

ARE YOU STRUGGLING WITH SIDE-EFFECTS?



Belinda tobogganing just one week after her 6th cycle of chemotherapy.

NO SIDE EFFECTS ARE COMPULSORY

Many people don't realise that there is a large psychological component involved in the experience of chemotherapy side-effects.

Negative expectations, anxiety, our beliefs and background stress levels can all contribute to what might otherwise be a tolerable experience. Or even an empowering one.

And it's hard to avoid the horror stories, isn't it. It seems we're set up for the expectation of a difficult experience from the outset. Just like childbirth we rarely hear a good chemo story.

But as my oncologist said, no side-effects are compulsory...

While chemotherapy is certainly physical, it doesn't have to be debilitating. If you would like help in reducing the side-effects of chemotherapy, please contact me for an appointment.

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