**13 Biobehaviol Care**

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Increasing Your Odds Against Cancer by Addressing Mental, Emotional and Behavioral Factors

Mental, emotional and behavioral factors affect biology and biochemistry. This is known to science… and it’s an important part of cancer treatment in the context that biochemistry is central to your body being more or less hospitable to cancer. At the Block Center for Integrative Cancer Treatment, we include biobehavioral and psychological counseling as part of our care precisely because they are among the many factors that influence good outcomes for cancer treatment.

Your mental-emotional well-being plays a role in treatment success.

For example, studies show that a cancer diagnosis — the news itself — has a measurable negative effect on a person’s health. Science has long demonstrated this connection between mental-emotional factors, human physiology and treatment efficacy. Psychological stressors, for instance, are known to have a significant impact on your body’s immune response — actually, on every aspect of your biochemistry. And research shows that simple but deliberate daily relaxation practices can produce changes in gene expression to modify inflammatory processes and help re-regulate insulin, both highly relevant to cancer and health.

This is just one aspect of biobehavior that influences your body and, therefore, the success of treatment. Others include the quality of your sleep, your anxiety levels, issues going on in your personal and/or professional life, and more.

A unique program dedicated to helping you be your strongest against cancer.

At the Block Center for Integrative Cancer Treatment, our all-fronts approach to fighting cancer includes a robust program led by Penny Block, PhD that’s focused on biobehavioral factors and leveraging them to give you an advantage. We work to understand and address your personal challenges and emotional needs in order to help you stand up against cancer with the best odds for treatment success.

As with all care at the Block Center, our biobehavioral care is based on your individual needs, objectives, desires and lifestyle. We will engage with you about the mental-emotional aspects of your life and disease and consider them as part of your individualized, comprehensive, truly integrative treatment plan. Because our goal is to do whatever works to help you win against cancer.

To find out more about our unique biobehavioral program and unwavering focus on empowering you to fight cancer optimally, or to schedule an appointment, call 877-41-BLOCK (877-412-5625). You may also schedule an appointment using our easy online form.