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Media Contact:

Henry Duong

626-283-9563

hduong@cancersupportcommunity.org

Nearly Half of Cancer Caregivers Experience Substantial Anxiety and Feel Unprepared

CSC study identifies the top needs and concerns cancer caregivers are facing

WASHINGTON, DC (Aug 04, 2017) – The Cancer Support Community (CSC), an international nonprofit, today announced the results of its study from the Cancer Experience Registry of cancer caregivers at the 2017 American Psychological Association Annual Convention.

Findings show that among other things, cancer caregivers experienced substantial anxiety (48 percent of respondents) and elevated fatigue (37 percent). Additionally, the top needs expressed by caregivers include:

- 72 percent wanted better understanding of the patient’s medical condition, treatment, and prognosis
- 62 percent wanted to learn how to manage personal stress
- 62 percent lacked information about available financial resources
- 54 percent desired guidance on how to navigate the health care system

Also of note, caregivers experiencing more unmet needs were people who reported less knowledge about the patient’s cancer. They felt less prepared to provide and coordinate care, and they experienced greater burden.

“The emotional and physical health of cancer caregivers are seldom monitored, so caregivers tend to fall through the cracks,” said Alexandra Zaleta, Ph.D., Senior Director of Research at CSC. “Early recognition of distress and appropriate intervention are imperative for the well-being of the caregiver and long-term care of patients.”

“My mother’s diagnosis of metastatic breast cancer was an overwhelming and confusing experience,” said Anabella Aspiras, RN, MPA, Senior Director of Strategic Initiatives at CSC, and a former caregiver. “I was fortunate enough to benefit from the free services and programming for caregivers provided by my local CSC affiliate, which gave me hope and helped me to stay positive.”

149 caregivers took part in this study. They are a part of CSC’s [Cancer Experience Registry](#) that includes over 12,000 patients and caregivers of 45 cancer types.

See [full poster presented](#) at the 2017 American Psychological Association Annual Convention.

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About Cancer Support Community

As the largest professionally led nonprofit network of cancer support worldwide, the Cancer Support Community (CSC), including its Gilda's Club affiliates, is dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. CSC achieves its mission through three areas: direct service delivery, research, and advocacy. The organization includes an international network of Affiliates that offer the highest quality social and emotional support for people impacted by cancer, as well as a community of support available online and over the phone. The Research and Training Institute conducts cutting-edge psychosocial, behavioral, and survivorship research. CSC furthers its focus on patient advocacy through its Cancer Policy Institute, informing public policy in Washington, D.C. and across the nation. For more information, please call the toll-free Cancer Support Helpline at 888-793-9355, or visit www.CancerSupportCommunity.org. *So that no one faces cancer alone.*®