Apr 12th, 11:15 AM - 12:15 PM

2018 GUIDE Summer Research - Breast Cancer

Qur'Annah Jones  
Governors State University, annajones236@yahoo.com

DeLawnia Comer-Hagans  
Governors State University

Follow this and additional works at: https://opus.govst.edu/research_day

Part of the Alternative and Complementary Medicine Commons, Disease Modeling Commons, Laboratory and Basic Science Research Commons, and the Research Methods in Life Sciences Commons

Effects of Mindfulness on Breast Cancer and Diabetes

Qur’Annah Jones1, Dr. Alicia Matthews2 and Dr. DeLawnia Comer-Hagans1

1Governors State University, University Park IL; 2University of Illinois at Chicago

Background

• A comorbid diagnosis of diabetes and breast cancer has rather low survival rates. Particularly in older women and those whom are lacking in medical care or other support systems (Peairs, et al., 2011).
• A possible treatment is mindfulness; focusing awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations. Examples include yoga, tai chi, and deep breathing.
• Mindfulness can be a supplement or even an alternative to more harmful treatments, like radiation or chemotherapy (Eyles et al., 2015).
• Ideally, even if the cancer can’t be stopped, patients ought to enjoy the benefits of comfort throughout their journey (Eyles et al., 2015).

Aims

• The goal of this research is to validate alternative solutions to cancer treatment, particularly with a comorbid diagnosis of diabetes.

Methods

• Data and sources were collected from the National Institute of Health database, and oncologists participated in the interview process.
• Interviews:
  • Examples of questions asked to procure comprehensive data:
    - “How long have you been a practicing physician?”
    - “What percent of your patients have pre-diabetes?”
    - “How did you learn about updates in evidence based care/guidelines, and what are the barriers to coordinating care?”
• The interview responses were then cross referenced with the articles to establish the results and conclusion.

Findings

Available Research on Mindfulness

PubMed articles for “Mindfulness and Cancer”  
N= 437

PubMed articles for “Mindfulness in Cancer treatment”  
N= 358

PubMed articles for “Mindfulness, Cancer and Diabetes”  
N= 10

Examples of Mindfulness Framework

Possible Outcomes of Mindfulness

Conclusion

According to some oncologists:
• Cancer is a priority, diabetes is better left to the primary care physician.
• Coordination between oncologists and primary physicians tends to be limited, which can lead to less favorable health outcomes for patients.

Alternative treatments, such as mindfulness, are currently of little importance to most physicians. Quantitative data relating to mindfulness as a cancer treatment or a diabetes treatment are already sparse. When combined, research is practically non existent. Though it has merits, many physicians have yet to recommend it to patients. Overall, an increased prioritization of mindfulness may lead to better treatment for patients.

References


Acknowledgements

• Many thanks to the UIC GUIDE program, my mentor DeLawnia Comer-Hagans, and my supervisors Kenneth Vasser and Karen Aguirre for this incredible opportunity.
• This project was sponsored with a P20 grant by the National Cancer Institute (P20CA202907 and P20CA202908) via the National Institute of Health.