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The Bloodline with Blood Cancer United Podcast

A Podcast for Patients and Caregivers

Episode: 'Hope Meets Healing: Simple Practices for Stress Relief'

Description:

In this episode, we sit down with Ann Grace MacMullan, Director of Integrative Wellness at the International Waldenström's Macroglobulinemia Foundation (IWMF), to explore how wellness can become a powerful part of life after a cancer diagnosis. Ann Grace shares practical, calming techniques, including breathing exercises, "Bee's Breath", and guided meditation, that you can do anywhere to reduce stress and feel more grounded. We'll also dive into what integrative wellness really means, why it matters for blood cancer patients, and how concepts like the "self-care sandwich" can help you start and end your day with intention.

Transcript:

Elissa: Welcome to *The Bloodline with Blood Cancer United*. I'm Elissa. Thank you so much for joining us on this episode.

Today, we are speaking to Ann Grace MacMullan, the Director of Integrative Wellness at the International Waldenstrom's Macroglobulinemia Foundation, or IWMF. In this role, she has collaborated directly with blood cancer patients to create integrative wellness programming that addresses the gap in care that can often arise from a rare and complex diagnosis. As a certified yoga therapist, Ann Grace also enjoys providing tools to help navigate chronic illness and support aging gracefully, her mission is to empower blood cancer patients to take control of their own well-being in order to improve quality of life and patient outcomes.

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This mission became personally important to her after her father was diagnosed in 2019 with Waldenstrom's macroglobulinemia, a rare and chronic blood cancer.

Welcome, Ann Grace.

Ann Grace MacMullan, C-IAYT: Hi, Elissa. Thank you so much for having me.

Elissa: Well, thank you for being here. So, our episode today is on wellness after a cancer diagnosis. As we know, having cancer can be a very stressful experience for both the patient and the caregiver. So, we have a very relaxing episode planned where you'll take us through a few exercises as well as discuss the importance of overall wellness and how patients may integrate that into their cancer care.

To get started, I believe you have a breathing exercise for us to do together?

Ann: I sure do, and I want to state right out of the gate that if this or anything we do in our session today doesn't feel good to you, you can skip it. You don't have to do it. Sometimes breathing can be anxiety-provoking to some folks; so, I will just say do what feels best to you.

I love, actually, giving our eyes a break; so, this is sort of a way to get into more of an inner space. So, what I'll invite you to do is just rub the hands together. If you're wearing glasses, you can take your glasses off; and we're just going to cup the palms over the eyes, just for a moment, and under cover of the palms, you can just begin to arrive in your seat. Maybe you want to roll the eyes around a little bit to lubricate the eyes. Take a break from the screens that we sometimes get a little too much of. And then from this stable, seated posture, you can start to observe the sensation of breath. Just maybe take a little sip in through the nose and let it out the mouth. It doesn't have to be a long breath. In through the nose, out through the mouth. And just one more breath like that, and then we can relax the hands down, keeping the eyes closed for just a moment longer.

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I love to give folks this really easy exercise. It's called five breaths, so you can do this when you're sitting in the car, you're about to get out of the car, go to a doctor's appointment or maybe you're about to receive an infusion. So, closing the eyes and just taking five breaths in a row. So, we're inhaling one, exhaling one. Inhale two, exhale two. Make it your own speed, continuing on. And one more. And this is just a quick way to reset the nervous system, which can be so helpful. And you can blink the eyes open when you're ready.

Elissa: Okay, well that was wonderful. I feel so relaxed now to get into this conversation. So, let's discuss integrative wellness. What is that, and why is it so important for blood cancer patients?

Ann: Sure, well integrative wellness is a term that we at IWMF have adopted to describe what we're doing with our wellness programming. This is a resource to, as you mentioned, our patients and caregivers. We've been doing this in collaboration with them over the last five years.

So, what it is, integrative wellness, it's evidence-based, it's holistic, it's everything from fitness classes, webinars on nutrition, mind-body interventions like yoga and meditation, creative therapies like art and dance. There's a support group aspect to this as well, this sense of community that develops as a result of attending these offerings over Zoom®. And then I think the real low-hanging fruit for many of the blood cancer patients that I work with are the guided relaxation practices, and some of these use visualization and intention to kind of help you use the power of the mind. And all of these practices are really designed and tailored to your lived experience. So, no matter how you're feeling on any given day, you can show up in whatever state of being you're in to help you manage your symptoms, help you improve your quality of life. And if you can't make the live class, you can watch the recording later on YouTube or Vimeo, or you can check something out on Insight Timer.

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So, the word integrative is an important feature because we really want you to be doing this within the larger context of your blood cancer journey and within the safe space of this community and, hopefully, with the knowledge and the blessing of your medical team.

So, I think it's really important for blood cancer patients to find ways to address their well-being on a holistic level. You're not your disease. You're not one symptom. You're a whole person, and integrative wellness can do that. It can give you a sense of control of your own state of being. You can learn tools to manage symptoms like anxiety and fatigue in the moment when these stressful things are happening; and if you can improve one moment, this moment-by-moment experience that we have that is life, you can improve your overall quality of life. And that's really what we're looking to do.

Elissa: Yeah. So, we've heard the term integrative oncology; and we actually spoke to somebody at the IWMF Ed Forum a couple years ago about integrative oncology. Is that the same thing as integrative wellness?

Ann: Yes, though I think with integrative oncology, this has been increasingly utilized field in cancer care. You're going to find additional resources like hands-on practices: acupuncture-

Elissa: Okay.

Ann: -massage, Reiki, things we can't really offer over Zoom, right?

But Zoom is very useful to this population and to blood cancer patients in general. If you're immunocompromised, you might not want to go to a group class and be around people who have possible infections.

So, the integrative oncology is similar. It's patient-centered. It's evidence-informed, holistic, utilizing the things that I mentioned earlier like the mind-body practices,

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lifestyle modifications; and it's all done alongside standard medical treatment, conventional cancer treatment with the same goals, right, to manage symptoms like pain and fatigue and stress and improve that quality of life. So, it sounds pretty much the same, right?

Elissa: Yeah.

Ann: It's just that we're not a medical center. We're not a cancer center, so we're using the word wellness.

Elissa: Right. So, it's essentially working with your treatment team to get these additional services to be able to help with pain, help with stress, things like that?

Ann: Yeah, I'm so honored and proud to be part of this WM community. The folks who are here day after day taking really good care of themselves are so inspiring to me in the ways they find to address their lived experience. And it gives me hope that our program can actually serve as a model for other blood cancer and cancer and rare disease organizations in how they serve their patient population. This is for patients by patients, and so I think that is therapeutic in and of itself.

Elissa: That's great. And I'm glad you mentioned earlier that this goes right alongside with your conventional treatment. So, whatever medications, chemotherapy, things that you might be on, that this is something that could be more of a supplement versus an alternative.

Ann: Absolutely. We want to stay with complementary care. I've had folks join my class from their hospital bed while getting an infusion, and that is exactly what it's for. It's for these moments where you need support. And so maybe you don't have access to a resource like IWMF's Zoom classes because these are tailored for this specific rare disease, although our recordings are a resource that could be utilized by everyone.

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You could tune into a guided visualization that can help you get into a more receptive state so that you can receive that treatment, and that can really help your whole experience.

Elissa: Yeah, definitely. So, we had started with a breathing exercise; and then you mentioned quite a few different techniques that you utilize for the patients that you work with. Now, are these good for just overall stress management?

Ann: Absolutely, absolutely. I think that stress is something we all experience, and some stress is good stress. But chronic stress that can occur as a result of illness can really tax the body's resources and make it more difficult to heal. I know that sounds scary; but it could be something that really motivates you to want to look for ways to manage your stress. So, the mind-body and mindfulness-based interventions that we offer are really helpful for stress management in this blood cancer journey because they help you slow down.

Elissa: Yeah.

Ann: They help you reset the nervous system, create space for just being, and perhaps you can even develop a more observational perspective of your journey so you can respond, not react, to stressful situations.

Elissa: Yeah. And I think for patients and caregivers listening who may not have ever tried these things, I think we can all think back at times when sometimes you just needed to sit there and just take a breath to get over a stressful situation that just happened, like maybe you just got in a car accident or maybe you've just gotten your first chemo, and you're like, "I need to process this and just sit here and take a breath."

But these are some additional techniques where they can actually go through some guided meditation or some guided breathing activities. We have one of our videos

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that takes people through just a guided breathing activity, just so they can calm down the nervous system and reset a little bit. So, I love that these are a lot of different techniques that people can use to be able to deal with the stress that comes after a cancer diagnosis in all different aspects.

Ann: Yeah, and I really think that breath is the low-hanging fruit for stress management. I mean our nervous system is an amazing thing. It can help us deal with stress when we're in a stressful situation and we get those cortisol levels pumping; and that can help us kind of run away from the tiger, if that's our caveman self. But in our current day to day, we might get that little cortisol pump when we hear the ding of an email going off, right, or we're opening up the blood test results. And so what can I do in that moment is I can actually regulate my nervous system simply by attending to my breath. So, I think that it's a wonderful thing that you can do.

Elissa: Yes, definitely.

So, I would like to discuss watch and wait or active monitoring, which many blood cancer patients may go through, either before, after, or in between medications or other treatments. Is there anything that patients can do during this time to promote overall wellness?

Ann: Yeah, well, I mean let's just, first of all, Elissa, talk about how stressful the label "watch and wait" even is.

Elissa: Yes, it's kind of waiting for the other shoe to drop, right?

Ann: Exactly. It just puts you into a state of stress, doesn't it?

Elissa: Yeah, yeah. And even after patients have finished treatment, it's like, am I going to relapse? What's going to happen after this? And so, it is very stressful.

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Ann: Sure. Yeah, and I think with our patient population in particular, this is a slow-growing, as of yet, incurable cancer. So, this is a marathon. It's not a sprint.

Elissa: Yeah.

Ann: And so really finding ways to adopt regular self-care into your routine, things that are doable for you, that's what I suggest. And I think that I look to as integrative oncology, integrative wellness, we look to use other systems outside of Western medicine such as traditional Chinese medicine or Ayurveda. And with this question, what really comes to mind is something called Dinacharya. This is a concept we borrow from Ayurveda, which is the ancient science of living created thousands of years ago in India.

Elissa: Okay.

Ann: And it just means daily routine. So, somebody who is in watch and wait, and this is really anybody on the Planet Earth; but I think it becomes especially useful for somebody who is going through a lot of ups and downs, fluctuations, don't know what to expect. Right, so treating your day like it's a container that can help provide this grounded foundation. Your nervous system has this routine to rely on. Like just trying to do the same things at the same time every day.

Elissa: Yeah.

Ann: Eating, sleeping, and weaving in some of the self-care practices that work for you. So, personally, I love the idea of a self-care sandwich. Starting and ending your day with just five or ten minutes of the thing that works for you. And for me, personally, it's meditation. For somebody else, it might be a couple of deep breaths and maybe some stretching. So, these, as I mentioned before, the mindfulness-based interventions are useful here for this watch and wait population too because they can

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help you develop baseline awareness where you can learn to observe, like take a step back and cultivate awareness of your state of being. So, over the long haul, this can actually help you monitor your state of being and, in turn, can be really helpful for making medical decisions.

So, again, we're addressing that moment-by-moment experience that if I'm more in this moment, I'm actually more in my life; and, therefore, I'm improving the quality of life by being in it. I don't know if that makes any sense.

Elissa: Yes, yes, I like that.

So, I'd also like to talk about palliative care and how patients and their families can utilize this after a diagnosis. Could you tell us what palliative care is and how it's different from end-of-life or hospice care?

Ann: Sure, and I'll be speaking from the perspective of a caregiver here, not an expert. I'm not in the medical field, but I was really surprised about the use of palliative care.

I came across it when one of the blood cancer patients I work with mentioned it in one of our after-class support chats. And she just kind of said, "Oh, yeah, my palliative care doctor prescribed me something for my peripheral neuropathy." And I was like, "Wait, what?" Palliative care? And this person is fully mobile, fully functioning. She's in a watch and wait stage. I'm like, "You have a palliative care doctor?" And that was my first little sort of nudge from the universe to think about this as something other than end of life. It is not end of life, right?

Elissa: Yes.

Ann: So, it made me research, because with my own father having a serious illness, not only Waldenstrom but prostate cancer, I, of course, was looking for any tools that

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would help him; and expanding the wellness team to include a palliative care doctor ended up being really useful, but I had to convince him.

Elissa: Yes, yes.

Ann: And I know you can relate to that, right?

Elissa: Um-hmm.

Ann: Yeah, so I convinced him by sharing the research with him that studies, have shown that patients receiving early palliative care can have longer median survival times and a better quality of life. And you can get palliative care as soon as you get diagnosed, right, with a serious illness and especially if those symptoms you're experiencing affect your quality of life.

But, with my dad, our palliative care doctor was the first person that really got through to my dad on an emotional level and provided him emotional support and was somebody we could reach out to for literally anything to make the journey more comfortable.

Elissa: Yeah.

Ann: So, palliative equals comfort equals quality of life and helping you manage your symptoms and be the person who knows the whole story of you so you're not asking your hematologist, your oncologist, your primary care, all of these different doctors you go, you have one person who has the whole picture. And I think that can be so relaxing just to have that person there.

Elissa: Yeah. And I'm glad that you mentioned that you can get it really anytime after your diagnosis because I think so many patients not only think about it as end-of-life care, but think about it as maybe it's a time to get, when you run out of options and

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you just need pain control or other things to deal with neuropathy or things like that. And there's so many different aspects to palliative care, like that emotional aspect, and it's helpful for the whole family as well to get everybody through this experience, no matter where you are at.

And I'm glad you also shared that example of the Waldenstrom's patient who's doing watch and wait right now, so they may not have that pain from active treatment or those side effects from that active treatment. But they still have a side effect that is long-standing that they need to have some help to deal with. And so, I think it's great to have that available to patients.

We talked a little bit about integrative oncology care earlier. Is this part of integrative oncology care?

Ann: I really think the two go hand in hand, and I think it would be beneficial for all blood cancer patients or those diagnosed with a serious illness. If your symptoms are interfering with your quality of life, your functioning, this could be a really useful person to have on your wellness team – a palliative care doctor, right?

Elissa: Yeah.

Ann: And like you pointed out the emotional aspect of things, we want to dance around the idea of this is all at some point going to come to an end, right? I don't want to hear the word "hospice." Right, I don't want to hear about that. But palliative care doctors can help you get that conversation started, even if it's not something that's going to happen for a long time, right?

You can have this support person who it's really, it's a psychological, social, and spiritual support that, goes into that, same holistic, whole person care that goes into

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integrative oncology is something you can find in palliative care. And more and more these two fields are coming together to really be addressing the whole person.

Elissa: Yeah. And I think the biggest thing for patients to understand here is that it's best to communicate with the treatment team. So, if you would like to get a consultation with a palliative care team, then just simply asking and stating that this is what you would like. Same with asking for spiritual care or emotional care. It's good to be really communicative with your team and ask for these things. Even if it turns out that for some reason at the end of the day you don't feel is right for you, having a consultation is very easy; and they can talk to you about your situation in particular and how they might be able to help. And so, I do find that it's so beneficial for patients to communicate with their team and ask for these services. And so, this is something that you can just ask your doctor and say, "Hey, I would like to look into palliative care," and that's at any time after your diagnosis.

Ann: Absolutely. And I think, I felt like I achieved a small victory there convincing my dad to get a palliative care doctor because here is a Marine, somebody who is not necessarily comfortable showing a lot of emotion, somebody who even would admit, "I don't have stress. Right, I mean we all have stress, but I'm not. This isn't stressful. I'm not stressed." And finally, being open to that and realizing that this person really ended up being the first person who brought into our conversation the concept of quality of life and addressing it and defining it. That really helped my dad's journey so, so much.

Elissa: Yeah. And there's something to be said too with talking to somebody about these things that is a professional and not your family member or your friend, and sometimes people feel like they can open up a little bit more. I mean it's difficult for people to open up like that to a spouse or certainly their child that they're struggling in some way or maybe they don't even realize that they may be struggling. And so, to

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open up to somebody that is a professional as part of your treatment team might be a little bit easier and there are a lot of benefits from talking to somebody on the palliative care team.

Ann: Yes, and it was very validating for me, Elissa, because his doctor told him the same breath techniques that I did.

Elissa: Oh, okay. I like that.

Ann: So, yeah, that was very validating for me.

Elissa: Yes. So, speaking of those techniques, we have a couple more relaxing exercises that you were going to take us through to finish off the episode. But before we do those, I'd like to ask a final question that our regular listeners should be very familiar with. On our patient podcast home page, we have a quote that says, "After diagnosis comes hope." What would you say to patients and their families to give them hope after a blood cancer diagnosis?

Ann: Oh, I'm so glad you bring up the concept of hope.

Elissa: Yeah.

Ann: I actually was just doing research about the emotion of hope and how patients who have hope can actually affect their outcome. So, I think that hope, and I'm really thinking about this; and we're weaving it into some of our practices in the program with IWMF right now. Why should we have hope? Well, number one, all of the amazing research that's being done. Look at all of the different treatment options that we now have that we did not have before, and I have a lot of hope too for the ways that these integrative oncology, integrative wellness practices are going to more and more be utilized to help us have a better experience overall.

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I mean, our goal here with caring for people as they go through something this hard isn't necessarily just to ensure they survive. Right, that's important. We want to get the treatment, and we want to survive. But it's so much larger than that. We want to enable well-being, so I'm so hopeful that these offerings will be available for folks more and more, and that the concept of what defines one's well-being will include the reason you want to be here on earth. What brings you joy? What brings you hope? What are you looking forward to? This is a really important piece of the puzzle that often gets left off the discussion table, right, our purpose for being here; and I think there's a lot of hope.

There's so many options right now for blood cancer patients, and I think it's a really hopeful time, whether it's a cure in the not-too-distant future or new and better treatments. And then also all of the things that you can do to help yourself, with guidance from professionals, of course, to be enjoying life and living life as well as you can.

Elissa: Yes, definitely. That quality-of-life piece is so important, and that's why we're talking about these things today, so they can hopefully integrate some of these techniques into their daily routine to help their quality of life while they're going through this very stressful time.

Ann: I feel like we could have a whole podcast just on quality of life. It's this concept we see in all of the research studies that this can improve your quality of life. Well, what does that actually mean because it's something different for every person. What aspects of your life are important to you, for example?

Elissa: Yeah.

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Ann: So, I think even contemplating the question, "What contributes to life's richness or fullness can improve your quality of life itself?" Just really taking stock of what is important to you.

Elissa: Yeah, very much agree.

Okay, so would you like to take us through these next two exercises to finish off our podcast today and also share how these exercises might benefit patients and caregivers?

Ann: Absolutely, Elissa. I would love to. So, I have two exercises for you today. The first one is called Bee's Breath or Bhramari Pranayama; and it is actually exactly what it sounds like – humming like a bee. It's literally just humming, and it's so great for anxiety. That's how I found the practice, and it's really been useful to me.

So, when you're humming, you're literally drowning out those mental thought loops. And also, actually, some folks have said it helps with their tinnitus (ringing in the ears). I have tinnitus as well. It's helped me with that, and that can be super annoying. So, I've also really surprised to learn it's not only helpful for anxiety, but Bee's Breath can help with immune system function.

Elissa: Okay.

Ann: So, helping to release nitric oxide, which is something that we naturally have in our system already into the nasal passages, this is a beneficial gas molecule, that's actually a critical component in the eradication of viruses. So, when you hum, this molecule oscillates a little more quickly. And then when you breathe it in, it delivers it to the respiratory system. Would you like to try it?

Elissa: Yes, definitely.

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Ann: Okay, I hope you will do this with me. And it doesn't matter what it sounds like. Right, it doesn't matter. It can be a short little hum. I think that you'll find as you go along, the exhales get a little longer and longer. Thereby, you're promoting that parasympathetic nervous system rest, digest, and heal side of your nervous system. So, let's give it a go.

Elissa: Okay, let's do it.

Ann: Come to find a comfortable posture for you. Maybe you just shift around a little bit here, and if it feels comfortable, you could close your eyes. Sometimes I like to rest a hand on my heart, a hand on my belly, and this helps me sort of be more in touch with the vibration that I'm going to be creating.

So, I'm just going to be inhaling through my nose, and as I exhale, I'm going to keep my mouth closed so I can hold on to all of that good nitric oxide. Breathing in. Exhale hum. Breathing in nice and easy. We can do three more. And one more. And then just coming back to your regular breathing. How did that feel for you, Elissa?

Elissa: That felt very good. So, just to be clear, so we were all doing it correctly. So, it's just a normal breath in through your nose, and then as you're exhaling, you're breathing out of your nose but you're humming as well.

Ann: Yes, you're creating that sort of droning sound, like that of a bee in a garden. I like to visualize that. And I've heard from some of the patients I work with that they have used this in really crucial moments. One person was talking about how she had to go to the ER for an issue that arose, and she used Bee's Breath all the way there, and it really helped her. So, don't be shy. If you're worried about making sound and somebody hearing you, I do this on the plane. Traveling can be really stressful. Nobody can hear you.

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Elissa: Yeah, planes are loud. You can definitely do this on the plane.

Ann: Yeah, so this is one of my favorites, and I'm so glad we got the opportunity to try it.

Elissa: Um-hmm.

Ann: All right, now I want to share with you a very short guided relaxation using my Himalayan singing bowls as a backdrop. And this will be based on yoga nidra, which is the yoga of sleep. I'm using the bowls because sound can help transport us almost immediately into a state of relaxation, help us shift into that more open receptive state. And yoga nidra uses body scan, visualization, and intention to help us decrease stress levels, improve sleep quality, and elevate well-being. So, this combination of the two of them is very powerful. It can help us reset the nervous system, heal on some very deep inner levels, and even disrupt pain pathways.

So, just getting started. I'll invite you to come to a comfortable posture, whether you're seated or reclining, just taking a moment to get comfortable. Maybe stretching out for a moment, settling in, and if it's comfortable for you, you could close your eyes.

Taking a few breaths, clearing, cleansing breaths together. We're inhaling and exhaling, nice easy breaths through the nose and maybe out the mouth. Now I'll invite you to move your awareness to the mind space, the area kind of behind the eyelids, and just take a moment to observe any patterns or colors, anything happening there. And into this mind space, I'm just going to plant the seed of intention, singing inwardly to yourself, I am healing.

And now we'll just take a moment to move the mind around the body, just letting the whole back of the body soften into its support, feeling the expansiveness of the whole front of the body, filling up the hands and the arms with your awareness, filling up the

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feet and the legs, the torso, the abdomen, and the heart space. And then moving your awareness to the face, letting all the muscles in the face drain of effort, soften, relax, letting the whole body rest just as it is in this moment.

And now looking inwardly once more into the mind space, I'll invite you to envision a mountain, envision every detail you can about this mountain in your mind's eye, right down to that clear mountain air which you can breathe in. It energizes you, it fills you with vitality, and in your mind's eye envision yourself climbing this mountain. Let it be easy as you make your way to the top, seeing yourself reaching the top of the mountain. And once there, you can plant at the very top of the mountain a flag onto which your intention is written. So, seeing that flag unfurl in the wind, I am healing. Or if there's another intention you're working with, you could use that. And seeing yourself there at the mountaintop, just enjoying another moment of sun on your face, drinking in again that clear mountain air, inwardly repeating your intention, I am healing.

And then slowly bringing yourself back into your body, into the space in your room, into your breath. Gently coming out of our practice, blinking the eyes open, maybe taking a little bit of this calm energy with you into the rest of your day or evening. Thank you so much for your practice.

Elissa: Well, thank you so much, Ann Grace. This was wonderful. I feel so very relaxed right now, and I hope patients will listen to this multiple times as they need some relaxation and some stress management.

But we really appreciate you joining us today. I think this was wonderful. There were great techniques, and I think this will be so beneficial to patients and their caregivers that are going through a stressful time right now. So, again, we really appreciate you joining us today.

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Ann: Thank you so much for having me, Elissa. I hope that folks listening will go find the resources of IWMF, YouTube, and Vimeo channels. I have these recordings on Insight Timer and Grace Yoga that you can access for free anytime, that can be there with you while you navigate this journey.

Elissa: That's great. And we will have those listed in the show notes for all of our listeners. So, thank you.

Ann: Thank you.

Elissa: And thank you to everyone listening today. *The Bloodline with Blood Cancer United* is one part of our mission to improve the quality of lives of patients and their families.

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In addition to the Lounge, we could use your feedback to help us continue to provide engaging content for all people affected by cancer. We would like to ask you to complete a brief survey that can be found in the show notes or at TheBloodline.org. This is your opportunity to provide feedback and suggested topics that will help so many people.

We would also like to know about you and how we can serve you better. The survey is completely anonymous, and no identifying information will be taken. However, if you would like to contact Blood Cancer United staff, please email, TheBloodline@bloodcancerunited.org. We hope this podcast helped you today. Stay



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tuned for more information on the resources that Blood Cancer United has for you or your loved ones who have been affected by cancer.

Have you or a loved one been affected by blood cancer? Blood Cancer United has many resources available to you – financial support, peer-to-peer connection, nutritional support, and more. We encourage patients and caregivers to contact our Information Specialists at 1-800-955-4572 or go to BloodCancerUnited.org/PatientSupport. You can find more information on survivorship and mental health resources at BloodCancerUnited.org/MentalHealth. These links and more will be found in the show notes or at the TheBloodline.org.

Thank you again for listening. Be sure to subscribe to *The Bloodline* so you don't miss an episode. We look forward to having you join us next time.