



Improving survivorship after childhood cancer: the role of One Health and Brain Health

Issue: Childhood cancer survivors often experience long-term cognitive and psychosocial effects that are poorly addressed by current care models. Integrating One Health and Brain Health perspectives provides an opportunity to improve quality of life through holistic, interdisciplinary strategies.

Background: At the 15th CCI Europe Conference in Budapest, the EU4H3I side event gathered survivors, parents, advocates, and professionals to explore how One Health and Brain Health can inform survivorship care. The session highlighted disparities in care, education gaps, and the lack of survivor-specific guidance, advocating for more inclusive, contextual, and precise health strategies.

What are the key challenges in integrating One Health and Brain Health into survivorship care ?

- **Context-specific lifestyle guidance:** Survivors need health recommendations that reflect their unique medical and psychosocial history.
- **Clarify commonly used but vague terms:** “chemo brain”, “fatigue” and “brain fog” lack clinical precision and standardized definitions.
- **Psychosocial support gaps:** Families of survivors, including parents and siblings, require dedicated mental health care.
- **Cultural disparities:** Survivor experiences vary widely across Europe, calling for adapted and inclusive support systems.
- **Peer networks:** Structured, survivor-led support groups are rare but essential for education and empowerment.

Moving Forward: This workshop reinforced the importance of holistic care frameworks rooted in interdisciplinary science and lived experience. One Health and Brain Health are not peripheral; they are central to redefining what survivorship means in a European context. Initiatives like EU4H3I must continue to provide platforms that elevate survivor voices, foster cross-sector collaboration, and inspire innovation in survivorship care policy.

Policy Recommendations:

- Develop *survivor-specific health and lifestyle guidelines* that integrate One Health principles.
- Standardize *assessment and documentation* of cognitive and neurological effects after cancer treatment.
- Invest in *oncopsychology* to better address emotional and mental health needs of survivors and their families.
- Promote *educational initiatives* to clarify what health outcomes are lifestyle-dependent.
- Fund and train *survivor-led peer support groups* tailored to different cultural contexts.