



## Miracles of comprehensive Non-Pharmacological approaches: An optimized cancer treatment for children.

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### Abstract:

Cancer is the name given to a group of diseases. The Etiology of Cancer disease is complex and multidimensional. Innovative research has fuelled the development of new medications and advance treatment technologies. Chemotherapy, Radiation, Hormone therapy, immunotherapy, precision medicine, personalized medicine, surgery, targeted therapies etc. are the various options for pharmacological treatment of Cancer. Often multiple pharmacological treatment types are used to maximize effectiveness. But this may lead to cause suffering, side effects, distress and impaired quality of life. Actually there is a multifaceted phenomenon in cancer treatment involving biological, psychological and social consequences. New clinical guidelines recommend to consider Non-pharmacological therapies along with Pharmacological therapy.

Non-Pharmacological behavioural interventions encompass a wide array of therapeutic modalities. Non-pharmacological treatment needs a holistic approach in the patient care. Physical exercise shows great promise in mitigating fatigue experienced during Cancer treatment. It helps to gain aerobic capacity, muscular strength, flexibility and enhanced functional capacity. Other interventions include psychosocial therapy, nutritional therapy, sleep therapy, music therapy, and meditation. The contributions of numerous non-pharmacological domains are poorly understood and under recognized. There is a need to conduct in-depth research to provide detailed scientific evidence and resources necessary to recognize integrative non-pharmacological interventions as a part of standard care and to assist cancer patients in choosing which interventions will best suit their needs. While much is still to be discovered. I believe that love increases the child's ability to accept cancer therapy



if it is delivered through the methods of Philanthropy in a fun and hopeful way which full of Tranquillity from the relatives, the medical staff, education institutions, the friends and everyone who deals with the child. I Had Cancer when I was 18 years old, [life] is about living as well as possible, coping, acceptance, gentle positivity, setting short-term, achievable goals, and drawing on support from those closest to you.

### Biography:

Samira has completed her MPHARM (Clinical Pharmacy) at the age of 27 years from Dubai Medical University and she is a consultant in Psychology and sociology from Global Academy of Human mind development, UK, London. She is A Life coach from Wisdom of Knowledge Training and consulting Centre, UAE, Dubai. She is The Author of Sugar Guard which is the first story of its kind for children in the region which deals with Diabetes in a positive and fun way. She had cancer when she was 18 years old and cured from it when she was 19 years old

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