

“Symptom Management for Cancer Survivors”



Wednesday, September 24th

Fred Hutchinson Cancer Research Center,
Arnold Building

M1-A303/305/307 Conference Room, 7-8:30pm

When cancer survivors finish treatment they often face the new challenge of identifying, understanding and living with the unexpected or unwelcome aftereffects of cancer or cancer treatment on their body, emotions and life. For many survivors, these late effects are minimal. For others, with education and support they are able to take charge of their health and manage or prevent these problems.

Dr. Mark Jensen will present on the topic of symptom management after cancer, and will discuss the use of self-hypnosis strategies to help them deal with these challenges. Dr. Jensen's clinical work focuses on providing clients with tools they can use to experience reductions in symptoms (such as pain and fatigue) as well as to decrease the effects of these symptoms on the client's life. These skills, which include relaxation and self-hypnosis, also often have the "side effect" of improving sleep quality. In all of his work, his goal is to help empower patients to be able to take more control over their symptoms and their life.

RSVP to attend: 206.667.1960 or survivor@fhcrc.org

Light refreshments provided at 6:45pm by Amgen

Mark P. Jensen, PhD, is a Professor in, and Vice Chair of, the Department of Rehabilitation Medicine, University of Washington School of Medicine. Dr. Jensen's research program has focused on the development and evaluation of measures of pain, pain beliefs, and pain coping strategies, as well as on the development and evaluation of psychosocial pain interventions.

Fred Hutchinson Cancer Research Center Survivorship Program

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