



# TORRANCE MEMORIAL

## CANCER SURVIVORSHIP PROGRAM

A PARTNER WITH THE UCLA-LIVESTRONG™ CENTER OF EXCELLENCE

### BREAST CANCER SURVIVOR PROGRAM DEPRESSION AND LOSS

- It is normal to have some feelings of sadness and loss when one has been diagnosed with cancer. Alterations in body image, fear of death or suffering, disruption of life plans, loss of control, decreased functional ability and financial concerns can all cause distress that results in depression.
- It is estimated that 25% of cancer patients experience significant depression yet depression remains one of the most unrecognized and under-treated disorders associated with cancer.
- Things that cancer survivors can do to cope with emotional stress include: maintain active involvement in daily life including family, community and work as much as possible; share your thoughts and concerns with a loved one; and get professional assistance handling problems that seem overwhelming.
- Signs that you may not be coping effectively include making negative statements about yourself, preoccupation with physical symptoms, avoidance of loved ones or important issues, persistent feelings of hopelessness or helplessness, and recurrent thoughts of death or suicide.
- There are many risk factors for depression. If you have a history of depression or poor social support network you may be more vulnerable to significant depression. Certain medications and poorly managed pain can also increase the risk of depression.

### MY ACTION PLAN

#### MANAGEMENT STRATEGIES

- Share my thoughts and concerns with a loved one
- Discuss my feelings of depression and use of antidepressant medications with my physician
- Take care of myself by eating a healthy diet, practicing relaxation, and finding joy in simple pleasures
- Spend time with others doing activities that I enjoy
- Investigate on-line or telephone support or counseling
- Seek out individual, couples or family counseling through my health insurance provider, The Cancer Support Community, formerly the Wellness Community, South Bay Cities, or Beach Cities Health District
- Investigate and use relaxation techniques such as yoga, meditation, deep breathing

#### EXERCISE

- Make exercise a normal part of my daily routine  
A minimum of 30 minutes three times per week is recommended.
- Check with my physician before I start my exercise program.

Personal goal: \_\_\_\_\_

OTHER:

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### TO LEARN MORE:

#### Counseling and Support

American Cancer Society: Cancer Survivor's Network

<http://csn.cancer.org>

Beach Cities Health District

<http://bchd.org>

CancerCare.org: Counseling

[http://www.cancercare.org/get\\_help/counseling.php](http://www.cancercare.org/get_help/counseling.php)

Cancer Support Community, South Bay Cities  
(formerly The Wellness Community)

<http://cancersupportredondobeach.org>

Torrance Memorial Medical Center Cancer Center

[http://www.torrancememorial.org/Clinical\\_Services/Cancer\\_Center/Complete\\_Care/Support.aspx](http://www.torrancememorial.org/Clinical_Services/Cancer_Center/Complete_Care/Support.aspx)

#### Depression

American Cancer Society: Fear, Anxiety and Depression

<http://www.cancer.org/Treatment/TreatmentsandSideEffects/EmotionalSideEffects/AnxietyFearandDepression/index>

**LIVESTRONG:** Sadness and Depression

<http://www.livestrong.org/Get-Help/Learn-About-Cancer/Cancer-Support-Topics/Emotional-Effects-of-Cancer/Sadness-and-Depression>

National Cancer Institute: Facing Forward: Life After Cancer Treatment

<http://www.cancer.gov/cancertopics/coping/life-after-treatment/page6>

National Institute of Mental Health

[www.nimh.nih.gov/health/topics/depression/index.shtml](http://www.nimh.nih.gov/health/topics/depression/index.shtml)

National Suicide Prevention Lifeline. (800) 273-TALK (8255)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

#### Fitness and Exercise

Torrance Memorial

[http://torrancememorial.org/Health\\_Education/Fitness\\_Exercise.aspx](http://torrancememorial.org/Health_Education/Fitness_Exercise.aspx)