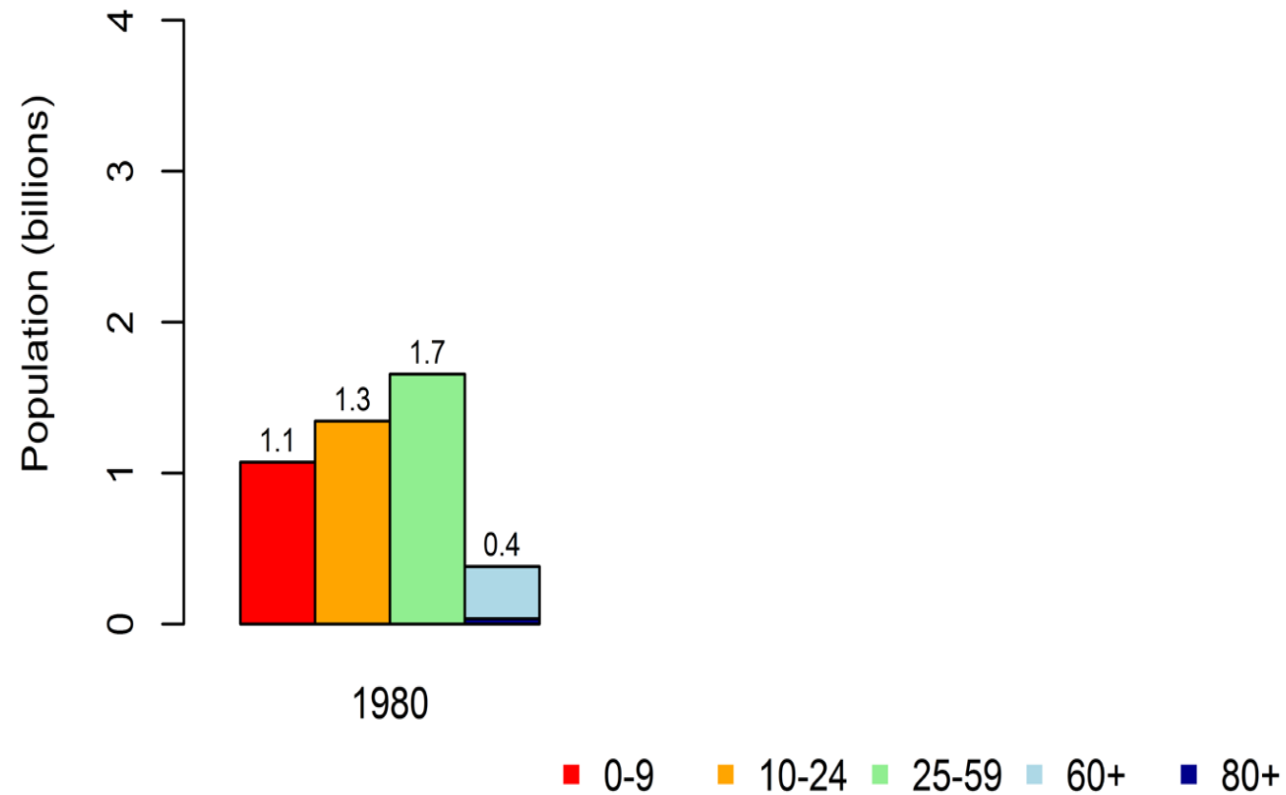
Professor of Radiation Oncology,
Queen's University Belfast
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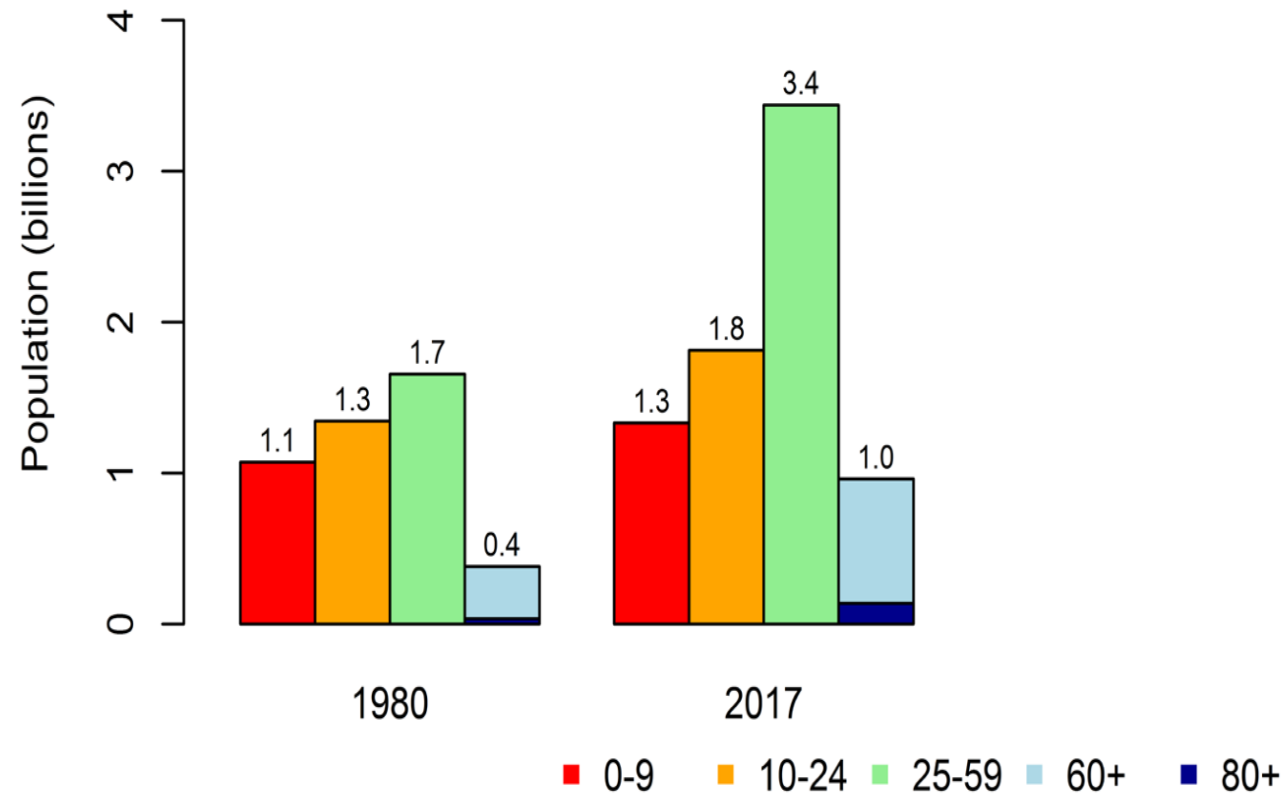
Life expectancy at birth by region, both sexes combined, from 1950 to 2050



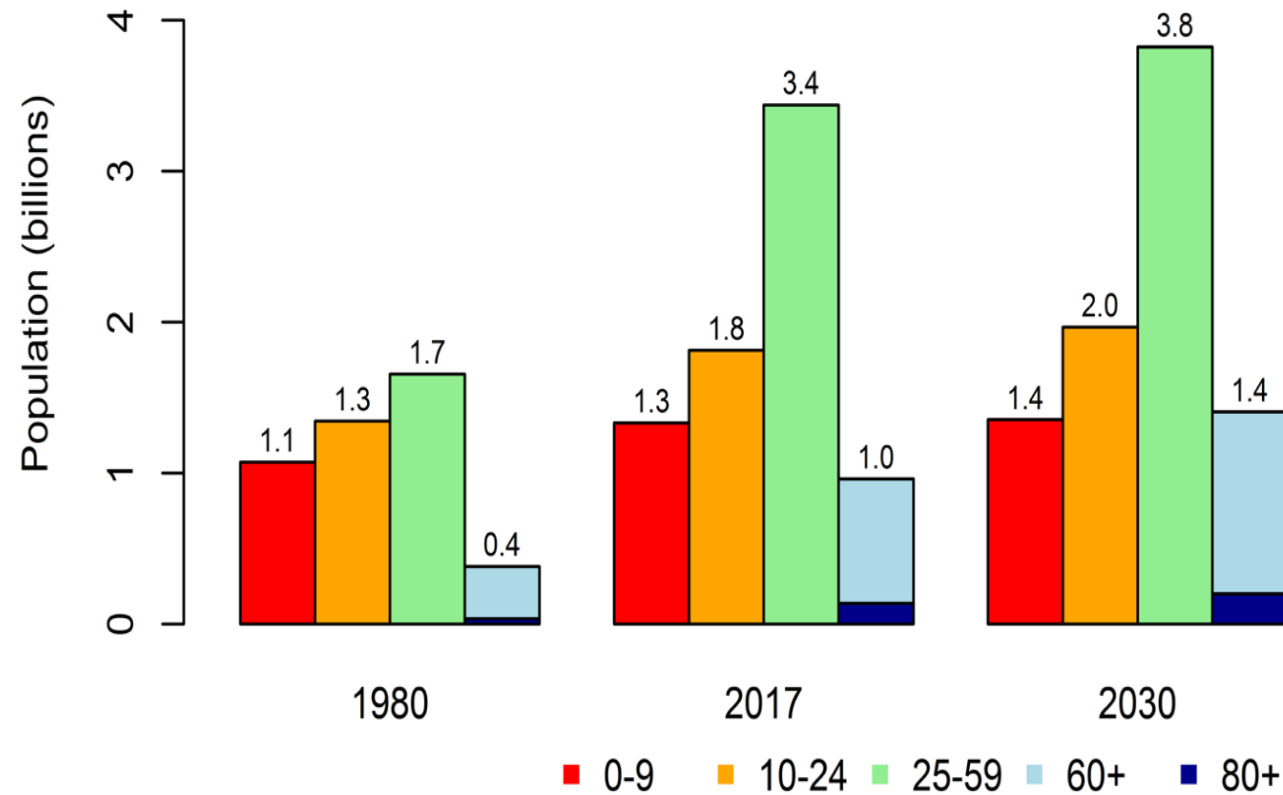
Projected World Population changes



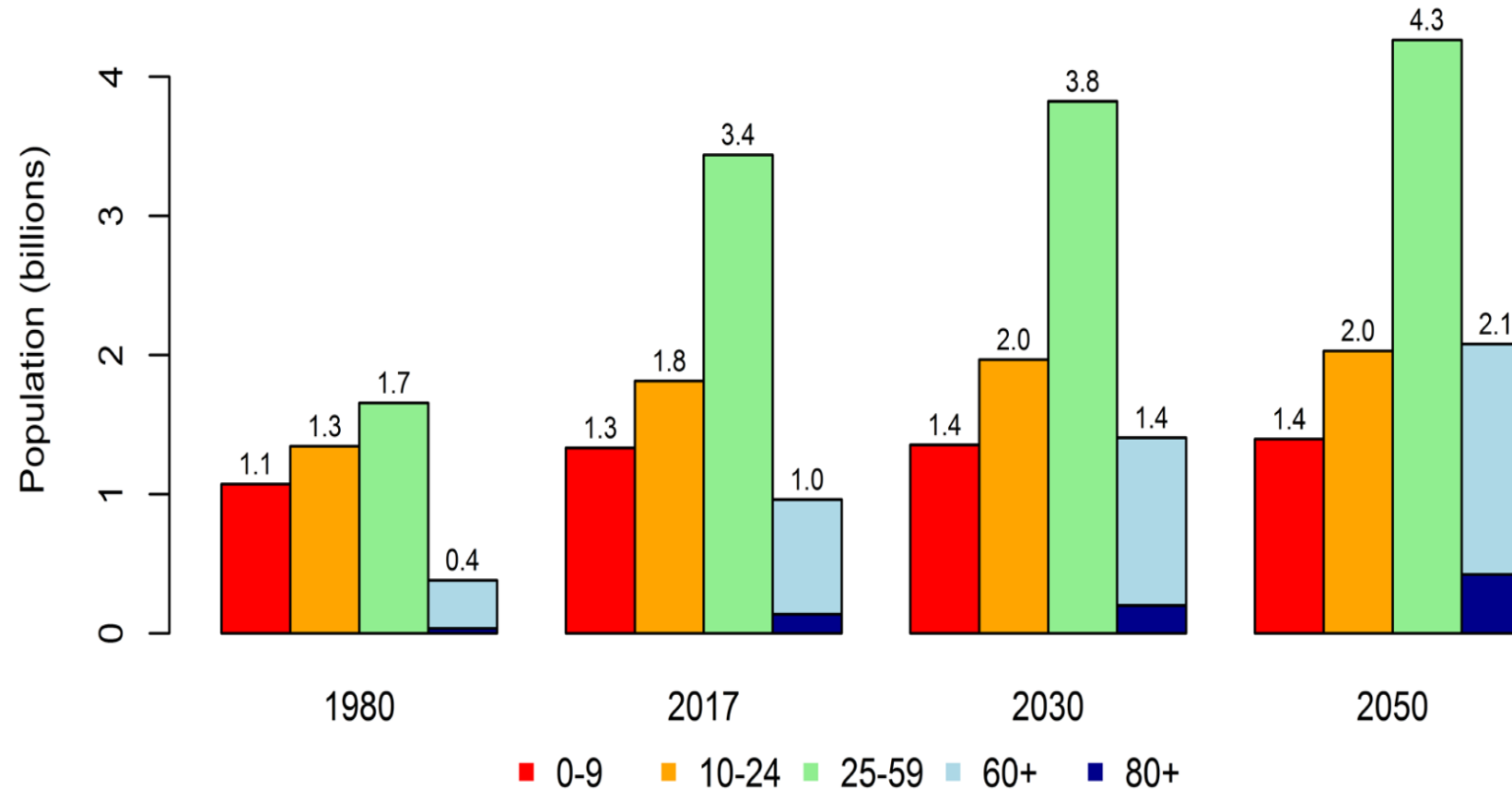
Projected World Population changes



Projected World Population changes



Projected World Population changes



Old age has changed



Mick Jagger, Rolling Stones world tour 2019, age 76

Time is on my side

'Time is on my side'
The Rolling Stones

I hope I die before I get old

'My Generation',
The Who



The Who, world Tour 2019, Roger- 75, Pete- 76

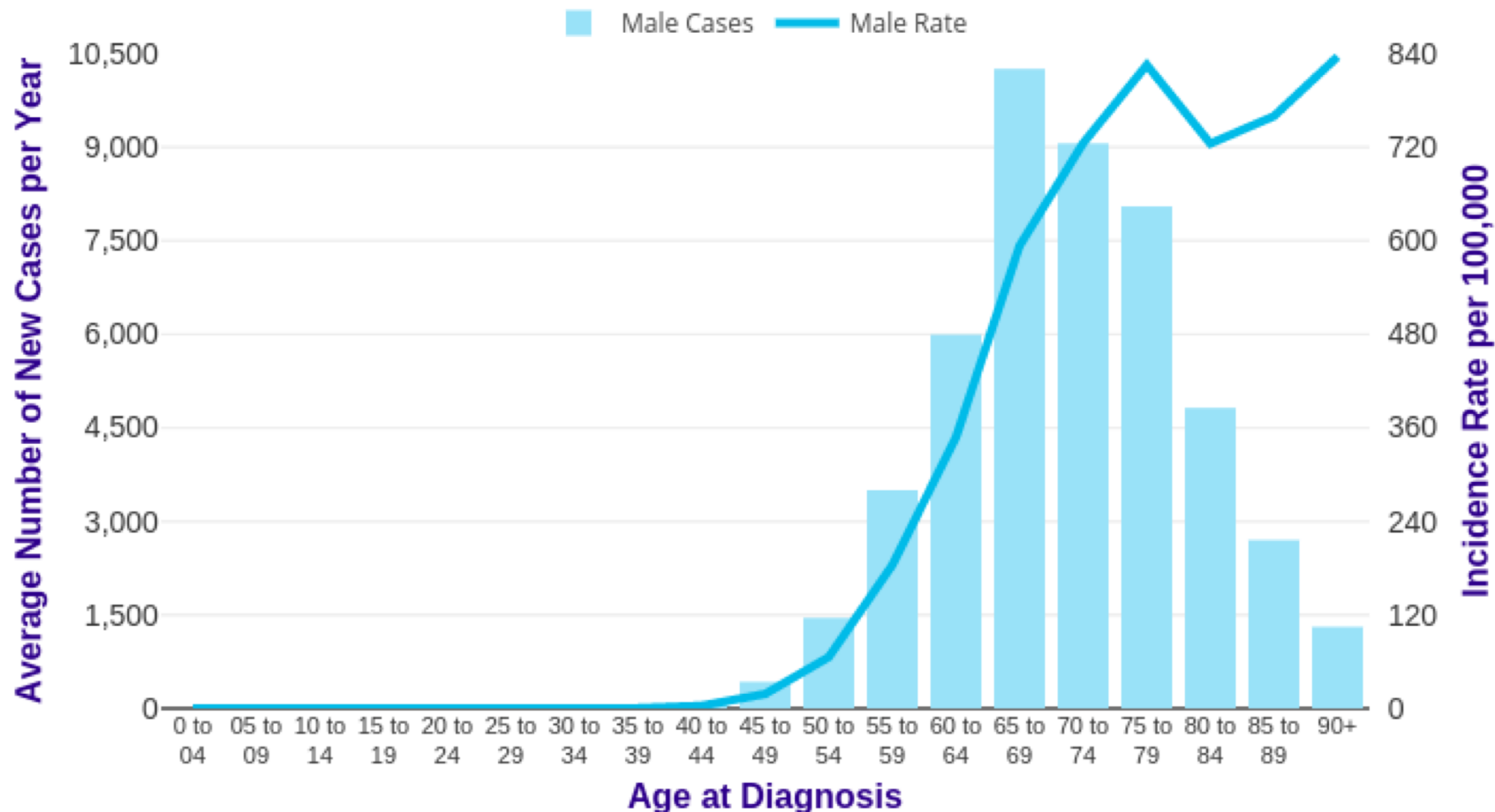


Paul McCartney, headlining Glastonbury 2019 age 77

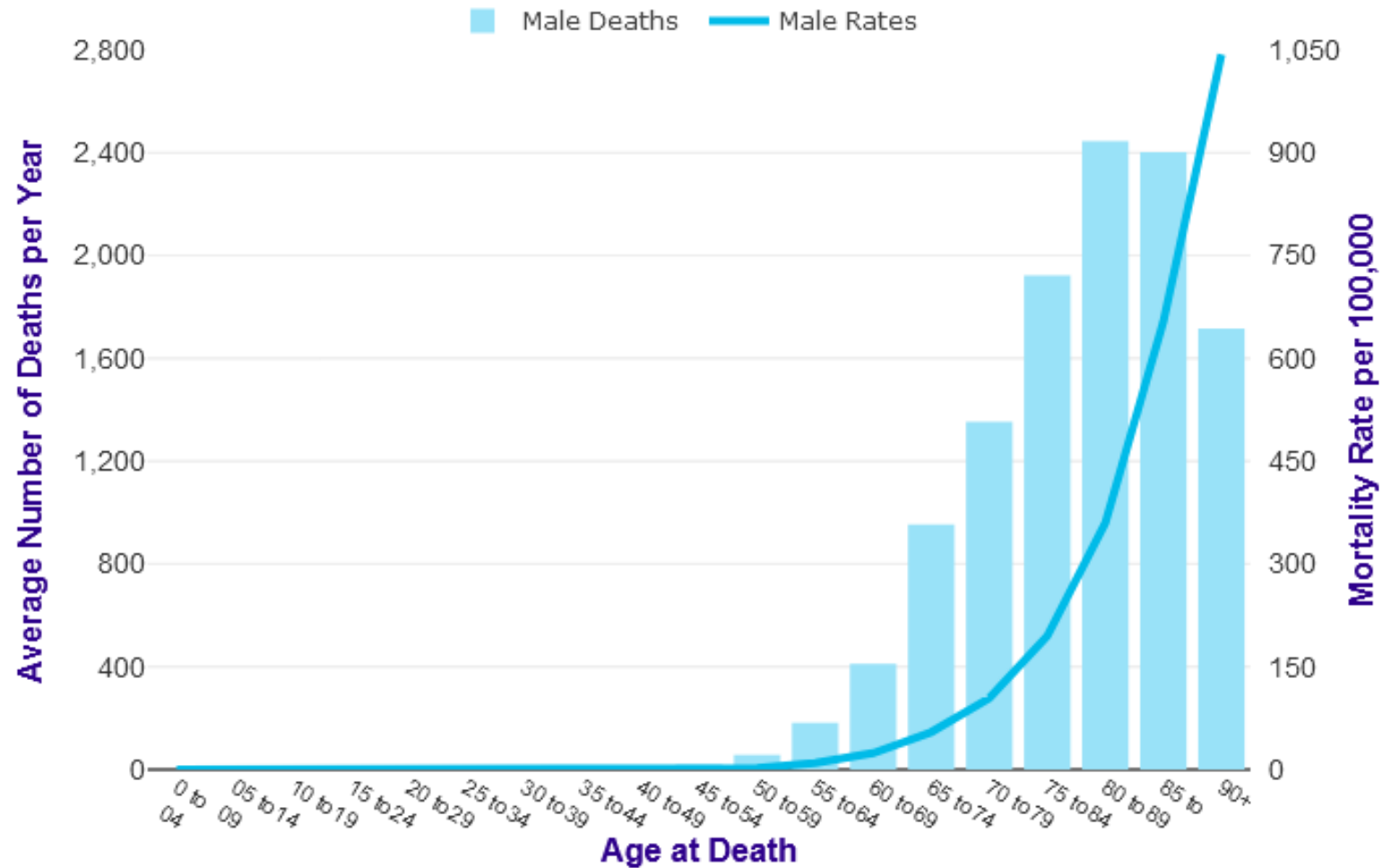
*Will you still need me when
I'm 64?*

'When I'm sixty four'
The Beatles

Prostate Cancer Age at diagnosis (UK)



Prostate cancer mortality by age at death (UK)

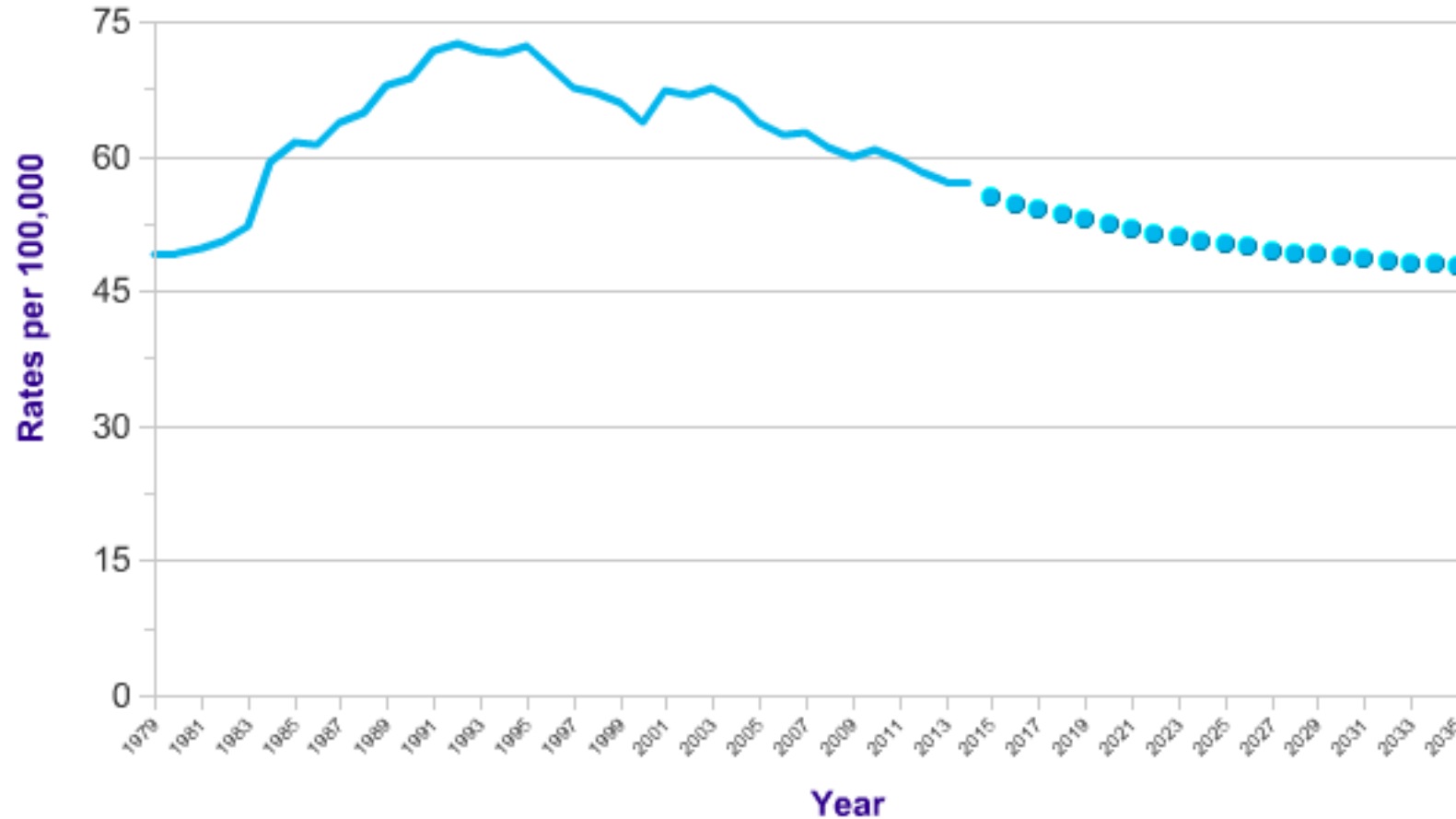


Prostate cancer mortality statistics. Cancer Research UK. Available at: <https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/prostate-cancer/mortality#heading-One> (accessed May 2019)



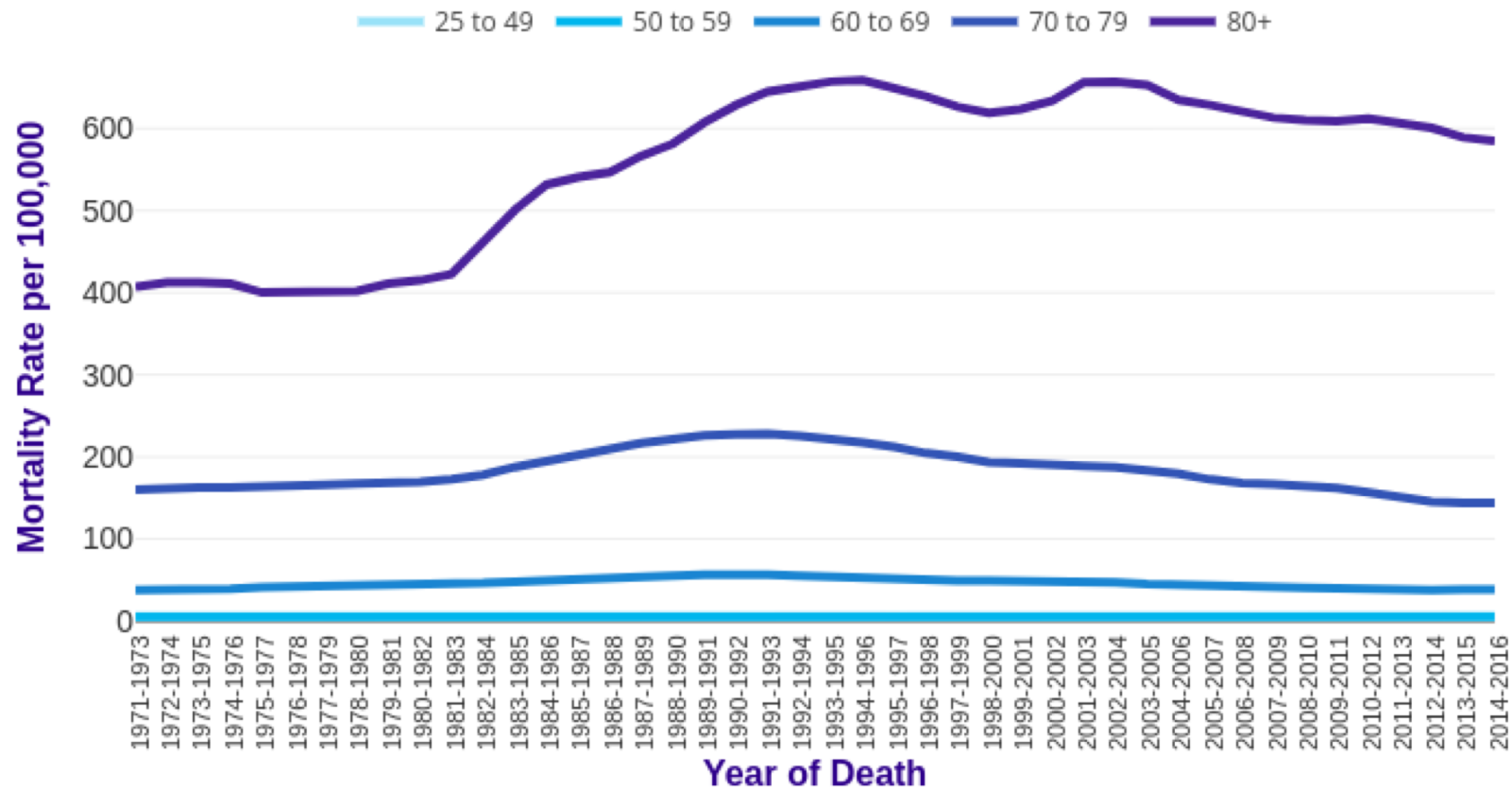
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Prostate Cancer Mortality is decreasing



Prostate cancer, Observed and projected age-Standardised Mortality Rates, UK 1979-2013 – Cancer Research UK

Mortality Trends by age group (UK)



Issues with aging

- Aging is associated with increased comorbidities
 - Other conditions be bigger health priority than prostate cancer
 - May affect tolerance of therapies
- Applicability of trial results to older patients
- Cognitive impairment and consent
- Date of birth (or hairstyle) alone should not determine how we treat men



14 June 1946



19 June 1964

Metastatic castration-sensitive prostate cancer trials and age

Protocol	CHAARTED ⁸²	STAMPEDE Docetaxel ⁸⁰	LATITUDE ⁷³	STAMPEDE Abiraterone ⁷⁵
Comparison	ADT + docetaxel (6 cycles) vs ADT	ADT + docetaxel (6 cycles) vs ADT	ADT + abiraterone vs ADT	ADT + abiraterone vs ADT
Median age (range)	64 years (36–91)	65 years (40–82)	68 years (33–92)	67 years (39–85)
% aged ≥ 70	22%	29%	41%	37%
% aged ≥ 75	NA	NA	20%	NA



International Society of Geriatric Oncology



- Series of taskforces since 2010
- Guidelines for assessment of patients

G8 Screening Tool

A - Has food intake declined over the past 3 months due to loss of appetite, digestive problems, chewing, or swallowing difficulties?	Severe decrease in food intake	0
	Moderate decrease in food intake	1
	No decrease in food intake	2
B - Weight loss during the last 3 months?	Weight loss >3 kg	0
	Does not know	1
	Weight loss 1–3 kg	2
	No weight loss	3
C - Mobility	Bed or chair bound	0
	Able to get out of bed/chair but does not go out	1
	Goes out	2
D - Neuropsychological problems?	Severe depression or dementia	0
	Mild dementia	1
	No psychological problems	2
E – BMI (body mass index)? (weight in kg)/(height in m)	BMI < 19	0
	BMI 19 to < 21	1
	BMI 21 to < 23	2
	BMI ≥ 23	3
F – Takes more than 3 prescription drugs per day?	Yes	0
	No	1
G – In comparison with other people of the same age, how does the patient consider his/her health status?	Not as good	0
	Does not know	0.5
	As good	1
	Better	2
H- Age	≥86	0
	80–85	1
	<80	2

- 8 components cover food intake, weight loss, body mass index, mobility, neuropsychological problems, polypharmacy, self-perceived health status and age.
- An abnormal score on the G8 (<14 on a scale from 0 to 17) strongly predicted mortality over 3 yr and hence a need for full assessment
- G8 screening compulsory for all patients aged 70 yr included in the EORTC trials.
- It is also recommended in EAU guidelines.

The Mini-COG Screening tool

Step 1: Three words registration

Look directly at person and say, "Please listen carefully. I am going to say three words that I want you to repeat back to me now and try to remember. The words are [select a list of words from the versions below]. Please say them for me now." If the person is unable to repeat the words after three attempts, move on to Step 2 (clock drawing).

The following and other word lists have been used in one or more clinical studies. For repeated administrations, use of an alternative word list is recommended.

Version 1	Version 2	Version 3	Version 4	Version 5	Version 6
Banana	Leader	Village	River	Captain	Daughter
Sunrise	Season	Kitchen	Nation	Garden	Heaven
Chair	Table	Baby	Finger	Picture	Mountain

Step 2: Clock drawing

Say: "Next, I want you to draw a clock for me. First, put in all of the numbers where they go." When that is completed, say: "Now, set the hands to 10 past 11."

Use a preprinted circle for this exercise. Repeat the instructions as needed, as this is not a memory test. Move to Step 3 if the clock is not complete within 3 min.

Step 3: Three words recall

Ask the person to recall the three words you stated in Step 1. Say: "What were the three words I asked you to remember?" Record the word list version number and the person's answers.

Scoring

Word recall: _____ (0-3 points)

=1 point for each word spontaneously recalled without cueing.

Clock draw: _____ (0 or 2 points)

=Normal clock: 2 points. A normal clock has all numbers placed in the correct sequence and approximately correct position (eg, 12, 3, 6, and 9 are in anchor positions) with no missing or duplicate numbers. Hands are pointing to the 11 and 2 (11:10). Hand length is not scored.

Inability or refusal to draw a clock (abnormal) = 0 points.

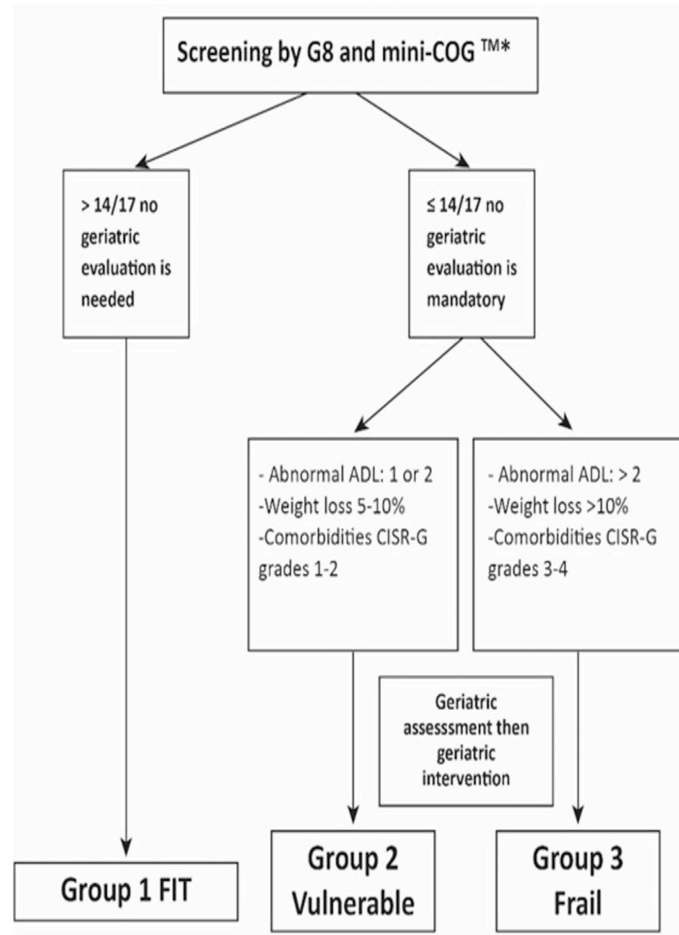
Total score: _____ (0-5 points)

=Total score: word recall score + clock draw score.

A cut point of <3 on the Mini-COG™ has been validated for dementia screening, but many individuals with clinically meaningful cognitive impairment will score higher. When greater sensitivity is desired, a cut point of <4 is recommended as it may indicate a need for further evaluation of cognitive status.

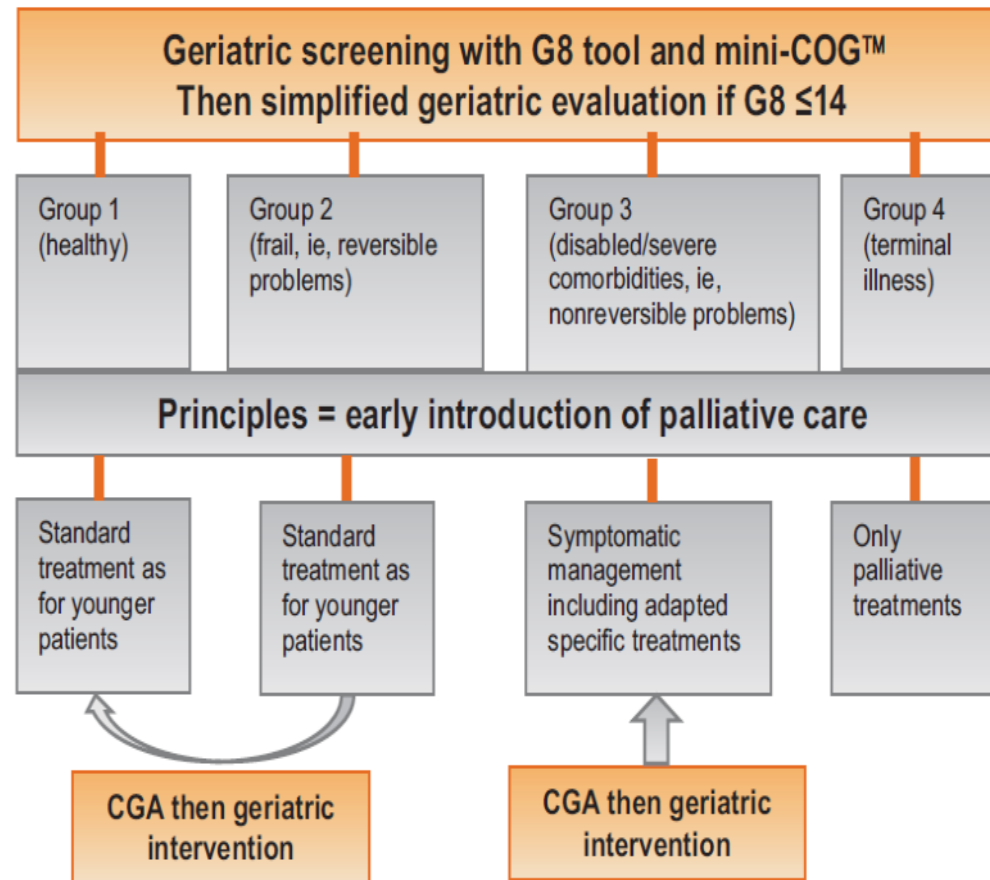
- More practical than Mini Mental State Examination
- A cutoff point of 3/5 indicates a need to refer the patient for full evaluation of potential dementia

Assessment of Older Patients



Step	Tools	Time	Who can do it?
Mandatory initial step	G8	5 min	Trained nurse
	Mini-COG™	5 min	Trained nurse
Simplified geriatric evaluation if G8 score is ≤14	ADL	1 min	Trained nurse
	CIRS-G	15 min	Trained nurse and/or doctor
	Weight loss	1 min	Trained nurse
Comprehensive geriatric assessment if geriatric intervention needed	Screening tools and complete clinical examination	2 h to 1 d in hospital	Geriatrician + other health professionals

Assessment of Older Patients- making the right decisions



Conclusions

- Manage patients according to individual health status
- Use tools to assess older patients
 - Fit – treat according to protocol
 - Vulnerable – may have reversible issues
 - Frail - need to modify treatment accordingly
- Consider age profile when developing trial protocols



Let's grow old slowly and disgracefully!



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