

# Creative Health at a Glance

## Spotlight on: Cancer

Breast cancer survivors experience improvement in **anxiety, depression, fatigue, and participation in society** thanks to improv theatre/comedy (4).



There are **387 fewer cases** of breast cancer per year thanks to the preventative nature of movement and dance (1).

Music interventions can **reduce anxiety** in cancer patients by an average of 7.73 units on the Spielberger State Anxiety Inventory scale (5).

