hi!
Shwd mae?
Give hope. Help cope.
tenovuscancercare.org.uk
More Than Singing

The Tenovus Cancer Care
Sing with Us Choirs

tenovus

cancer care
gofal canser
Give hope. Help cope.
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Immune Response

- Cortisol: Stress hormone
- GM-CSF, IL-4, IL-2, TNF-α, IL-17, sTNF1, sIL-2ra: Inflammation controlling cytokines
- sIL-2ra: Immune system proteins

Change in Mean (SEM) pg/ml

-0.4 to 0.4
Mood Response

- Stressed
- Anxious
- Tired
- Tense
- Sad
- Angry
- Confused
- Afraid

Positive Moods: Connected, Happy, Relaxed, Energetic
"We always have fun, good laughs and wonderful hugs. Choir has filled the hole left by all things cancer took away from me. It gives me power which I don’t often feel these days."

#MoreThanSinging
thanks!
diolch!

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