



Newsletter

CANCER CONSULTANTS OF AMERICA

BRIDGING THE GAP BETWEEN CANCER AND UNDERSTANDING®

Cancer Answers

Managing Anxiety Following a Cancer Diagnosis

The dreaded phrase, "you have cancer" is certain to spark an emotional response that is wrapped in fear, anxiety, and concern. The fear of our own mortality elevates the level of anxiety to an all-time high. Unfortunately, this anxiety is contributing to the progression of cancer development. In addition to the shock of receiving a cancer diagnosis, the fear of the unknown and having unanswered questions add to the emotional turmoil which is often reported by newly diagnosed cancer patients. Learning how to manage the many levels of anxiety can have therapeutic value that favors the patient's outcome during a cancer journey.

Cancer education is an essential piece to the circle of care that surrounds a patient during their journey. However, this important component to the circle of care is often neglected during treatment protocols. As a result, the patient might experience anxiety due to having many unanswered questions and curiosities regarding potential treatment outcomes. These concerns cause stress within the body that can result in inflammation. During prolonged episodes of inflammation the body responds to this stress by releasing growth factors into the blood circulation. These growth factors travel throughout the body and ultimately reach the cancer cells. The cancer cells take advantage of these extra growth factors allowing the cells to proliferate at a rate that is much higher than without the additional growth factors. Essentially, inflammation is like adding gasoline to a fire, that is cancer. Therefore, it is important to mitigate this anxiety in an effort to reduce the amount of stress and inflammation that occurs within the body following a cancer diagnosis.

Incorporating cancer education to a treatment plan offers several benefits that can lower anxiety levels and subsequently reduce inflammation. Foremost, the patient and their family are more informed about the kind of cancer they are confronting. Understanding the characteristics associated to the cancer is crucial because these features offer potential targets that can be explored when choosing treatment options. The treatment options are likely to have different levels of effectiveness and the side effects are to be considered due to levels of discomfort that might be experienced by the patient.

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Knowing the molecular mechanisms of how the treatments work against the cancer can provide an element of comfort for the cancer patient who is actively involved in the treatment plan. In most cases, the patient and family members are eager to know the likelihood of beating the cancer. Cancer education can provide evidence-based information as it relates to patient outcomes. This knowledge alone can potentially alleviate anxieties that are connected to this very important question. Taken together, knowing the details to the characteristics of the cancer, knowing the mechanisms to the treatments, and potential patient outcomes, are just a few of the benefits that are provided to cancer patients who include cancer education to their circle of care.

Many cancer survivors report they wish they had known about cancer education while experiencing their own journey. Having knowledge of the details to a once in a lifetime experience can significantly reduce levels of anxiety, stress, and inflammation. This knowledge can provide the patient with a sense of empowerment that is certain to improve their own outlook during this pivotal time of their life.

Submit your **Cancer Answers** topics to info@CancerConsultantsOfAmerica.com

We Are Available to You

Please contact us today if you would like more information about how our services can benefit you and your family.

Services:

- Individual and Family Cancer Education
- Medical Appointment Liaison Services
- Information Seminars and Public Speaking Events

Fun Facts – February

Cancer Awareness Month:

- Gallbladder and Bile Duct Cancer (Kelly Green)



February 4 – World Cancer Day 🌐

February 7 – Rose Day (first day of St. Valentine's week) 🌹

February 9 – The NFL Super Bowl 🏈

February 11 – Int. Day of Women and Girls in Science 🧪

February 14 – St. Valentine's Day ❤️

February 23 – National Dog Biscuit Day 🐕

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