



MANAGING SCANXIETY

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INTEGRATIVE MEDICINE PROGRAM

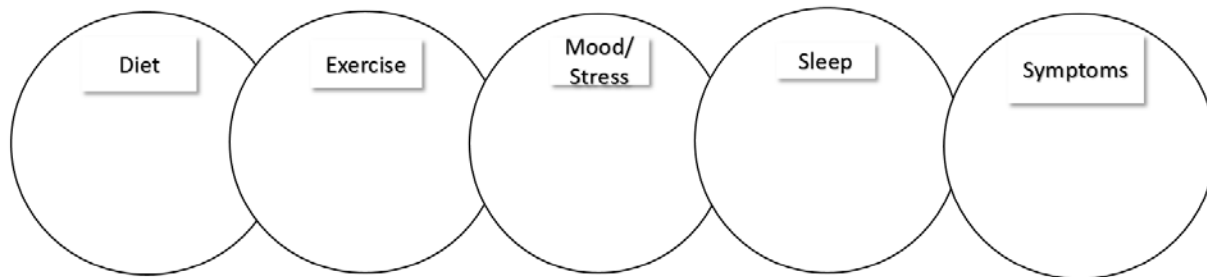
DEPARTMENT OF PALLIATIVE, REHABILITATION, AND INTEGRATIVE MEDICINE

YOUNG ADULT SURVIVORSHIP CONFERENCE, JUNE 2, 2019

INTEGRATIVE MEDICINE CENTER

“Integrative oncology is a patient-centered, evidence-informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments. Integrative oncology aims to optimize health, quality of life, and clinical outcomes across the cancer care continuum and to empower people to prevent cancer and become active participants before, during, and beyond cancer treatment.”

Integrative Medicine Care Plan



Physical

- Exercise
 - Nutrition
 - Acupuncture
 - Oncology Massage
- Primary Oncology team
 - Physical Medicine & Rehabilitation
 - Supportive Care
 - Cancer Pain

Mind-Body

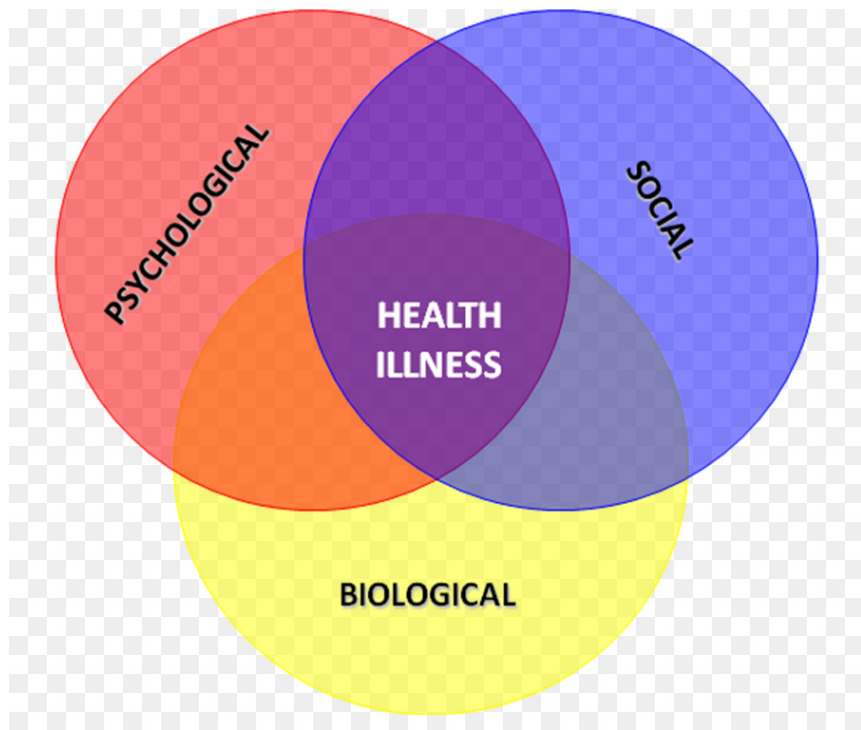
- Health Psychology
 - Meditation
 - Music Therapy
 - Tai Chi/Qi Gong
 - Yoga
- Psychiatry
 - Spiritual Care



Social

- Group Programs
- Social Work
 - Support Groups

HEALTH PSYCHOLOGY



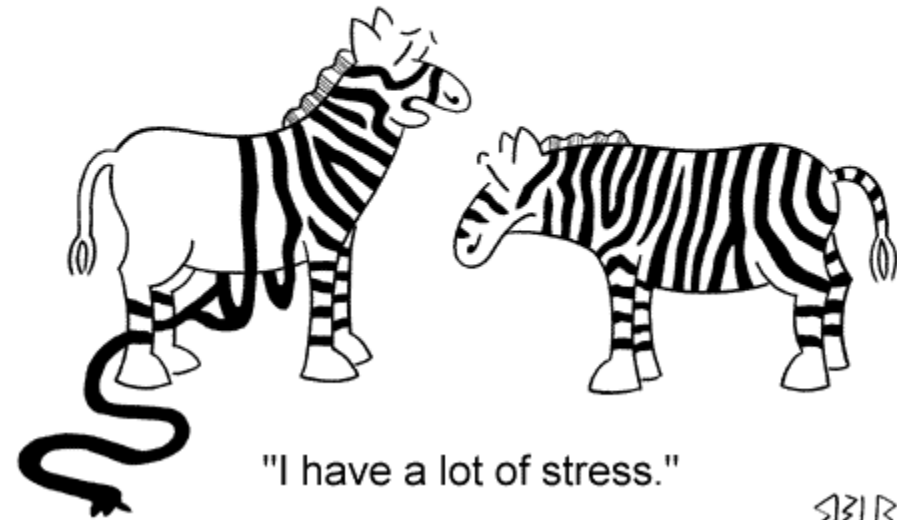
- Examines how biological, social, and psychological factors influence health and illness
- Use psychological science to promote physical and emotional well-being
- Experts in facilitating behavior change

WHAT IS SCANXIETY?

- Term coined to describe the fear and worry about imaging, both before and after scans
- Can occur for weeks before the scan
- Typical worries:
 - During treatment, “The treatment isn’t working!”
 - After the scan, “It’s going to show that cancer came back.”
- Young adult survivors
 - Peers not understanding what you’re going through
 - Having to do this for the rest of your life
 - Thinking about not having a partner or trying not to freak out your partner with your worry

SYMPTOMS OF SCANXIETY

- Irritability
- Insomnia
- Sadness
- Fear
- Tension
- Agitation
- Stress
- Conflict with loved ones *



"I have a lot of stress."

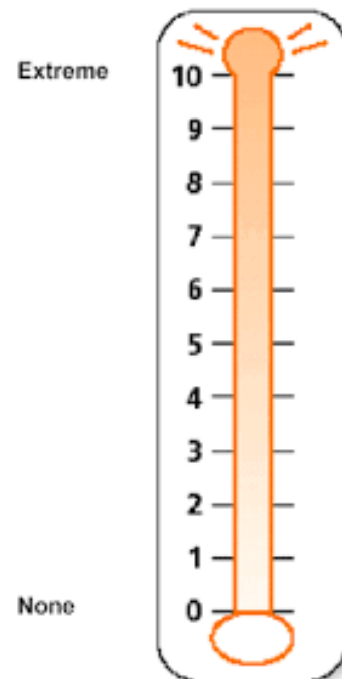
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SHANNON BURNS

TAKE A POLL

- Think about the last time you took a scan. Rate your average Scanxiety 0 – 10
 - Who's a 0?
 - Raise your hand if 1-3
 - Raise your hand if 4-7
 - Raise your hand if 8-10



FIRST THINGS FIRST

■ NORMALIZE

- There is nothing wrong with you. Of course you feel anxious! Most people in your position feel anxious.
- Give yourself permission to feel anxious.

■ UTILITY OF EMOTIONS

- It's a sign that something important is happening.

■ SOME ANXIETY CAN BE HELPFUL!

- Moderate anxiety is associated with increased performance on difficult tasks.



SCANXIETY TOOLBOX

- Write down your questions *
- Relaxation techniques
- Mindfulness
- Self-compassion
- Meditation
- Self-care and pleasurable activities
- Exercise
- Healthy diet



RELAXATION TECHNIQUES

■ Belly Breathing

- Hand on your belly should rise and fall. Imagine balloon in your belly. Don't hold your breath. Focus on slow exhales.
- If get dizzy, slow breathing down.

■ Progressive Muscle Relaxation

- Helps with releasing muscle tension. Tighten muscle for 5 seconds, then release and feel relaxation response. Go through whole body.
- Avoid areas of pain, and don't overly tighten muscles.

■ Mental Imagery

- Use your imagination to visualize your favorite place. Imagine what each of your senses experience.

RELAXATION TECHNIQUES

- Practice can be from 5-20 minutes/day, set a timer
- Relaxation is a skill that needs practice
- Practice daily when you're calm (right when waking or right when trying to fall asleep)
- When comfortable with the skill, then can practice in stressful situations
- Quiet place, reduce distractions, close your eyes
- More benefits with more practice



RELAXATION TECHNIQUES – DAY OF SCAN

- Review exam instructions
 - Helps prevent surprises in case preparation details have been forgotten or scan processes have changed
 - Sets expectations for timeline of preparation and procedure.
 - Allows for planning of materials needed to keep entertained during wait time, i.e.: carry phone with favorite music and/or reading materials loaded, engage in small craft projects (crochet, knitting, etc.), read a book.
- The team is here for you
 - Open, honest communication about concerns can inform technologist how to better serve you
 - Ask questions – can you keep music on or carry an item you may need to have with you *
- During Scans
 - Belly Breathing (when not being asked to hold breath)
 - Mental Imagery

MINDFULNESS

- Pay attention on purpose, in the present moment, without judgement
- Sit or lie quietly in a comfortable position
- Feel your body in the seat, feet on the floor, arms on the arm rest
- Notice your breath coming in through your nose and out of your mouth
- When you attention wanders, return to the breath
- Allow thoughts, sensations, emotions float by you like leaves on a stream
- Be like a scientist, observe your mind with curiosity, openness, and acceptance



SELF-COMPASSION

- Self-kindness
- Common humanity
- Mindfulness

- Be kind to yourself. Use kind words. Practice gentleness.
 - What would you say to your best friend?
- Most humans experience the same thing you are experiencing. You are not alone.
- Focus on your sensations in the present without judgement. Getting wrapped up in the past or future can make things worse.
 - Identify your true needs and respond to them (i.e., self-care).



"A moment of self-compassion can change your entire day. A string of such moments can change the course of your life." ~Chris Germer

MEDITATION

- Can calm mind and body
- Focused attention and concentration
- Consider using mantra, such as “peace” or “relax” on exhale

- Sample videos on Integrative Medicine website

- Apps: Calm, Insight Timer, Headspace

The screenshot shows a web browser window displaying the MD Anderson Cancer Center's Integrative Medicine Audio & Video page. The page features a navigation bar with links for 'Meditation/Mind Body', 'Music Therapy', and 'En Español'. Below the navigation, there are three video thumbnails: 'MEDITATION: BREATH & MOVEMENTS I' (Intro to Breath and Movements), 'MEDITATION: BREATH & MOVEMENTS II' (Tsa Lung Movements), and 'THE UNIVERSITY OF TEXAS MD Anderson Cancer Center Making Cancer History® POWER OF BREATH I' (Audio: Connect with the Heart (long version)). A 'More' dropdown arrow is visible below the thumbnails. At the bottom of the page, a blue banner contains the text: 'We're here for you. Call us at 1-855-891-3223 or [request an appointment online.](#)'

SELF-CARE AND PLEASURABLE ACTIVITIES

- Doing things you enjoy improves mood.
- Set your intention; consider small periods of time
 - Take a walk
 - Play with your pet
 - Listening to your favorite music
 - Take a bath
 - Call a friend
 - Do a hobby
 - Help someone else
 - Get a massage
 - Read a book or watch a movie
- Or add mindfulness to your daily routine



**YOU GOTTA
NOURISH
TO FLOURISH**

EXERCISE

- Exercise is a great antidote for anxiety.
- Moderate aerobic activity for 150 minutes/week
- Strength training 2-3x/week
- Reduce sedentary lifestyle



HEALTHY DIET

- Eat a plant-based diet
 - Beans
 - Vegetables
 - Fruits
 - Whole grains



- Reduce red-meat, processed food, sugar
- Avoid processed meats

SCANXIETY OVER TIME

- Scanxiety decreases over time
 - Symptoms are less noticeable with repeated good scans
- Anticipate your scanxiety!
 - Plan self-care activities so you have something to look forward to.
 - Prepare your loved ones so they can be extra understanding and kind.



ASK FOR HELP

- Integrative Medicine Center
 - Consultation with an Integrative Oncology Physician and Nurse Practitioner
 - Oncology massage, acupuncture, exercise counseling, nutrition counseling, group activity classes, music therapy, health psychology
 - Focus on: Diet, Exercise, Sleep, Stress/Mood, Symptoms
- Find support in the community
 - Psychology Today website to find a therapist *
 - Support groups
 - Religious community

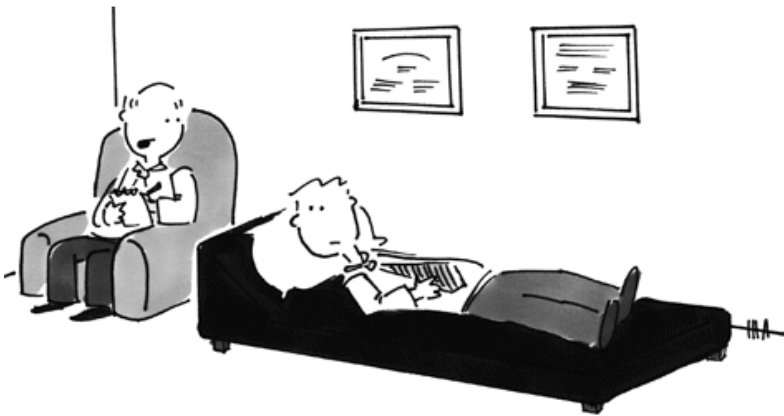


THANK YOU!

- Questions? Thoughts? Feedback?

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"What do you say we blame your parents and knock off early?"



"My therapy is quite simple: I wag my tail and lick your face until you feel good about yourself again."

