

University of Cincinnati Cancer Institute

COMPREHENSIVE LUNG CANCER CENTER

Using the Mind-Body Connection for Stress Reduction

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<http://med.uc.edu/integrative>

Overview

1. What is Integrative Medicine and Mind-Body Medicine?
2. What is the Stress Response?
3. How Can the Mind-Body Connection Help People with Lung Cancer and Their Families?
4. Experientials
5. Resources



Mind-Body Medicine



Integrative Medicine Categories

1. Natural Products

(e.g., vitamins, herbs, probiotics)

2. Mind-Body Medicine

(e.g., meditation, guided imagery, yoga)

3. Manipulative and Body-Based Practice

(e.g., massage therapy, chiropractic)

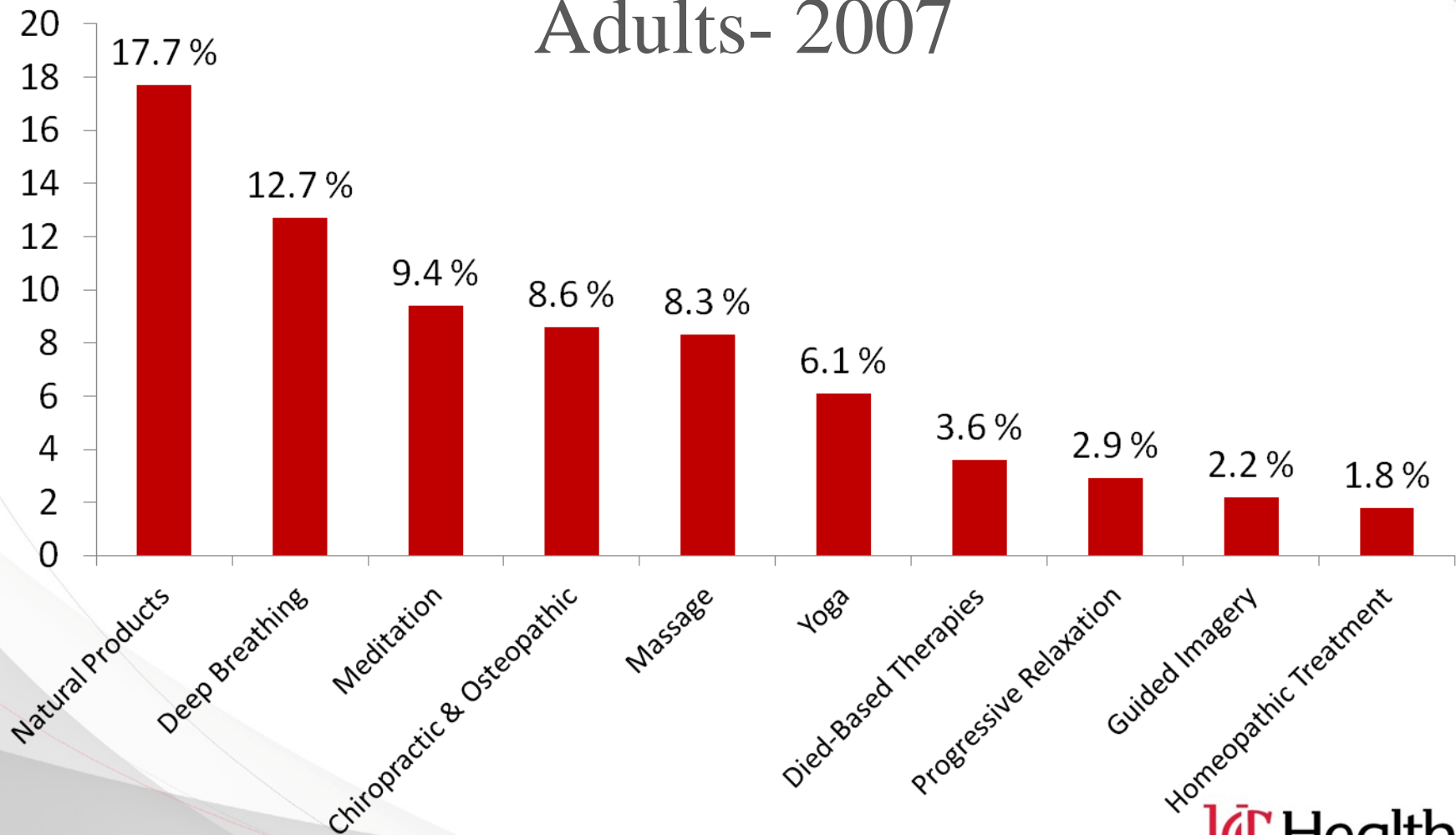
4. Other Practices

(e.g., energy therapies, Traditional Chinese Medicine)

Mind-Body Medicine

- Uses the natural connection between the mind and body to improve physical functioning, reduce stress, and promote health
 - 2,000 year-old idea that the mind and body interact and influence one another
- Focuses on the interactions between the brain, body, mind, spirit, and behavior
- Among the most widely used integrative medicine practices among US adults

10 Most Common IntM Therapies Among Adults- 2007



Mind-Body Medicine Techniques

- Guided Imagery
- Deep-breathing Exercises
- Progressive Muscle Relaxation (PMR)
- Meditation
- Yoga
- Hypnotherapy
- Qi Gong
- Tai Chi



Efficacy of Mind-Body Therapies

- Considerable scientific evidence that mind-body therapies are beneficial for many health problems

- *Disease and treatment-related symptoms of cancer*
- Coronary Artery Disease (cardiac rehabilitation)
- Headaches
- Insomnia
- Stress/Anxiety
- Chronic low back pain
- Improving post-surgical outcomes

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Stress and Cancer



Stress and Cancer

- Not all stress is bad....
- Psychosocial stress can impact cancer biology
 - Stress, Chronic depression, Lack of social support
 - Associated with changes in sympathetic and neuroendocrine responses
- Significant psychological distress with new diagnosis in 75% of families
- Optimal medical care requires treatment not only of the disease itself, but of the psychosocial functioning of patient *and* family

Stress and the Health Care Provider

- Doctors, physicians, nurses, and all other health care providers can also experience the stress and weight of cancer

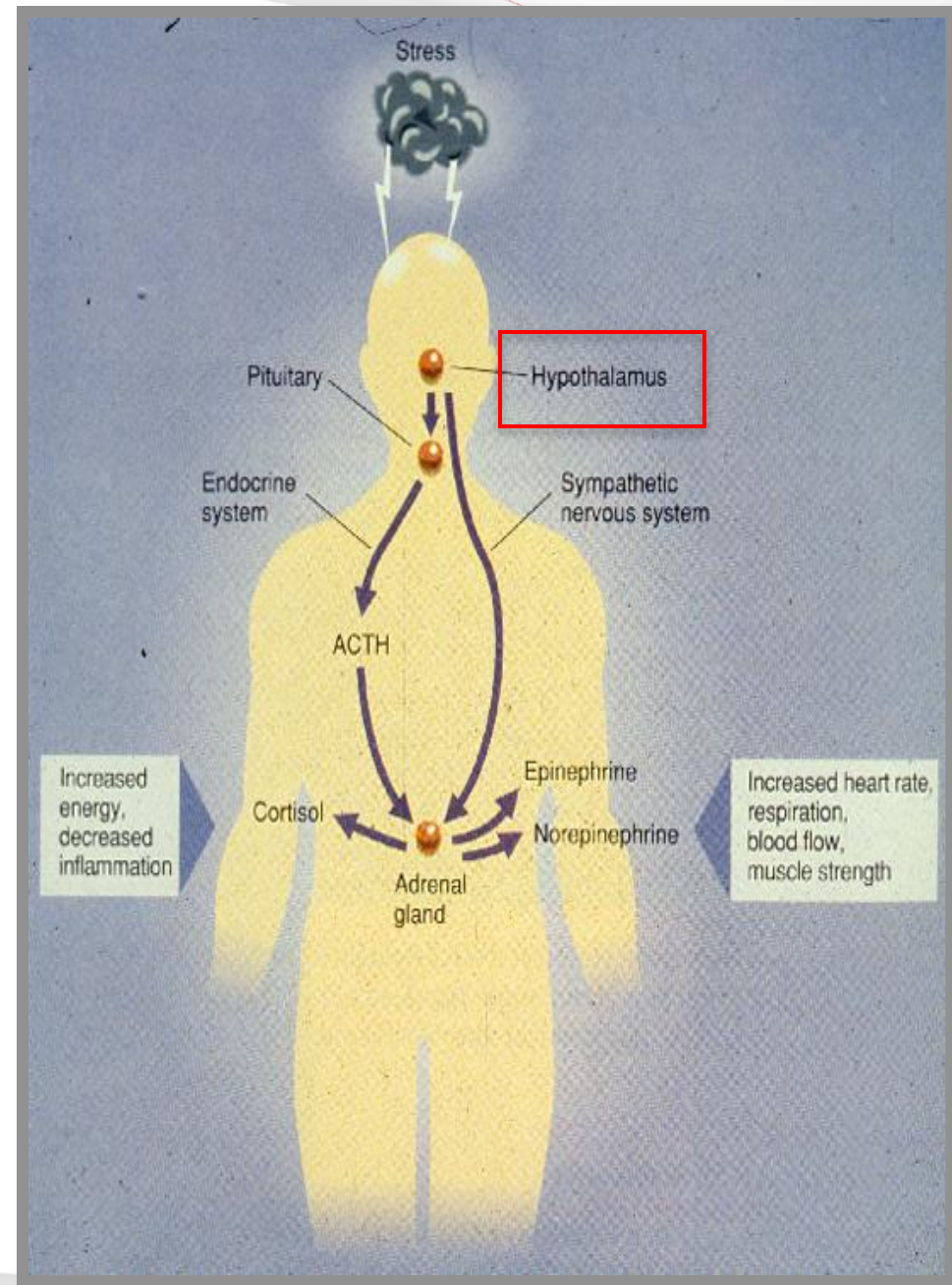
“The role of the health care provider is to cure sometimes, treat often, and heal always”

- Easiest to help heal when feeling calm, focused, and in the present moment
- Mind-body techniques can help providers help themselves and their patients

The Stress Response

- The stress response occurs through the Hypothalamic-Pituitary-Adrenal Axis (HPA axis)
- Originates in the hypothalamus
- Quieting the hypothalamus can reduce the stress response

Mind-body techniques can quiet the hypothalamus



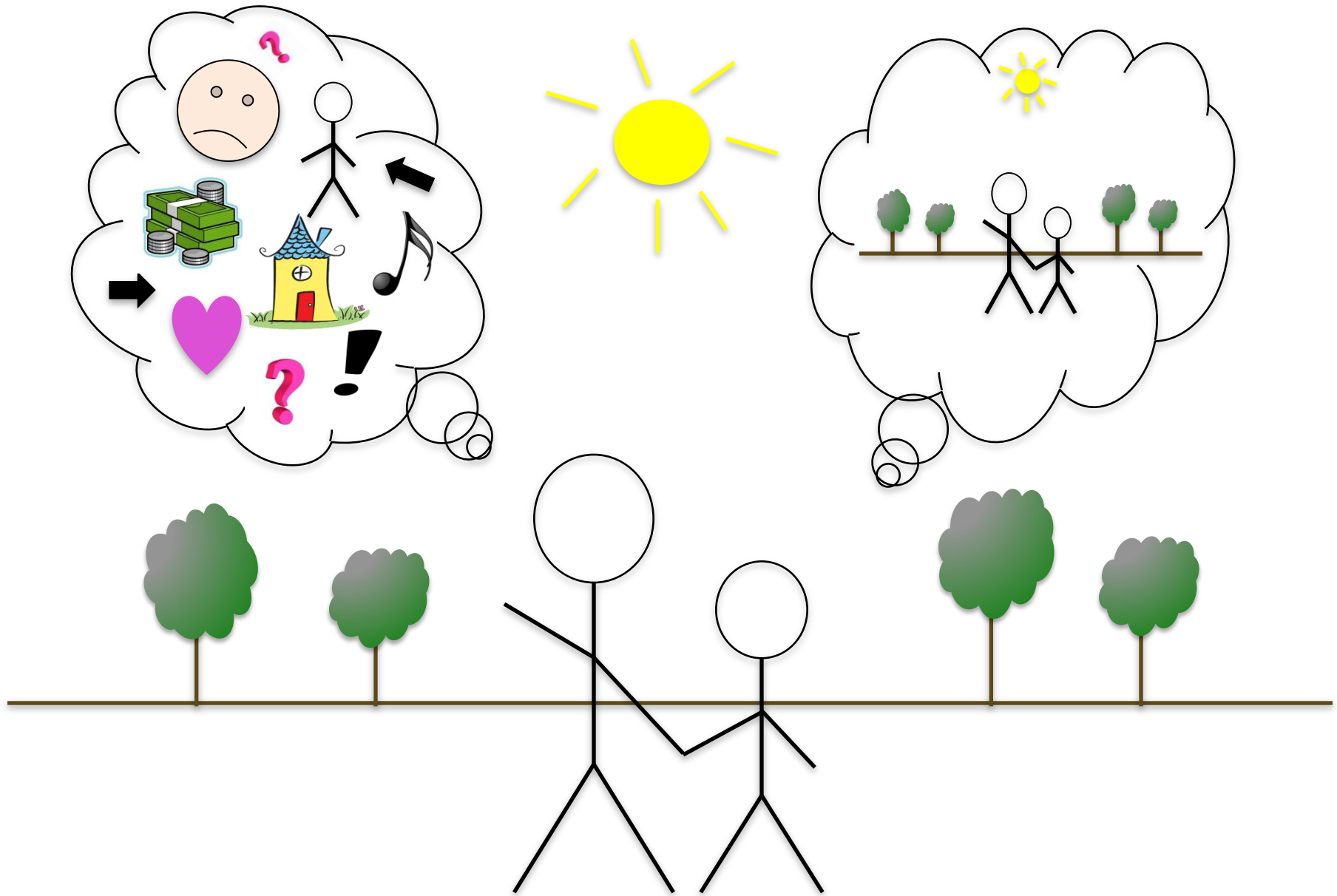
How Mind-Body Medicine Can Help People with Lung Cancer and Their Families



Mindfulness Meditation

- Continually bringing your attention back to whatever is happening in the present moment
- Noticing present moment events with openness and acceptance – without judging or trying to change them

When we are able to focus on just what is happening in the present moment, our minds cannot be anxious, worried or distressed about other issues



Mind Full or Mindful?

Meditation and Mindfulness-Based Stress Reduction for Lung Cancer

- 2000-2011 Systematic Review (1 meta-analysis, 3 systematic review, 1 RCT)
- 6-8 week programs improve:
 - Mental Health (quality of life, stress/anxiety, depression, self-esteem)
 - Fatigue/Sleep
 - Self-Rated Physical Health
 - Spirituality
 - Promising results on immune measures

Guided Imagery

- Involves generating mental images in order to produce a desired psychophysiological state (e.g., relaxation)
- Uses all senses to imagine internal healing
- Can focus on the process of healing or healed end-state
- *Main idea:* Breathe slowly in and out with eyes closed, and use the ability to visualize (“day dream”) to imagine a relaxed state and personal health state

Guided Imagery for Cancer

- Hospitalized patients with cancer pain ($n= 67$)
- Randomized-controlled trial
 - Audio guided imagery
 - Nurse guided imagery
 - Control- usual treatment
- 30 min of a peaceful scenery for 2 times per week for 2 weeks, then twice a day for an additional week
- Significantly lower pain intensity, pain severity, and as needed use of non-opiate analgesics in both intervention groups compared to the control group

Deep Breathing Exercises

- Component of many other mind-body therapies (e.g., yoga, meditation)
- Involves drawing air into the lungs in order to expand the stomach (not the chest) through long, slow inhalations
 - Rather than “taking a deep breath” by sucking in the stomach, raising the shoulders, and filling chest with air
- Goal is to create space for the lungs to expand downward (rather than laterally) by contracting the diaphragmatic muscles

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Yoga for Cancer

- 2000-2011 Systematic Review (25 studies, with 5 RCTs)
- Most common types of yoga: Hatha, Restorative, Iyengar, and Tibetan with home practice highly encouraged
- Yoga for an average of 90 minutes, once a week, for about 8 weeks helps improve:
 - Chemo-induced nausea
 - Anticipatory nausea (Frequency & Intensity)
 - Invigoration & Acceptance
 - Pain
 - Appetite loss
 - Benefit finding (meaning in cancer experience)
 - Salivary cortisol levels

Summary of Potential Benefits of Mind-Body Therapies

- Improve well-being and induce relaxation response
- Reduce anxiety and stress
- Assist ability to tolerate conventional cancer therapy and disease symptoms
- May be useful during diagnostic phase (e.g., undergoing an MRI, during stressful or painful procedures, or chemotherapy infusion)
- Relieve symptoms of headaches, pain, and fatigue
- May not eliminate cancer-related pain, but may reduce level of stress by decreasing pain to more tolerable level and allow patient to reduce amount of pain medication required to more tolerable dosage



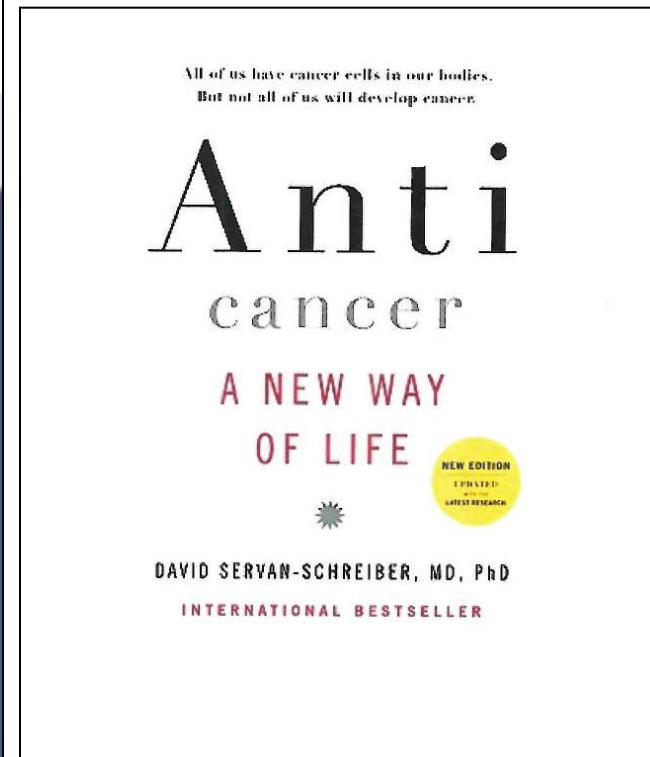
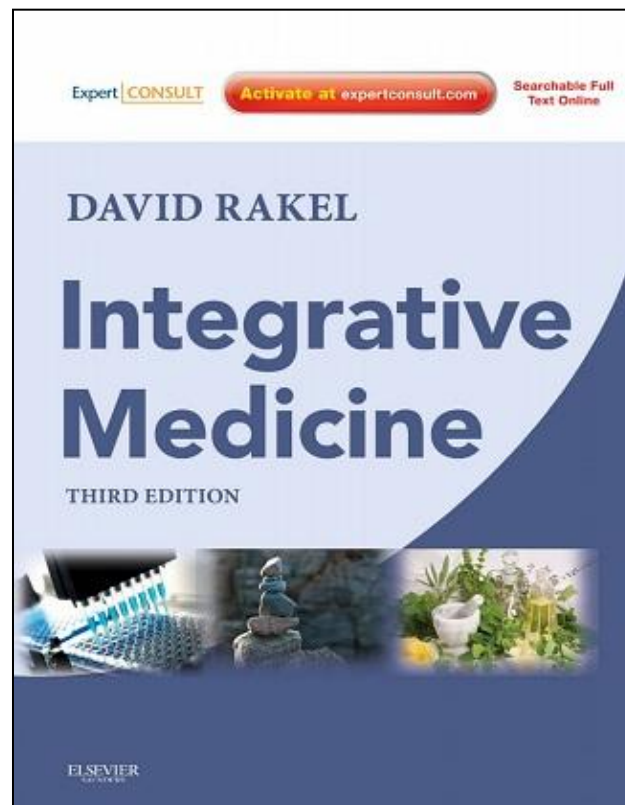
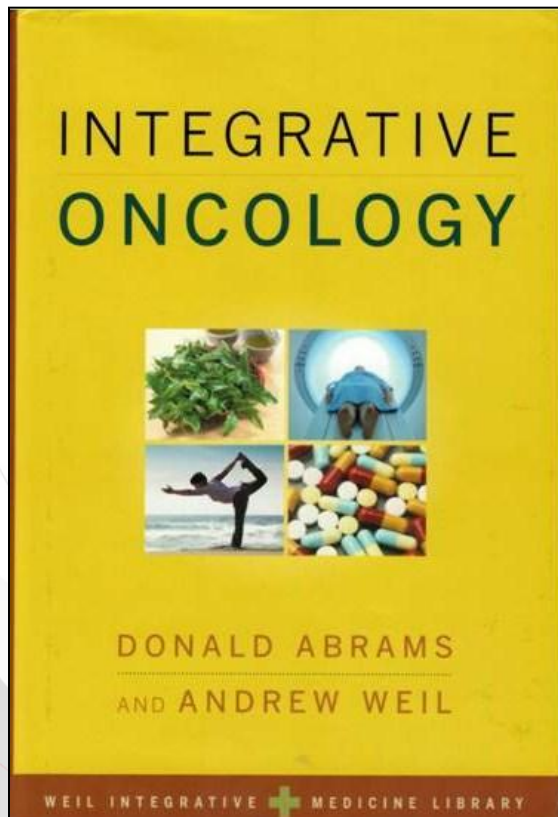
Resources



Finding More Information

- Scientific Articles
 - www.pubmed.org
 - www.nccam.nih.gov
- Guided Imagery from Sloan Kettering Cancer Center
 - www.mskcc.org/videos/guided-imagery-meditation
- Free audio recordings by Dr. Richard Sears
 - www.psych-insights.com/mindfulness.html
- Society for Integrative Oncology
 - <http://www.integrativeonc.org/index.php/patients>

Books



UC Health Integrative Medicine

- **Mind-Body Therapies**
- Acupuncture (Auricular/ear)
- Massage Therapy
- Reflexology/Acupressure
- Integrative physician consults
- Mindfulness groups
- Nutrition evaluation and support
- Health and wellness coaching
- Therapeutic Yoga and Pilates therapy
- Tai Chi

UC Health Barrett Center
234 Goodman Drive
Cincinnati, Ohio

UC Health Women's Center
7675 Wellness Way, 4th Floor
West Chester, Ohio

UC Health Midtown
3590 Lucille Drive
Cincinnati, Ohio
(Opening mid-Nov)

475-WLNS (9567)

<http://uchealth.com/services/integrative/>

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Today is Sunday, Sep. 7, 2014 66° F Mostly Cloudy

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About the Center

Integrative medicine combines conventional medicine with evidence-based complementary therapies such as mindfulness approaches, nutrition and health coaching, acupuncture, massage therapy, yoga therapy and stress reduction techniques for optimal healing.

E-Newsletter Sign Up

The UC Center for Integrative Health and Wellness publishes a monthly e-newsletter that summarizes integrative health happenings at the UC College of Medicine and UC Health, as well as general

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Thanks!
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