

# Mesothelioma Asbestos Cancer Hypnotherapy

**Mesothelioma** or usually called *Malignant mesothelioma* or known as *mesothelioma cancer* is a fatal cancer that affects the lining of the lung (pleura), the lining of the abdominal cavity (peritoneum), and the lining of the heart (pericardium) that caused by previous exposure to asbestos.

Mesothelioma Symptoms may not appear until 20 to 50 years after exposure to asbestos. Shortness of breath, cough, and pain in the chest due to an accumulation of fluid in the pleural space are often symptoms of pleural mesothelioma.

Besides the most common form of mesothelioma, pleural mesothelioma, there are pericardial mesothelioma and peritoneal mesothelioma which less frequent.

According Wikipedia, Symptoms of peritoneal mesothelioma include weight loss and cachexia, abdominal swelling and pain due to ascites (a buildup of fluid in the abdominal cavity). Other symptoms of peritoneal mesothelioma may include bowel obstruction, blood clotting abnormalities, anemia, and fever. If the cancer has spread beyond the mesothelium to other parts of the body, symptoms may include pain, trouble swallowing, or swelling of the neck or face. These symptoms may be caused by mesothelioma or by other, less serious conditions.

Mesothelioma that affects the pleura can cause these signs and symptoms:

- chest wall pain
- pleural effusion, or fluid surrounding the lung
- shortness of breath
- fatigue or anemia
- wheezing, hoarseness, or cough
- blood in the sputum (fluid) coughed up (hemoptysis)

## Mesothelioma Treatment Options

Mesothelioma treatment is critical when a mesothelioma diagnosis occurs. New Mesothelioma drugs and mesothelioma treatments, such as Alimta are being used to fight mesothelioma lung cancer. A mesothelioma biopsy is often used to determine if someone is affected. Cancer treatment usually focuses upon destroying malignant cells and preserving healthy ones. This can be accomplished in a number of ways. At present, mesothelioma patients are faced with

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three major options for treatment of their disease - surgery, radiation, and chemotherapy. What course of treatment is recommended will largely depend on these issues:

- The type of mesothelioma and location of the tumor
- The size of the tumor(s)
- The degree to which the cancer has spread or metastasized
- The stage of the cancer - beginning, advanced, etc.
- The age of the patient
- The overall physical health of the patient

Setting up any type of treatment may involve seeing a variety of doctors, including an oncologist (cancer specialist), pulmonologist (lung specialist), or radiologist. Patience is sometimes necessary, but doctors will no doubt set up treatment as soon as possible after diagnosis.

### **Hypnosis, a Non-drug Pain Treatment For Mesothelioma**

Non-drug treatments are sometimes used to help manage mesothelioma cancer pain. These methods include: relaxation, biofeedback, imagery, distraction, hypnosis, skin stimulation, transcutaneous electric nerve stimulation (TENS), acupuncture, exercise or physical therapy, and emotional support and counseling.

Hypnosis is a trance-like state of high concentration between sleeping and waking. In this relaxed state, a person becomes more receptive or open to suggestion.

Hypnosis can be used to block the awareness of pain, to substitute another feeling for the pain, and to change the sensation to one that is not painful. This can be brought on by a person trained in hypnosis, often a psychologist or psychiatrist. You can also be trained to hypnotize yourself.

During hypnosis, many people feel similar to the state we experience when we begin to awaken in the morning. We can't quite open our eyes, but are very aware. We can hear sounds inside or outside our house. Our eyes remain closed, and we feel as though we either can't or don't want to wake up and open our eyes.

People can easily be taught, by a hypnotherapist, to place themselves in a hypnotic state, make positive suggestions to themselves, and to leave the hypnotic state.

Choose a hypnotherapist who is licensed in the healing arts or who works under the supervision of someone who is licensed. To locate a therapist skilled in hypnosis, contact the behavioral medicine department at a cancer center near you.