

Mesothelioma and Bereavement

[Mesothelioma](#) patients often find comfort and relief from a large support network made up of family, friends, doctors and nurses. It is common for patients to find difficulty in dealing with symptoms associated with mesothelioma because they can be very debilitating.

While a cure for mesothelioma does not currently exist, [mesothelioma treatment options](#) such as surgery, chemotherapy and radiation are available for patients to help combat the cancer. Extensive studies and mesothelioma clinical trials are in progress internationally and cancer specialists and doctors are constantly working towards the discovery of a cure.

For most patients, combating the side effects of treatments such as surgery, radiation and chemotherapy is life changing. After receiving a mesothelioma diagnosis, a patient may experience a number of different feelings, including those that make up the Grief Cycle.

According to Dr. Elisabeth Kubler-Ross, a psychiatrist who wrote the popular book, "On Death and Dying," the Grief Cycle is made up of five stages. These stages include denial, anger, bargaining, depression and acceptance.

It is important to note that each patient may experience some or all of these stages in a different order or for varying amounts of time. Even though these stages are natural reactions to a mesothelioma prognosis, some patients may need help dealing with them.

Other emotions that can arise after a mesothelioma diagnosis include disbelief, confusion, sadness, humiliation and guilt. While everyone grieves differently, all emotions after a diagnosis are natural and are sometimes necessary in order to help the grieving process move along.

However, any one of these emotions can get out of hand and interfere with daily life. When this happens, patients are recommended to ask for guidance, either from family members, friends or a professional counselor.

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