

Refer your cancer patient to Sing with Us



If you are treating someone who has cancer, there is now significant evidence to show that singing in a choir could help them both during and after their treatment.

New research, published in *ecancermedicalsecience* by Tenovus Cancer Care, the Royal College of Music and Imperial College London, shows that **singing in a choir rehearsal for an hour had positive effects on mood, stress, immune function and inflammation response**, as measured in biomarkers in 55 cancer patients' saliva ($p < 0.01$). This correlated with patients' self-reported improvements in their mood states during the same hour.

Table 1: biological responses to singing in cancer patients and survivors

Biomarkers		PATIENTS (n=55)		Time	
		Mean (SEM) pg/ml	Pre	Post	F _{df,df}
GM-CSF	stem-cell differentiator growth factor	2.77 (0.14)	3.00 (0.13)	32.139 _{1,161}	<.001
IFNg	pro-inflammatory cytokine	4.39 (0.19)	4.53 (0.17)	4.819 _{1,184}	.029
IL-17	both pro- and anti-inflammatory	3.86 (0.22)	4.40 (0.22)	31.540 _{1,171}	<.001
IL-2	pro-inflammatory cytokine	3.39 (0.13)	3.69 (0.12)	41.163 _{1,178}	<.001
IL-4	anti-inflammatory cytokine	2.60 (0.09)	2.79 (0.09)	33.314 _{1,175}	<.001
IL-6	both pro- and anti-inflammatory	2.75 (0.13)	2.79 (0.11)	5.328 _{1,185}	.022
MCP-1	pro-inflammatory monocyte chemoattractant	6.09 (0.14)	5.85 (0.16)	0.455 _{1,128}	.501
TNF-a	pro-inflammatory cytokine	2.63 (0.16)	3.00 (0.15)	32.950 _{1,185}	<.001
Receptors					
sIL-2ra	soluble interleukin 2 receptor	4.41 (0.16)	4.71 (0.15)	21.103 _{1,152}	<.001
sTNFr1	soluble tumour necrosis factor receptor	4.80 (0.16)	4.97 (0.16)	28.711 _{1,182}	<.001
Neuropeptides					
β-endorphin	implicated in feelings of elation	4.55 (0.27)	4.11 (0.28)	23.359 _{1,135}	<.001
Oxytocin	implicated in social bonding	4.45 (0.36)	3.62 (0.35)	33.192 _{1,103}	<.001
Glucocorticoids					
Cortisol	stress hormone	2.91 (0.17)	2.47 (0.15)	48.458 _{1,156}	<.001

Why is this so important?

Over the past 50 years, more than 300 studies have explored the psychological and biological value of support services for cancer patients, survivors and carers. These have been found to reduce depression and anxiety, increase social support and improve quality of life which has, in turn, been linked to optimised immune responses including the lowering of inflammation, enhanced cellular function and other longer term health outcomes. In contrast, negative psychological states and limited social interactions have been linked to lower white blood cell activity, reduced numbers of antibodies and increased stress hormone response.

Our research, coupled with existing evidence, therefore suggests that support services like **choirs could play an important role in optimising health in people affected by cancer**, helping to put patients in the best position to receive treatment or maintain remission.

What should I tell my patient?

Tell them singing in a choir could be great for them and we'd love them to join us!

Our 17 Sing with Us choirs across Wales and England are for anyone affected by cancer so patients can bring their loved ones along too, and they won't need to read music or sing on their own. Our songs are fun and uplifting and our rehearsals are the same!

It's natural that your patient may feel worried about starting something new at this time, but our Choir Leaders are specially trained to support them. Our research has actually shown that the people who are the most anxious, stressed and depressed benefit most from being in a Sing with Us choir. We chat to all new members before they join so that they know what to expect and don't feel overwhelmed. They'll be joining a friendly, welcoming group who will support them in the weeks, months and years ahead.

How do I refer my patient to Sing with Us?

Simply ask them to complete the form below, send it to us (or you can with their permission) and we'll be in touch with them directly. It's that simple!

Alternatively, your patient can ring our free **Support Line** on 0808 808 1010, 8am-8pm, 365 days a year, or email sing@tenovuscancercare.org.uk

If you'd like to know more about Sing with Us please contact Tenovus Cancer Care on 0808 808 1010 or email sing@tenovuscancercare.org.uk

If you'd like to find out more about joining our Sing with Us choirs, simply fill in your details below and one of our team will be in touch!

Title Forename..... Surname.....

Address.....

..... Postcode.....

Email..... Phone.....

Date of birth.....

Registered Charity No. 1054015

Would you rather we call you on the phone or send you an email?

Telephone

Email

If a call, what's the best time to reach you? (please specify)

As well as contacting you about our Sing with Us choirs, we'd also like to let you know about other ways we can support you. Please tick here if you'd like to hear from us

Would you also like to hear about our other work, activities and ways you can support us?
If so, please tick here

We will not share your details with any organisation, other than to provide our services or if we are required by law.

Post to: Tenovus Cancer Care, Gleider House, Llanishen, Cardiff CF14 5BD

Email: sing@tenovuscancercare.org.uk

Visit: tenovuscancercare.org.uk/singwithus

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