

# Treating Anxiety & Depression with Collaborative Oncology Care



What is **collaborative care**? Collaborative care entails communication and collaboration amongst a patient's health care providers, a focus on the whole person, and their mental and emotional health.

Depression, fear, and anxiety are all very common responses to a cancer diagnosis. Working with a collaborative team of cancer-care providers gives you an environment in which to talk about and receive treatment for concerns, fears, pain, symptoms or side effects to cancer treatments, and more.

**Below are some healing modalities our team uses during collaborative oncology care:**

## ⇒ Nutrition

- During fasting, the healthy cells of the body “switch off” signals for growth and reproduction and enter a “protective” mode, making them more resistant to damage from chemotherapy.
- If not fasting, diets **low in magnesium** were found to increase anxiety related behavior. Foods rich in magnesium such as leafy greens, legumes, nuts, and whole grains can help a person feel calmer.

## ⇒ Botanicals

- Active Hexose Correlated Compound (AHCC) can be extracted from mushrooms. **Research** suggests that taking **1g AHCC** orally reduced chemotherapy-related abnormalities in breast cancer patients receiving chemotherapy compared to a control.
- Medicine made from mistletoe has been shown to have direct cytotoxic (cancer cell killing) effects. Several components of mistletoe have been found to cause apoptosis (programmed cell death) in cancer cells. A **meta-analysis** concluded that breast cancer patients who underwent standard treatment for breast cancer and utilized mistletoe reported a positive quality of life and overall survival rates with long term follow up.

## ⇒ Acupuncture

- Acupuncture is a form of Chinese medicine and involves the insertion of fine needles into the body resulting in therapeutic effects. Research has shown acupuncture to ease cancer treatment side effects, such as depression, anxiety, fatigue, nausea, **neuropathy** and immune suppression.
- Acupuncture can cause the nervous system to produce pain “killing” chemicals, and stimulate emotion “balancing” parts of the brain to ease things like anxiety.

## ⇒ Craniosacral Therapy

- Craniosacral Therapy (CST) is a non-invasive, gentle form of bodywork that works directly on the craniosacral system (membranes and fluid around the brain and spine) to re-balance the body within the central nervous system.
- CST is used to alleviate body pain, fatigue, stress, anxiety, emotional trauma, headaches/migraines, TMJ, and more.



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