

Oncology News



connecting heart to health

....More than medicine

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Comprehensive
Cancer Care
Integrating Mind,
Body, and Spirit

Cascade Surgical Oncology, PC provides personalized care to our patients and their families in a healthy and nurturing environment. With compassion, courage, and respect, we honor diversity and celebrate life. Support, hope, listening, laughter and touch all intertwine with our care.

Wellness Coaching, an Approach for Today

By Amy Trezona, RN, BSN

A diagnosis of cancer, or other life threatening disease can be overwhelming to say the least. In an instant people are thrust into a fast moving system of doctor appointments, lab tests, imaging studies and pharmacies. Right away the future is uncertain and their world has turned upside down. Often they come out on the other side of treatment not really knowing what happened to them emotionally, mentally, or spiritually. They were so focused on the physical day-to-day treatments that the other aspects of their lives took a backseat. Time is now measured as "before diagnosis" and after diagnosis."

There are many losses that come with the diagnosis of cancer. These losses may create a sense of confusion, depression, and emptiness. In reality grief is present and often not expected or dealt with.

During cancer treatment and after people may find themselves feeling drained of energy, alone in their pain, both emotional and physical as well as lacking trust in life. There could be unfinished emotional business that arises with a life threatening diagnosis. All of this could be present and more, and most often the physician is too busy to meet these kinds of challenges. This is when a life and wellness coach can make a difference. A difference in outcome is possible by addressing the whole person, physical, emotional, mental and spiritual. Working with clients at the very beginning of diagnosis and treatment can assist them in feeling empowered and present to the life that is happening to

them right now. By working with a life and wellness coach it is possible for them to make choices in the beginning that can improve the quality of their life, and be in alignment with who they really are and who they want to be.

When people remember they are

more than their physical self, now with a life threatening illness, and align with the mental, emotional and spiritual aspects of their being they are more prepared for the journey. No matter what the current state of health, people can begin to appreciate themselves as a growing, changing person and allow themselves to move toward a happier life with a positive mindset.

I am Amy Trezona RN, BSN, of Whole Heart Communications, a registered nurse for 28 years, and life and wellness coach. I work with clients who have life threatening and chronic illness that desire to live a fulfilling and optimal life while in the midst of illness. Utilizing the **Wellness Inventory**, an evaluation and assessment tool, along with coaching, helps clients understand their current behavior and how they can make better choices to improve what they feel is important to address, and what they are most motivated to change. This could be diet, weight

loss, exercise, blood pressure, stress level, or improved communication skills. Or it could be a sense of self-identity, authentic personal and professional relationships, and meaning in everyday life.



**WELLNESS
INVENTORY**

Assessing 12 dimensions of life that include; self-love and responsibility, breathing, sensing,

eating, moving, feeling, thinking, working and playing, communicating, sexuality, meaning, and transcending allows clients to see how everything is connected. What they think and feel affects their eating and communication. Relationships, exercise level and eating habits affect how they manage stress. How they find meaning in life affects their personal and professional relationships as well as their attitudes and choices for health.

Inspiring clients by listening, questioning, helping them stay in the present, and designing action plans together creates a synergistic relationship that moves them toward greater and greater health and well-being. Because healing is more than resolution of physical symptoms and disease, a life and wellness coach brings a new paradigm to the health arena. Contact me for a free ½ hour of wellness coaching to see if this type of support may be right for you or the patients you serve.



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