

Anxiety Management in Cancer Patients †

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Abstract: From the beginning of the COVID-19 pandemic until now, to which is added the armed conflict between Russia and Ukraine, people have been subjected to negative news and restrictions, some of which have been marked by tragedies in the family or among acquaintances in these two years. For cancer patients, these negative emotions aggravated the disease; their immune systems collapsed, and some of them died. For the family of the deceased oncological patient, the mourning period of 3-6 months turned into trauma. Improving the quality of life of oncology patients by providing them with the psychological counseling they need to find the resources they need, and manage their anxiety with caution. What are the manifestations of anxiety? What is the management of anxiety in cancer? How can we prevent relapse in recovering anxious people? Highlighting the identification elements related to the psycho-emotional profile of anxious patients who are affected by cancer for effective communication of health professionals with them and reduction of iatrophobia. Understanding the importance of the recommended lifestyle, emphasizing quality sleep, healthy eating, exercise, hydration, proper breathing, and the benefits of sunlight. Restoring the optimal level of melatonin and serotonin in the body can be the basis for restoring the body. The Galleri test, immunotherapy, and spontaneous remissions in cancer are a vein of hope that we can call upon to encourage cancer patients. Anxiety is normal in oncological disease and is proportional in intensity to the risk generated by the disease. The oncological disease needs anxiety management, which involves careful monitoring of both the patient and his family to give them the necessary arguments to fight on. To prevent postponement, relapses, and abandonment in psycho-emotional recovery, we must encourage the patient to implement a healthy lifestyle through an intelligent effort of will, encouraging him and giving him the counseling he needs.

Keywords: anxiety management; iatrophobia; oncology; serotonin; endogenous melatonin.

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Conflicts of Interest

The authors declare no conflict of interest.