

COMMENTARY

# Boosting Immunity and Enhancing Wellbeing: The Transformative Impact of Supportive Care on Cancer Outcomes

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Cancer continues to be a major global health concern, with improving patient outcomes becoming an increasingly urgent priority worldwide.<sup>1-3</sup> In Switzerland, this problem is considerable, with around 60,500 new cases reported annually<sup>4</sup> and about a quarter of a million people living five years post-diagnosis.<sup>4</sup> Breast cancer is the most common cancer type in Switzerland, with yearly reports of 7,292 new cases.<sup>3</sup> Although advancements in precision oncology and other innovative treatments are crucial to improving patient outcomes and quality of life for cancer patients, integrating behavior-based approaches into everyday clinical practice is equally vital.<sup>5,6</sup>

Psychological coaching has emerged as a crucial component in promoting overall health and positively impacting the immune system, especially in the context of breast cancer.<sup>7-10</sup> A breast cancer diagnosis brings with it a host of emotional and mental challenges that can profoundly impact a patient's overall health, especially their immune responses.<sup>11,12</sup> Psychological coaching aims to manage and alleviate stress, anxiety, and depression, which are prevalent emotional reactions to facing cancer.<sup>13</sup> Research indicates that persistent stress can weaken the immune system, potentially impairing the body's capacity to combat cancer cells.<sup>7</sup> By offering emotional support, strategies for dealing with stress, and fostering a positive mindset, psychological coaching can counteract the adverse impact of stress on immune health.<sup>13,14</sup> This may lead to enhanced immune functionality and better patient outcomes in breast cancer, underscoring the critical link between mental and physical health in cancer treatment and recovery.<sup>14</sup>

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## *Conflict of interest*

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### ***Author contributions***

The author has created and approved the final manuscript.



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