

*Massage truly is an antidote to the feeling of being a cog in the medical machine. Patients, caregivers, health care workers and others under unremitting daily stress find massage is an oasis of peace in a frantic world.*

**How do I find a trained oncology massage therapist?**

Society for Oncology Massage Locator Service at

[www.societyforoncologymassage.org/](http://www.societyforoncologymassage.org/)

*A searchable index of oncology massage therapists who have the necessary specialized training and subscribe to the S4OM Standards of Practice.*



The information presented in this brochure comes from the Society for Oncology Massage website, [www.societyforoncologymassage.org](http://www.societyforoncologymassage.org)



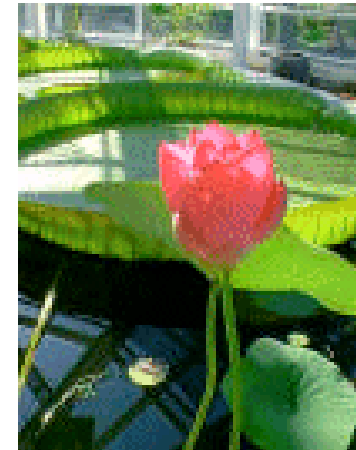
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## **Massage Therapy for People Living with Cancer**

*including the recently diagnosed, those  
undergoing treatment, and survivors*



***Oncology Massage, n.* The adaptation of massage to safely nurture body, mind and spirit of anyone who is dealing with cancer.**

# FREQUENTLY ASKED QUESTIONS

## Is massage safe for me?

The short answer is, "Yes". A properly trained oncology massage therapist can provide safe and effective massage for any patient at any stage of the cancer journey. Massage is widely available in the world's leading cancer hospitals.

Oncology massage training addresses the full spectrum of cancer-related issues: the physical consequences of cancer, the side effects of various treatments, the psychosocial and emotional consequences. Your therapist will adapt the extensive repertoire of massage therapy techniques to your specific needs.

In the words of one patient, oncology massage is like "a vacation from cancer".

## What do cancer patients say about massage?

"My therapist understands the difficult road of cancer and addresses the physical pain associated with the mental anguish."

"All through my diagnosis and treatment, the only time someone touched me and it didn't hurt was on the massage table. It was like an oasis in the desert."

"[Massage] was a great way to get through the stress of chemotherapy."

## What does the medical community say about massage?

"No single therapeutic agent can be compared in efficiency with this familiar but perfect tool... the human hand. If half as much research had been expended on the principles governing manual treatment as upon pharmacology, the hand would be esteemed today on a par with drugs in acceptability and power."

*J. Madison Taylor, M.D. 1908*

"Memorial Sloan-Kettering Cancer Center in New York City is a national leader in cancer treatment. Researchers recently surveyed patients who had therapeutic massage added to their treatment regimens. Over a three year period, results impressively confirmed the value of massage. Anxiety levels decreased by 52%, pain by 40%, fatigue by 41%, depression by 32%, and nausea by 21%. Researchers concluded that massage is a "markedly effective, uncommonly noninvasive and inexpensive way" to control symptoms for cancer patients." *Adapted from "Better Living & Health", Portland (Maine) Press-Herald, Summer, 2006*

**For more information about Oncology Massage, call Lucy Allen at 864-238-1816.**

**There is also a wealth of information at the Society for Oncology Massage website:**

<http://www.societyforoncologymassage.org/>

## How will massage help me with my cancer journey?

Massage is unique among the complementary therapies in its balanced effect on both sides of the mind-body connection. Comfort, relaxation, peace and serenity are the only goals of this gentle, caring, one-on-one attention. However, the effects often spill over into other areas of life as well. Patients and their caregivers report many and varied changes after massage:

### General Benefits

- Deep relaxation
- Reduced stress
- Improved sleep
- Reduced fluid accumulation
- Eased constipation
- Increased alertness and mental clarity
- Reduced anxiety
- Less nausea
- Reduced pain

### Following Surgery

- Reduced anxiety in advance of surgery
- Easier recovery from anesthesia
- Reduced post-surgical pain
- Improved scars
- Improved adhesions
- Reduced swelling
- Improved range of motion
- Easier adaptation to implants

### Following Radiation or Chemotherapy

- Reduced anxiety in advance of and during treatment
- Reduced post-treatment fatigue
- Improved appetite
- Improved peripheral neuropathy

### Emotional Benefits

- Decreased anxiety
- Decreased depression
- Increased feelings of well-being
- Being pleasantly distracted
- Improved body self-image
- Restored hope
- Satisfaction in taking control over a part of the healing process