



ABOUT 1 IN 4

Cancer patients go through depression



ABOUT 30%

Of cancer patients go through anxiety



ABOUT $\frac{1}{3}$

Of cancer patients share a common mental health
disorder

INTRODUCTION

Hi! My name is Deeksha Kalmath



MISSION

I am very passionate
about mental health
I wanted to connect both
things
I want people to be able
to feel supported and
safe
I want to help cancer
patients seek mental
health if necessary



VISION

I hope to help cancer
patients feel supported
and comfortable enough
to seek help while
knowing the
consequences of
depression and anxiety
medication mixed with
cancer treatment

**CANCER PATIENTS NEED A
FORUM TO PROMOTE UNITY
AND IMPROVE MENTAL HEALTH
WHILE AND AFTER UNDERGOING
TREATMENT**

**CANCER
SUPPORT**





A BRIEF STORY

PROS OF THE APP

- It will get to many people
 - Very accessible
 - Easy to text people through your phone
 - Able to upload pictures faster

CONS OF THE APP

- So time consuming
- Involves external lessons on coding
- Might have to spend a lot of money
- Mostly targets a younger audience

Cancer Support

Welcome to an area of support and love

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Depression and Cancer



Depression is common in cancer cases, affecting close to two thirds of patients. A cancer diagnosis has life-changing effects, and is a source of considerable psychological and emotional stress. Stress beyond the coping mechanisms of patients may result in major depressive disorder. There is a strong need to identify and treat depression in cancer patients in order to increase quality of life and reduce mortality. The optimal combination of therapies is unknown due to the lack of proper research done. Selection of antidepressants should be carefully considered, given the common side effects of chemotherapy (such as nausea).

Antidepressants with Cancer Treatment

The use of traditional antidepressants in patients with terminal cancer may be counterproductive due to the medications' delayed onset of action. According to an

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inhibiting the hepatic CYP2D6

Non-Pharmacological with Cancer Treatment



Positive patient-physician interactions and communication significantly reduce patient distress. Additionally, a variety of techniques, including as relaxation strategies, psychoeducation, cognitive behavioral therapy (CBT), problem solving therapy (PST), and acceptance and commitment therapy, may be beneficial to patients (ACT).

Exercise treatment may also help cancer patients deal with their depression in a little way. Although there is a lack of research utilizing depression as the major outcome, a meta-analysis found that exercise can reduce pain, alleviate fatigue, and enhance QOL in cancer survivors.

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The Full Story

Welcome :)



Cancer is a very gruesome disease. It is not a sprint, but a marathon. It is crucial to have a good support system to survive this. Family and friends are great, but can they relate as much as other patients?



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EXTD



8:45



WHAT NEXT?

MORE MEDIA

I hope to get more people to see the blog

MORE SUPPORT

I hope to have people reach out and say that the blog helped them

MORE COMFORT

I hope to create more comfort in speaking out