



ACEF SPOTLIGHT

Mind Over Cancer

Meditation for Cancer Symptoms, Treatment Side Effects, and Cancer Survivorship?*

email: info@amacf.org
phone: (616) 607-7360
web: www.amacf.org



Werner Absenger, Ph.D., M.Sc., is a mind-body medicine research scientist who has taught scores of people the skill of health and well-being. Dr. Werner received his clinical training from Dr. James S. Gordon, MD, a Harvard-educated psychiatrist.

Dr. Gordon is the Founder and Executive Director of The Center for Mind-Body Medicine. He is also a Clinical Professor in the Departments of Psychiatry and Family Medicine at Georgetown Medical School. Dr. Gordon served as the first Chairman of the Program Advisory Council of NIH's Office of Alternative Medicine and as Chairman of the White House Commission on Complementary and Alternative Medicine Policy under Presidents Clinton and G.W. Bush.

Dr. Werner currently leads meditation and mindful eating workshops for ACEF's Susan G. Komen of Michigan funded *Living Well in Breast Cancer Survivorship* program in collaboration with Johnson Family Cancer Center. He also offers weekly group meditation sessions open to the public at ACEF and private sessions from self- and physician referrals for Mindfulness-Based Stress Reduction (MBSR).

Dr. Werner's energetic, yet up-front approach empowers you with skills that are beneficial and can be used right away in everyday life.

Carlson, L. E., et al. (2013). Randomized controlled trial of mindfulness-based cancer recovery versus supportive-expressive group therapy for distressed survivors of breast cancer (MINDSET). *Journal of Clinical Oncology*, 31(25), 3119–3126.

Greenlee, H., et al., ... for the Society for Integrative Oncology Guidelines Working Group. (2014). Clinical practice guidelines on the use of integrative therapies as supportive care in patients treated for breast cancer. *JNCI Monographs*, 2014(50), 346–358.

*Not everyone may get these results. Your results may be different. Research shows that the average person may improve her quality of life.

For additional class information, contact us at info@amacf.org, or by phone at (616) 607-7360, or in person at the Absenger Cancer Education Foundation at 17212 Van Wagoner Road, Spring Lake, MI 49456.

Transportation assistance is available to those who qualify!

The Society for Integrative Oncology (ISO) established guidelines for the use of integrative therapies as supportive care options in patients during breast cancer treatment. In 2014, based on 203 studies, ISO graded each modality using a modified version of the U.S. Preventative Services Task Force grading system.

ISO makes these recommendations for meditation:

- Meditation, yoga and relaxation breathing exercises for routine use for common conditions, including anxiety and mood disorders (Grade A).
- Meditation and stress management for stress reduction, anxiety, depression, fatigue, and quality of life (Grade B).
- Also, a 2013 study in 271 distressed breast cancer survivors examined the effects of mindfulness group versus control groups.
- Women in the mindfulness group improved more on stress symptoms when compared to the control group.
- The women in the mindfulness group also saw greater improvements in quality of life and social support.
- Investigators examined an 8-week mindfulness-based stress reduction group in 229 women following surgery, chemotherapy, and radiotherapy for breast cancer (stage 0 to III).
- The women in the 8-week mindfulness group showed improved mood.
- The mindfulness group also saw improvements in breast- and endocrine-related quality of life and well-being compared to the standard of care. The results persisted at three months.

The Bottom Line

Mindfulness training can help breast cancer patients, and survivors relieve anxiety, stress, and fatigue. Meditation can also improve general mood and sleep disturbances, thus improving breast cancer survivors' quality of life.

2016 Class Schedule

1st and 3rd Monday of Month
5:30 p.m. @ JFCC

2nd and 4th Thursday of Month
5:30 p.m. @ ACEF

Every Saturday
9:30 a.m. @ JFCC

Johnson Family Cancer Center (JFCC)
1440 E Sherman Blvd | Muskegon | MI 49444
Absenger Cancer Education Foundation (ACEF)
17212 Van Wagoner Road
Spring Lake | MI 49456

Schedule subject to change without notice.



Meditation is
FREE
for Breast
Cancer Survivors!
Funding programs that support those in the fight to save lives.

