

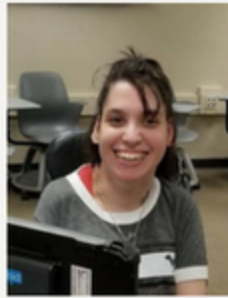
# A NEW DAY PEDIATRIC PSYCHOLOGY

Healing the hurt. Educating the mind. Inspiring the soul.



**A New Day Pediatric Psychology, PLLC** falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.



## LEUKEMIA: FIGHTING TO LIVE FREELY

BY ASHLEY MOHESKY  
FEATURED WITER

Leukemia is a type of cancer that affects blood tissues of the body, such as bone marrow and the lymphatic system. There are some types of leukemia that mainly affect children, but there are other types that affect adults. In leukemia, white blood cells, which are vital in protecting the body from infection, are produced abnormally by bone marrow and they are unable to fight infections. The symptoms of leukemia are as follows: fever or chills, persistent fatigue, losing weight without effort, swollen lymph nodes or liver/spleen, bleeding or bruising, recurrent nosebleeds, small red spots on skin, excessive sweating, and bone pain.



When someone receives a diagnosis of leukemia, it can be devastating to the person, as they are unaware of what could happen to them or their families during this difficult time. Depression and anxiety are common in receiving news that can be life altering. This can be a time when a mental health professional is able to work with the person on examining their emotions about their situation, as well as healthy coping skills that

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are effective in getting through the process of overcoming leukemia. Also, speaking with a mental health professional can alleviate the stigma of needing to hold everything inside in order to remain strong during treatment for leukemia. Many people believe that they are supposed to be positive while going through a horrific situation, but it is okay to say out loud: "this stinks!" Feeling the range of emotions can be helpful as well.

For children with leukemia, it may be difficult for them to understand what is happening to their bodies. Therefore, it is important for parents and doctors to involve children in developmentally appropriate discussions about their treatment plans and what to expect in the coming weeks and months. Although children may not be able to comprehend everything that is said, they still have the right to know what is going on with their health. Also, a good support system will be able to help children address their emotions about leukemia and the potential outcomes. Leukemia is a devastating diagnosis, but it should not take away anyone's joy from living life to the fullest.



**Have you tried everything and nothing works?  
You are not alone!**



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## STAY TUNED

This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.

  
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