

A Randomized Study of the Effects of Two Relaxation Music CDs on Stress Factors in Adult Cancer Patients Receiving Chemotherapy as Treatment for Cancer

Why Does This Study Need To Be Conducted?

- Cancer is the second leading cause of death in the United States. In the year 2006, approximately 1,399,790 new cancer cases will be diagnosed.
- One conventional treatment for adults diagnosed with cancer is chemotherapy, which often produces unpleasant and stressful side effects including nausea, vomiting, fatigue and cognitive deficits.
- New research suggests that 40-80% of cancer patients receiving chemotherapy experience cognitive deficits, commonly called “Chemobrain,” along with emotional and physical stress while undergoing treatment. http://seattletimes.nwsourc.com/html/nationworld/2003456207_chemo01.html
- Research has shown that stress can compromise the immune system and therefore may become a significant factor for cancer patients receiving chemotherapy. Stress can directly affect daily functioning during treatment and the longevity and quality of life after treatment.
- A significant percentage (over 40%) of cancer patients seek alternative and adjunct types of therapies. This is slightly higher than the general public (~35%) who currently spend over \$21 billion annually on non-conventional therapeutic treatment modalities.

What Will Be Investigated In This Study?

- A pilot study was conducted by William Collins, Ph.D. using Quantitative EEG to measure brainwave frequencies of 4 women undergoing chemotherapy treatment for cancer. Results indicated that the solo harp CD, *The Magic Mirror* had a direct positive impact on neurological functioning – all subjects’ brainwaves tended to normalize after 10 days of listening to the music. A second pilot study measuring immune system biomarkers in saliva indicated *The Magic Mirror* had a positive and sustained effect on the immune system biomarkers measured.

The Research Team:

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