

## UC San Diego Moores Cancer Center “Making Hope Happen” for Body and Mind

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**T**he word “salon” first appeared in popular use in the 1600s – meaning a gathering of people in an important place to exchange ideas with an inspiring host. With that definition in mind, leaders from UC San Diego Moores Cancer Center are reviving the “salon” tradition on Wednesday, June 1 to raise awareness of the importance of psychosocial care through all stages of cancer care from diagnosis to survivorship.

“Scientific evidence has shown that when people experience heightened states of depression, anxiety or stress, they are less likely to adhere to or respond to medical treatment,” explained Wayne Bardwell, PhD, MBA, associate professor of psychiatry at the University of California, San Diego School of Medicine, director of the Patient and Family Support Service and the Doris A. Howell Palliative Care Service at UC San Diego Moores Cancer Center. “By providing this support, we insure that patients get the psychosocial care they need to fully benefit from the excellent, state-of-the-art care they receive from our medical team.”

Moores Cancer Center offers access to a range of free support services such as one-on-one counseling, crisis intervention, support groups, stress management classes, and seminars through its Patient and Family Support Services (PFSS) and the Patient & Family Resource Center. Many of the programs and services are open to cancer patients and their loved ones throughout the community.

Estimates show that between 25 and 50 percent of cancer patients are highly distressed. Fatigue, insomnia, transportation, pain, communicating with children, decision-making, depression, financial concerns and anxiety are some of the most common concerns of cancer patients. Any one of these problems can significantly undermine the quality of life of the patient and their loved ones and compromise medical care and outcomes.

“This event provides an opportunity to join together community leaders from all walks of life, in an intimate setting, and to learn more about our initiative,” said salon speaker, Thomas J. Kipps, MD, PhD, professor of medicine at UCSD School of Medicine and incoming interim director of UC San Diego Moores Cancer Center. “At a time when the prevalence of cancer is rising and budgets are

shrinking, it is critical to ensure that cancer patients throughout the community retain access to the most advanced supportive resources.”

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