Emotional Effects of Cancer
How to cope?

Cancer does not attack solely on the physical. When a patient is diagnosed, a number of challenges present themselves. Statistics start invading your thoughts, how much time is left, and possible financial burdens. Cancer can start to feel all-consuming and can deplete the light from daily life. Finding a way to help you keep your thoughts focused on fighting cancer, and winning, is the first step in preparing for the journey to recovery. There have been countless studies by a number of institutions around the world that support this fact: Thoughts have power.

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cope with the emotional roller coaster they will face. There will be anxiety, possible depression, and stress. Anxiety comes with the fear of the unknown and can affect your ability to stay optimistic. Depression can arise through intense feelings of sadness due to a fear of death or changes in daily routine. Stress can occur during the fight and even long after you’ve beaten the disease. Facing a life threatening disease not only stresses the patient, but also his or her loved ones. Cancer is a traumatic event and there are therapies being developed to help patients and their support systems learn to cope and thrive under these conditions.

The Patient Ambassador Program seeks to provide this
kind of emotional support. Do not ignore feelings of emotional distress. We encourage you to seek support to help alleviate these effects to empower you, and to help you regain your physical and emotional strength.

Our ambassadors are available to provide support to our patients and their family. To get connected with our ambassadors, please contact:

Lori McIntosh
President, Ambassador Program
Email: Lorihipecambassador@gmail.com

PMP/Appendix Cancer: Advances in Treatment and Research

Date: Saturday, September 12, 2015
Time: 8:00am – 4:00pm
Location: UCSD Moores Cancer Center, Goldberg Auditorium
3855 Health Sciences Dr.
La Jolla, CA 92039

Symposium Announcement

The University of California, San Diego and the PMP (Pseudomyxoma Peritonei) Research Foundation will join efforts to sponsor a CME-accredited symposium. The available information on PMP and appendix cancer treatment is sparse due to the rarity of the disease. Increased educational efforts will help clinicians recognize this disease and ensure their patients receive appropriate therapy. The symposium will focus on the dissemination of information regarding PMP and appendix cancer both to the patient and to the medical community. There have been significant advances to help better understand appendix cancer pathology, genetics, surgical management, and personalized treatments. This symposium is directed towards clinicians, medical professionals, patients and their caregivers interested in all aspects of PMP and appendix cancer.

Along with our experts at UC San Diego, the keynote speaker will be Dr. H. Richard Alexander who is an internationally recognized surgical oncologist and clinical researcher. Dr. Alexander is recognized for developing innovative techniques to treat patients with advanced cancers of the gastrointestinal tract. He currently treats cancer patients at the University of Maryland.

Another featured guest will be the Insurance Warrior, Laurie Todd. She will be sharing her unique approach to winning insurance appeals and helping patients receive the proper medical care that they require.

For more information and registration, please contact:

Shirley Tejidor
Program Manager
Email: Stejidor@ucsd.edu

Patient Feature:
Kate McIntosh (Age 17)

“I decided to become a HIPEC Ambassador for UCSD to help children of patients who have been diagnosed with cancer and are being treated with HIPEC. I want to help kids who might not have anyone else to talk to. When my mom was diagnosed with cancer of the appendix and she was going to have surgery and HIPEC, I knew I was really scared. I felt like my friends cared about what I was going through and supported me, but the one thing missing was someone to talk to who was my age and who had already been through it with their mom or dad. By talking with kids about what they are going through, I hope to make them feel like there is someone out there who cares and understands.”

It is the objective of our program to fulfill the mission of the UCSD Health System: To deliver outstanding patient care through commitment to the community, groundbreaking research and inspired teaching.