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THE WELLNESS COMMUNITY PODCAST DISCUSSES MANAGEMENT OF EMOTIONAL DISTRESS CAUSED BY CANCER

WASHINGTON, D.C. – November 16, 2006 – Being told that you have cancer can be devastating. In addition to the anxiety surrounding a diagnosis, living with cancer creates a variety of physical and emotional stressors – from making decisions about treatment and their side effects; to coping with daily decisions around work, family, and finances. For caregivers, the stressors are similarly difficult and anxiety provoking.

The second episode of *The Cancer Sessions: Online Answers to your Cancer Questions*, “Emotions & Cancer,” discusses how to recognize and manage emotional distress caused by cancer. Science tells us that with the right ‘tools,’ people can manage or overcome emotional distress and feel physically and mentally stronger. They can begin to feel a greater sense of hope, and feel more control over the fears and anxiety that cancer may cause.

Moderated by Kim Thiboldeaux, president and CEO of The Wellness Community, the program covers topics including:

- Tips for coping with the emotional stress of cancer
- The research surrounding support groups for people with cancer and their caregivers
- When to seek support
- Where to turn for support

The program’s expert panelists include:

- Mitch Golant, PhD, vice president of research and development at The Wellness Community
- Matthew Loscalzo, president of the American Psychosocial Oncology Association, Associate Clinical Professor of Medicine and the Director of Patient and Family Support Services at the Moores University of California San Diego (UCSD) Cancer Center in La Jolla, California, and Co-director of Palliative Care for the UCSD Health System
- Laura Zauderer, Public Health Advisor with the Centers for Disease Control and Prevention’s Division of Cancer Prevention and Control and a long-term caregiver to her

father, a 25 year survivor, and a close friend to many other survivors in her personal and professional life

To listen to the cancer sessions made possible through an unrestricted educational fund from Genentech, please visit <http://www.thewellnesscommunity.org/media/podcasts.htm>

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ABOUT THE WELLNESS COMMUNITY

Celebrating its 25th anniversary in June 2007, The Wellness Community is an international non-profit organization dedicated to providing free support, education and hope to people with cancer and their loved ones. Through participation in professionally-led support groups, educational workshops, nutrition and exercise programs, and mind/body classes, people affected by cancer learn vital skills that enable them to regain control, reduce isolation and restore hope regardless of the stage of their disease. Today, there are 21 Wellness Communities around the United States plus 43 satellite and off-site programs, two centers abroad in Tel Aviv and Tokyo, five centers in development, and online at The Virtual Wellness Community. For more information, visit www.thewellnesscommunity.org