

Depression can exacerbate the health of people who care for cancer patients

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Researchers recommend assessing the mental health of carers for cancer patients as soon as their loved ones are diagnosed with cancer.

Lead researcher Kelly Shaffer said in a press release by the American Cancer Society: *"Identify people who care for cancer patients who need treatment, and refer them to psychosocial services. effective and accessible, are the next necessary steps to improve comprehensive care for families facing cancer . "*



For this study, Shaffer, along with Memorial Sloan Kettering Cancer Center in New York City, analyzed feedback from 664 relatives whose patients were diagnosed with cancer based on Hiep's questionnaires. American Cancer Society.

Specifically, researchers have looked for changes in participants' health from two to eight years after knowing and taking care of their loved ones diagnosed with cancer.

Two years after diagnosis, the health of the sick person is slightly better than the national average. However, research shows that their health has decreased by a negligible small amount after 6 years.

Depression seems to be a worse indicator of physical health. In fact, the health of people with signs of depression has clearly decreased twice as fast as those with moderate symptoms.

Shaffer's author wrote in Cancer: "The adverse effects of depression on physical health have been recorded within the general population."

" These findings continue to be evidence that care for cancer patients is very challenging and psychologically stressful, while also underscoring the impact of special depression on depression. reduction of early physical health of carers for cancer patients " - The authors said.

Researchers say caregivers for cancer patients can be screened for depression along with cancer patients using simple, basic sample questions.

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