



advocacy  
CHATS

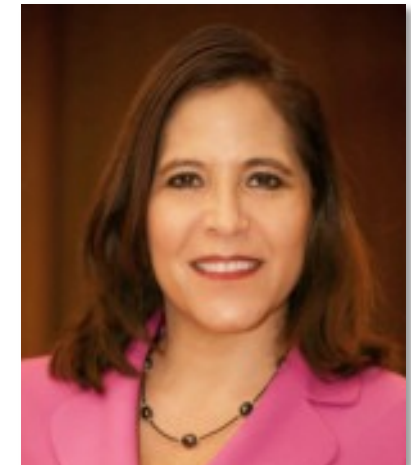
# Cancer Survivorship: The Impact on Mental Health

## Today's Chat Agenda

- **Updates: Community Oncology Alliance (COA) and COA's Patient Advocacy Network (CPAN)**
  - **COA Capitol Hill Day - June 2023,**
    - **Advocacy Focus: TACT Act: (Timely Access to Clinical Treatment) and PBM's (Pharmacy Benefit Managers)**
- **Diane Simard, The Cancer Patient Experience and Mental Health Needs**
- **Creation of the Center for Oncology Psychology Excellence (COPE) at the University of Denver**
- **Advocacy Action Items**



**Diane Simard**  
Founder, Center for Oncology Psychology  
Excellence (COPE)  
University of Denver



**Rose Gerber, MS**  
Director of Patient Advocacy & Education  
Community Oncology Alliance

# The Impact of Psychological Trauma on Survivors' Ability to Heal



**Diane M. Simard**

Stage IIc Breast Cancer Survivor

Psycho-oncology Advocate

Author | Motivational Speaker

Podcaster | Patient Advisor



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# Cancer's Emotional Scars Deserve Compassionate Healing



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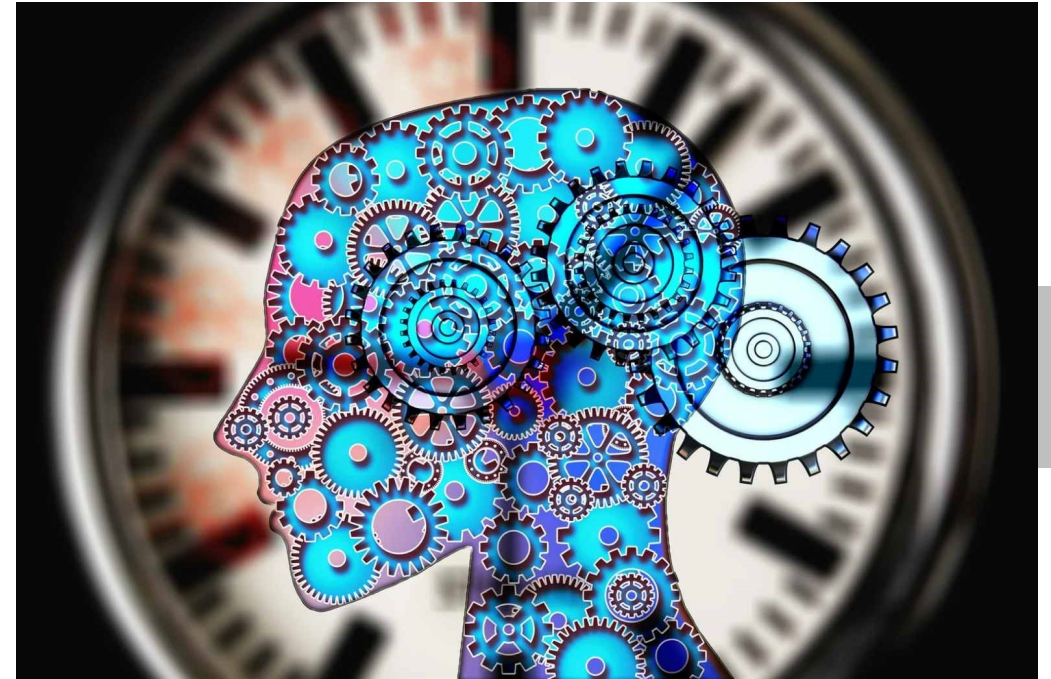
CENTER FOR ONCOLOGY  
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# What is Psycho-oncology?

A cancer specialty that addresses the variety of emotional, psychological, behavioral, and social issues that can accompany cancer.



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# Jimmie C. Holland, M.D.

*“There is no single right approach and no simple answer to dealing with the human side of cancer.”*



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# The Impact of Psychological Trauma on Survivors' Ability to Heal



Psychological trauma can change an individual's capacity to reason, sometimes savagely erasing the ability to cope.



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# The Impact of Psychological Trauma on Survivors' Ability to Heal



Most Common  
Mental Health Symptoms:

- **Distress**
- **Depression**
- **Anxiety**



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# Distress Symptoms



- Sadness, fear, anger
- Helpless, hopeless
- Not in control
- Pulling away
- Worry



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# Depression Symptoms



- Emotionally numb
- Nervous, shaky
- Moody
- Difficulty maintaining focus
- Thoughts of suicide
- Problems sleeping



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# Anxiety Symptoms



- Uncontrollable worry
- Muscle tension
- Trembling, shaking
- Restless, dry mouth
- Irritable, outbursts of anger



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# What About Fear of Cancer Recurrence (FCR)?



“As many as 2 in 3 survivors have FCR.”

2022 Study

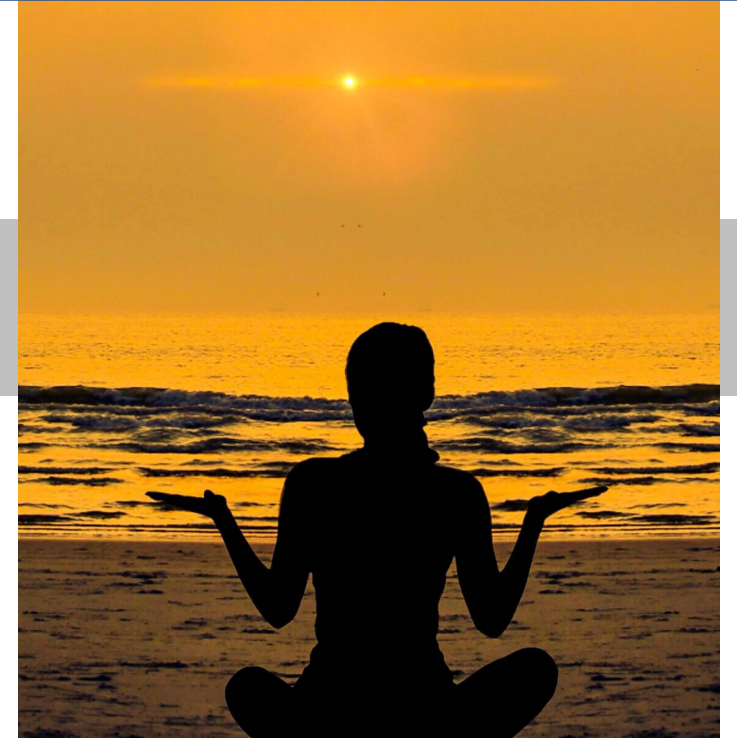
European Journal of Oncology Nursing



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# Mental Health Tips

- Seek out a professional therapist
- Join a support group
- Write in a journal
- Increase your physical activity
- Schedule “worry sessions”
- Perform breathing exercises
- Explore art/music/theater/equine therapy



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# Call to Action

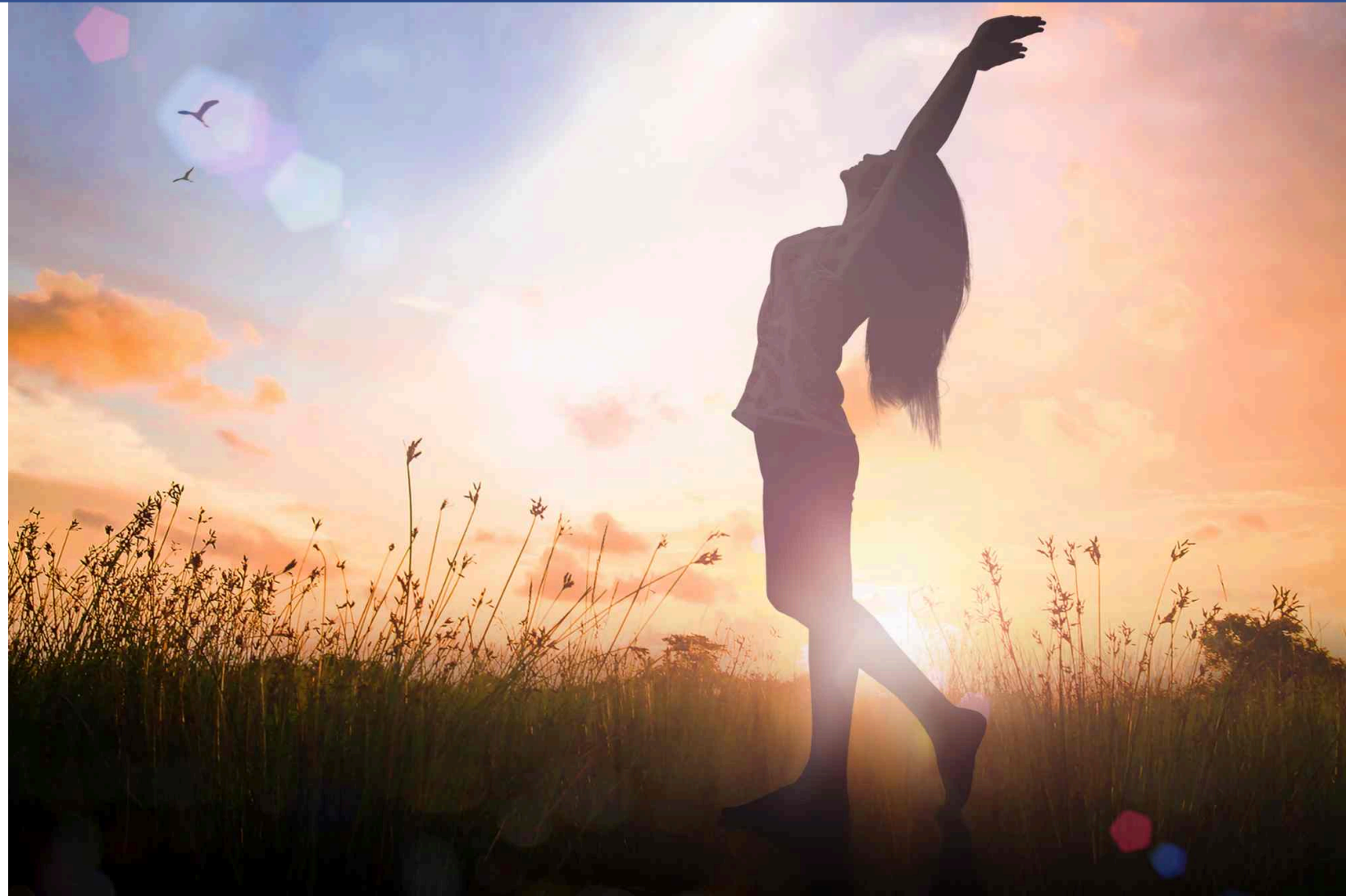
1. Learn about mental health for cancer survivors
  - [apos-society.org/](http://apos-society.org/)
  - [nimh.nih.gov/health/topics/caring-for-your-mental-health](http://nimh.nih.gov/health/topics/caring-for-your-mental-health)
2. Share your story about mental and cancer
  - Coping<sup>®</sup> magazine
  - Stand Up to Cancer
  - Cure<sup>®</sup> ([curetoday.com](http://curetoday.com))



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# Final Thought

Ideally, **mental health support** will continue to evolve and become a **standard part of cancer care.**



# Contact Info



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**Thank You to Diane Simard & Our Listeners!**

**Don't miss our Advocacy Chat on**

**Wednesday, July 12<sup>th</sup> at 12:00 pm ET**