Freespira may offer help for patients during and post cancer treatment

Providers recognize breast cancer takes a profound toll on patients physically, but the emotional and mental impact is equally significant. Research shows breast cancer survivors face an increased risk of developing mental health disorders, including anxiety, depression, and post-traumatic stress disorder (PTSD).[1] Patients undergoing treatment often experience intense fear, uncertainty, and isolation, which can linger long after treatment ends.

Studies indicate women with breast cancer are nearly twice as likely to experience depression and anxiety compared to the general population.[2] Many survivors also struggle with feelings of loss, changes in body image, and the challenge of returning to a "normal" life post-treatment.

You know how important it is to not only address the physical aspects of breast cancer, but also pay close attention to the mental health needs of patients. When you find patients who are showing signs of anxiety and PTSD as they cope with health issues, consider including Freespira in their treatment plan to help with their mental health needs.

Security Health Plan is the only health plan in our area to offer Freespira, a medication-free, clinically proven solution that can reduce symptoms of PTSD and panic disorder in just 28 days. This innovative treatment can be a powerful tool for breast cancer survivors dealing with the emotional aftermath of their diagnosis.

Learn more about Freespira, or to start a referral, visit Freespira's website here.

[1] Brown, L. C., Murphy, A. R., Lalonde, C. S., Subhedar, P. D., Miller, A. H., & Stevens, J. S. (2020). Posttraumatic stress disorder and breast cancer: Risk factors and the role of inflammation and endocrine function. Cancer, 126(14), 3181–3191. https://doi.org/10.1002/cncr.32934

[2] Perekupka, J. (2024, October 3). Shock, fear and anxiety - the complexity of breast cancer beyond diagnosis. MedCity News. https://medcitynews.com/2024/10/shock-fear-and-anxiety-the-complexity-of-breast-cancer-beyond-diagnosis/