

# Mindfulness practice reduces cortisol blunting during chemo

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the mindfulness group displayed a cortisol rise, compared to controls (69 versus 34 percent;  $P = 0.02$ ). Mindfulness scores were inversely correlated with fatigue ( $P$

"Implications include support for the use of mindfulness practice in integrative oncology," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry.

**More information:** [Abstract](#)  
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(HealthDay)—Mindfulness practice during chemotherapy can reduce the blunting of neuroendocrine profiles typically observed in cancer patients, according to a study published online April 7 in *Cancer*.

David S. Black, Ph.D., M.P.H., from University of Southern California in Los Angeles, and colleagues assigned 57 English- or Spanish-speaking colorectal [cancer patients](#) to either mindfulness, attention-control, or resting exposure at the start of chemotherapy. Four [saliva samples](#) were collected at the start of chemotherapy and at 20-minute intervals during the first 60 minutes of chemotherapy. Self-reported biobehavioral assessments after [chemotherapy](#) included distress, fatigue, and mindfulness

An area-under-the-curve analysis showed a relative increase in cortisol reactivity in the mindfulness group, after adjustments for biological and clinical measures ( $P = 0.03$ ). From baseline to 20 minutes, more than twice as many patients in

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