Learning to manage stress before surgery improves immune function after surgery.

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Having surgery is stressful and it is well known that high stress levels can negatively affect the immune system. Researchers at MD Anderson have shown that patients taught stress management can boost their immune system function. The patients were all men who were going to have prostate surgery. Those taught how to engage in guided imagery and proper breathing techniques had significantly better immune function than those given standard information or those allowed to voice their concerns but not taught the techniques.

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