



The Therapeutic Harp Music Study at Siteman Cancer Center

Cancer is far too personal for many of us. Fortunately, in St. Louis, Missouri, the Alvin J. Siteman Cancer Center ranks as one of the nation's leading cancer centers and is uniquely positioned to become the epicenter of curative discovery. The broad expertise and long-standing experience of our physicians and researchers come together every day to reduce the cancer burden for our patients and their families throughout their cancer journey.

When a person is diagnosed with cancer, they often experience feelings of anxiety, loss of control and fear, which can affect their quality of life. Offering patients a compassionate way to regain a sense of control during initial days and weeks after a cancer diagnosis could help reduce their levels of anxiety. Listening to recorded music has been shown to support cancer patients' psychological, physical and emotional well-being, yet few clinical trials have explored the use and effects of distinctive therapeutic music on anxiety levels due to the lack of specific music-based interventions which creates inconsistency in research findings. Currently, there exists a unique opportunity to address this need for stronger research design and explore the effects of a specific piece of therapeutic music through a Therapeutic Harp Music Study for newly diagnosed adult patients at Siteman Cancer Center.

A Critical Research Opportunity

In both music therapy and live therapeutic music research, variables such as the performer's proficiency, intention, instrument, musical selections, tempos, dynamics, and human interaction with individual patients as well as environmental factors all affect the effectiveness of a live musical session, thus affecting results and making it difficult to replicate a study design. Our study uses distinctive recorded therapeutic solo harp music that controls for these variables, therefore making it easier to replicate in future studies. This study is the first step towards conducting a larger clinical trial, which will help in determining the effects of a controlled and specific piece of music on reducing the anxiety levels of newly diagnosed cancer patients who are scheduled to receive chemotherapy.

This study will be conducted under the leadership of Joel Picus, MD, who will serve as the Primary Investigator, in partnership with Amy Camie, CCM. Dr. Picus is a Professor of Medicine within the Division of Oncology at Washington University. He has nearly 30 years of clinical expertise in genitourinary cancers and has served as a primary investigator on numerous clinical trials specific to genitourinary and gastrointestinal cancers. Amy Camie is a certified clinical musician and professional harpist who has presented hundreds of workshops and seminars for local, regional and national audiences on the power of music, resonance, and conscious self-care. Her music is used in hospitals, cancer centers, hospices, and nursing homes as well as for general relaxation and stress reduction.

The Role of Philanthropy

In order to move forward with this research opportunity, Siteman is seeking funding to initiate this research study for 40 newly diagnosed adult cancer patients. Unfortunately, federal funding is not available for this type of research project, thus we must rely upon private philanthropy to help us advance this study. **We invite you to consider making your own philanthropic gift to support this study today.** The enclosed gift form provides details on how you may make your tax-deductible contribution, or you may contact Dina Althardt in Siteman's advancement office for additional support. Dina can be reached at (314) 935-4550 or by email at dalthardt@wustl.edu.

At Siteman, we recognize that every positive contribution we have made to advance cancer research and services is due in part because our community allies have entrusted us with their philanthropic support. Your consideration of this opportunity to invest in Siteman and our patients strengthens our resolve and pursuit to provide a more holistic experience for those battling cancer today and into the future. We are truly appreciative of your time and consideration of this request.