

***Mind Over Disease: A Personal Experience***  
***World Congress on Advanced Integrative Rejuvenology***  
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**Easy on the Eyes Treatment Technique**

**Chemotherapy -- Email Running Notes**

Gaylon -- Excerpt **HIGHLIGHTED** FYI re Oncology treatment -- Fast and applied as in Rejuvenology presentations -- For example this notion, fast and punchy takes only a minute to explain. This email last night was to Athene; a colleague of Dr Consuelo Bereda formerly Canberra Hospital Psych Department Head.

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Returning to one of the topics of your email and as I say it is good to hear from you after all this time –

One of the issues confronting oncology which we appreciate as relatively new medical specialty where some tremendous achievements have been made is the complexity of patient care, unlike the general run of the mill.

The Multidisciplinary approach to patient care implemented in 1975 by Dr Bill Piggot in Adelaide has come long way but still each specialty "fiefdom" vigorously protects its separate integrity.

We all know it is the fact that the physical stress reduction correlates with autoimmune strengthening. How much of the research in psychosomatization has been applied in practical patient care? How much emphasis has been given to the notion of "hope" and belief systems when it comes to faith because without faith, how can we hope? In this context I am not necessarily referring to denominational religions.

The next important question that I see related to the advent of oncology breakthroughs is that when confronted with the terrible question of mortality when death is so permanent, what is the person's reason for wanting to live longer? These are very difficult topics for surgeons and physicians to come to grips with and besides, that is not their specialty so they welcome others without really knowing much about the process is involved.

Physicians have to remain objectively detached or they go bonkers. The detachment is picked up by patients in no un-certain terms. I remember that myself when told I was inoperable and there was no hope. I think the most enlightened oncologists tread a tight rope balanced with the patient's inevitable fears and their own empathic responses which are quickly picked up. There are some ways out of this awkward dilemma.

In some of the new very simple ideas that I will be presenting shortly, oncologists will feel more comfortable with a straight forward armament that will be easy to understand and more comfortable for both specialists and patient alike. It just occurred to me that on introducing this topic to you, inadvertently I have been teasing so let me give you an example.

Chemotherapy drugs frequently administered such as Dexmethazine produce heightened photosensitivity as a lamentable side-effect. Not before long as a natural head and scalp neuromuscular stress reaction especially across the frontalis muscles of the forehead, this results in tension headaches. I well remember those during 5 months of intensive chemotherapy watching other patients. The simple answer was to use sunglasses during treatment. It worked!

Second because patients feel continually under focus, sunglasses reduce eye contact with other patients. Because we feel extremely vulnerable and very conspicuous, just wearing a pair of sunglasses cuts this psychological non-verbal communication pressure down immensely. Patients frequently watch TV as a thought stopper but this doesn't always help so another way to combat un-needed pressure is to simply turn down the TV brightness contrast or even wear sunglasses while viewing muchly needed TV as an excellent distracter.

### ***Discovering Sunglasses***

Finally during five months chemotherapy I discovered sunglasses to reduce heightened photosensitivity. Much more importantly I found them useful as they hid my eyes. Empathy from others was sometimes overwhelming to the point where I would almost breakdown. This is why I asked my loving wife Jan, not to wait with me during treatment. It was too saddening as an on-looker and empathic passenger. Besides, chemo nurses were usually bright and fond of a joke despite all odds. These beautiful women were my angels, graced with compassion.