

Mayo Clinic Medical Edge

Art at the Bedside

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
Karen Brenes, Patient	"I'M MILES AWAY FROM MY HOME IN FLORIDA. I KNOW IT'S GOING TO BE ABOUT 100 DAYS BEFORE WE GET BACK THERE."
	BUT PAINTING IMAGES OF HOME, GIVING THEM COLOR AND LIFE, KAREN BRENES CAN FORGET THAT SHE'S IN THE HOSPITAL FIGHTING A DEADLY DISEASE. KAREN HAS MULTIPLE MYELOMA. A CANCER OF THE BLOOD. BUT THE PAINTING IS MORE THAN JUST A WAY TO PASS TIME. MAYO CLINIC DR. ALEXANDRA WOLANSKYJ AND HER RESEARCH

	TEAM IS FINDING OUT IF THE ART EXPERIENCE REDUCES PAIN AND ANXIETY AND IMPROVES THE MOOD OF PATIENTS.
Alexandra, Wolanskyj, M.D.	“I THINK WE’VE ALL HEARD OF THE MIND/BODY CONNECTION AND THIS IS ANOTHER WAY OF TAPPING INTO THAT.”
	A WINDOW TO A WORLD YOU CREATE WHERE SOME OF THE STRESSES OF BEING IN THE HOSPITAL CAN BE BRUSHED AWAY. FOR KAREN...
Karen	“ANY DIVERSION FROM LYING IN BED AND THINKING ABOUT, JUST, THINGS THAT ARE HAPPENING IS A GOOD THING.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.

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