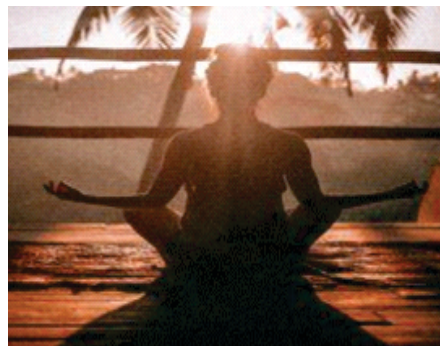
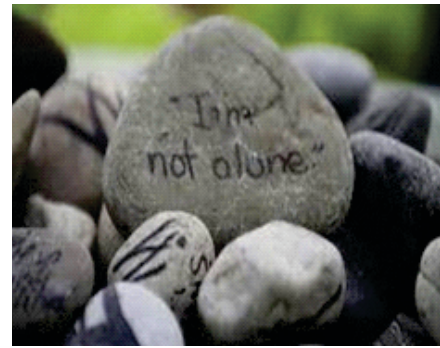


Emotional Support for Cancer Patients

Information for Patients/Guardians



Understanding the emotional needs of patients with cancer is an essential part of their medical care package here at AKUH.

Psycho-oncology is a speciality in cancer care that not only helps improve quality of life but also improves survival rates for cancer patients by extending psychological and emotional support.

Being diagnosed with a potentially life-threatening illness often leads to a feeling of extreme distress. While some are resilient and can cope with the support of family and friends, others may need additional professional support from a psychiatrist or psychologist.

It is well-known that psychological support and intervention at all levels can reduce psychological distress, improve patients' quality of life, lead to a better functional and emotional outcome, and facilitate a quicker return to daily activities.

Psychological therapy may be for you if you:

- Feel anxious about cancer and its treatment
- Feel that your cancer and its treatment have interfered with your family, sexual, or social life
- Feel distressed due to changes in your physical appearance
- Have pain and discomfort that have caused you to limit your activity
- Have difficulty coping with stress
- Have been irritable or unusually angry
- Feel depressed and very low
- Want to harm yourself or have suicidal thoughts

People can experience some of these symptoms with different intensities at different times. If you feel any of the above statements apply to you, you may want to consider a consultation.

Treatments We Offer

We offer a range of treatments and always strive to find the best fit for you. Any treatment provided will be tailored to your individual needs and won't interfere with your cancer treatment.

Your confidentiality will be maintained, and you will be treated with respect and given the time and space to talk about the things that are worrying you.

Treatments offered may include:

- Face-to-face psychotherapeutic support
- Emotional support
- Guided relaxation techniques
- Graded activity planning
- Medications
- Group work


How to Consult a Psychotherapist/Psycho-Oncologist

Any professional, such as your cancer specialist, nurse specialist, or family doctor, can refer you to us or guide you in making contact. You may also schedule an appointment by calling the numbers provided at the end of the brochure.

Contact our Psychiatry clinic for scheduling an appointment.

The Aga Khan University Hospital

 (021) 111-911-911

 <https://hospitals.aku.edu/Pakistan>

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