

STRESS & DEPRESSION – MY OPINION

By Charles (Chuck) Maack – Prostate Cancer Activist/Mentor

I have always had a positive attitude about everything that might occur in my life. **There is** the saying that if you see the glass as half full, you are positive in your attitude, but if seeing it half empty, you will likely develop a negative, losing attitude. So my best advice to all my fellow men dealing with our insidious prostate cancer is to remain “upbeat” and positive no matter the “downs” we might experience. Life can go on if we do everything we can to beat the obstacles. Permitting ourselves to experience stress and depression releases hormones that may increase the growth rate of cancer. A study sometime back reported in the Journal of Cancer Research explained that an increase in norepinephrin, a stress hormone, can stimulate tumor cells to produce two compounds. These compounds can break down the tissue around tumor cells and allow the cells to more easily move into the bloodstream. From there, they can travel to another location in the body to form additional tumors. The research also suggests that the same hormone, norepinephrin, can also stimulate the tumor cells to release another compound that can aid in the growth of new blood vessels that feed cancer cells, hastening the growth and spread of the disease. The effect of stress and depression is explained more fully in my paper “ADT Side Effects” <http://tinyurl.com/3p9pl3p>. Moral of this explanation: Do everything in your power to fight stress and depression, and if you find this difficult, get help, make an appointment with a psychologist or psychiatrist and open up to what you are experiencing. These specialists are trained to turn one’s mindset around in order to improve their lives.