



## Mayo Clinic Minute: Palliative medicine for cancer patients

Video	Audio
	<p>Patients with cancer not only have to worry about fighting the disease, but they also must battle cumbersome side effects, like fatigue and other symptoms related to cancer and its treatment.</p>
<p><b>Touré Barksdale, M.D.</b>  <b>Physical Medicine and Rehabilitation</b>  <b>Mayo Clinic</b></p>	<p>"Side effects from cancer to treatment of cancer, such as pain, delirium, nausea, vomiting, debility, can also contribute to that cancer-related fatigue."</p>
	<p>Palliative medicine is a crucial component of cancer treatment. Its main purpose is to improve the patient's overall well-being.</p>
	<p>"Whether that's more holistic care through integrative or complementary medicine, more Western-based medicines, psychological care, music therapy, aromatherapy, Reiki, tai chi — we have lots of things we can do to help reduce suffering while you're undergoing cancer."</p>
	<p>Palliative care is not the same as hospice care. The latter focuses on making patients comfortable and managing symptoms nearing the end of life when further curative treatments are no longer available.</p>
	<p>"Palliative care, to me, is hope because what we're doing is we're improving your quality of life."</p>
	<p>This type of care is available at any stage of cancer treatment.</p>
	<p>For the Mayo Clinic News Network, I'm Sonya Goins.</p>