

Losing a Spouse to Cancer: Grief, Bereavement, and Coping with the Loss



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Wednesday, February 19th, 2020
12:00PM to 1:00PM

UPMC Shadyside, Hillman Cancer Center,
Cooper Conference Center Room A

Light lunch provided. In order to ensure enough food is available, please RSVP to Darren Gilmartin (gilmartind@upmc.edu) or contact him if you need directions or additional information.

The Cooper Conference Center is located on the ground floor of the Hillman Cancer Center, 5117 Centre Avenue, in Shadyside. After entering the building, walk to the left and take a right at the gift shop. The Conference Center is the next entrance on the left.

BRAIN, BEHAVIOR, AND CANCER

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Meeting Access

Web URL: <https://meetme.upmc.com/HzfljhShzl>

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Audio Only Number: 412-647-0990 Room: 322453

Losing a spouse during later life is a major life stressor that often leaves adults vulnerable to physical and emotional health problems including depression, disability, and reduced life expectancy. Spouses are essential partners in the care of individuals with cancer, yet systematic assessment of spouses bereaved by cancer are rare. The progression from cancer to death is experienced in different ways by different people. The grieving process often starts before the death of a loved one. Our team conducted a behavioral intervention to encourage a regular routine of self-care (sleep, meals, and physical activity) in recently bereaved adults who were at high-risk for depression. In this talk, Dr. Stahl will discuss the methods and results of this intervention with an emphasis on how to integrate spouses bereaved by cancer into clinical care and bereavement support programs.

CME Faculty Disclosure

In accordance with Accreditation Council for Continuing Medical Education requirements on disclosure, information about relationships of presenters with commercial interests (if any) will be included in materials distributed at the time of the conference.

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