Cancer Statistics

Prevalence

- 2020 – 2 million new cases in US
  - 606,520 deaths
- 2018 – 18.1 million new cases worldwide
  - 9.5 million deaths

https://www.cancer.gov/about-cancer/understanding/statistics
Most Common Cancers

- breast
- lung and bronchus
- prostate
- colon and rectum
- skin melanoma
- bladder
- non-Hodgkin lymphoma
- kidney and renal pelvis
- endometrial
- leukemia
Cancer Statistics

Most Common Cancers

1. Breast
2. Lung and bronchus
3. Prostate
4. Colon and rectum
5. Skin melanoma
6. Bladder
7. Non-Hodgkin lymphoma
8. Kidney and renal pelvis
9. Endometrial
10. Leukemia
Highest 5-year Relative Survival Rates

- Incredible progress with cancer prevention and treatment
- Prognosis is good with many cancers
  - Skin melanoma
  - Hodgkin lymphoma
  - Breast
  - Prostate
  - Testicular
  - Cervical
  - Thyroid
- But not all

“There is currently no cure for cancer. However, successful treatment can result in cancer going into remission, which means that all signs of it have gone.”

https://www.medicalnewstoday.com/articles/322700

© Institute of Noetic Sciences
Post-materialist philosophy

We are not just our bodies – non-local consciousness

Interconnectedness – Cancer as teacher

Materialistic war model; Fight ~ invader, cancer as separate from us

Mind-body interactions – psychoneuroimmunology

Honoring cycle of life – death is not failure but transition

Embracing our noetic wisdom
ConnectIONS Live

Today’s Webinar

- **Garret Yount, PhD**
  Cancer Therapies

- **Joshua Weiss, MD**
  Spontaneous Remission Project

- **Helané Wahbeh, ND, MCR**
  Women with Breast Cancer – Life Experiences Survey and Interviews
Exploring Lifetime Experiences of Women with Breast Cancer
Serious Health Issue

- Breast Cancer – most common cancer in women worldwide
- Multiple risk factors
  - Race
  - BMI
  - Hormonal factors
  - Family history
  - Genetics
- Psychological factors?
  - “Cancer-prone” personality
  - Suppressed emotional expression
  - Trauma
- No study has evaluated relationships between childhood traumatic events, adult traumatic events, and breast cancer

(Global Health Estimates, World Health Organization 2013)
RESEARCH QUESTION

How is lifetime trauma, including physical, emotional, and energy trauma (of a controlling, neglectful or abusive nature), linked to breast cancer risk?

Hypothesis: Trauma experienced as a child that is re-experienced as an adult triggers breast cancer onset

- Two studies
- Survey Study
- Qualitative Interview Study
Exploring Lifetime Experiences of People with Breast Cancer: A Cross-Sectional Study

Helané Wahbeh¹, Bradley Heinz¹, Nina Fry¹ and Maria Wojakowski²

¹Department of Research, Institute of Noetic Sciences, California, 94952, USA
²Department of Conservation Informatics, Milpitas, California, 95035, USA
<table>
<thead>
<tr>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>● 1041 Cases</td>
</tr>
<tr>
<td>● 1000 age, gender, race-matched controls</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Demographics</td>
</tr>
<tr>
<td>● General health &amp; lifestyle</td>
</tr>
<tr>
<td>● Breast cancer hx</td>
</tr>
<tr>
<td>● Lifetime trauma</td>
</tr>
<tr>
<td>● Post-traumatic growth</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age-Based Trauma</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Physical, emotional, and energy trauma</td>
</tr>
<tr>
<td>● Age range it happened</td>
</tr>
<tr>
<td>o 0-7 yrs</td>
</tr>
<tr>
<td>o 8-18 yrs</td>
</tr>
<tr>
<td>o 19-90 yrs</td>
</tr>
</tbody>
</table>
SURVEY RESULTS

Post-Traumatic Growth

New Possibilities – higher in BrCA
Appreciation of Life - same
SURVEY RESULTS

Consistent Important Predictors

- Race
- Age at first life birth
- Major health problems
- Diethylstilbestrol use
- Hormone therapy
- Education
- Income
SURVEY RESULTS

Increased Odds of Breast Cancer

- Emotional neglect (age 0-7)
- Physical neglect (age 8 – 18)
- Sexual abuse (age 0 – 7)
- Experiencing a fire or explosion (age 8 – 18)
- Exposure to a toxic substance (adult)
- Assault with a weapon (adult)
- Severe human suffering (age 8 – 18) and adult
- Competitive environment as child and adult
A competitive environment and severe human suffering demonstrated a relationship of occurring as a child, then as an adult, with subsequent breast cancer diagnosis.
Qualitative Interview Study

- 50 women who have or have had a positive diagnosis of breast cancer
- A life timeline
- Qualitative in-depth interview
QUALITATIVE INTERVIEW

Questions

● @45 minutes, structured, open-ended
● Any events on timeline that affected you the most (age)
● Do events in adulthood trigger your childhood experiences?
● Any events that you associate with breast cancer?
● Masculine and feminine energy
  ○ increased or expanded your feminine nature?
  ○ reduced, diminished, or shut down your feminine nature?
  ○ relationship with your mother or mother figure? E
● Emotions
  ○ Helplessness or hopelessness
  ○ Intense anger or rage
● Posttraumatic growth
Interview Results

5 Main Themes

1) Major interpersonal conflict in both childhood and adulthood
2) Patterns of stressful life events in childhood and adulthood
3) Ideas about why breast cancer developed
4) Relation between emotional stress and physical disease
5) Post-traumatic growth and meaning-making
INTERVIEW RESULTS

Interpersonal Conflict

Subthemes

- Childhood trauma
- Adult interpersonal conflict
INTERVIEW RESULTS

Stressful Life Events

Subthemes

- Childhood memories
- Similar feelings & behavioral patterns
INTERVIEW RESULTS

Ideas About Why Breast Cancer Developed

Subthemes

- Cumulative stress
- Relationship problems
- Negative emotions
INTERVIEW RESULTS

Relationship between emotional stress and physical disease

Subthemes

- Stress builds up and causes disease
- Stress makes body vulnerable
INTERVIEW RESULTS

Post-traumatic Growth and Meaning Making

Subthemes

- “New Life”
- Sense of community

“…even though it was hard I feel like I contributed to something bigger than me, and I’m contributing to the future and maybe helping my daughters and certainly other women.”
THANK YOU

Stanny Foundation

Participants
Nina Fry
Erica Niebauer
IONS Science Team