



Uncommon Interest, Training, Compassion

SUMMER 2009

Meet the Board

Harriet Jahr-Philips, LMT, NCTMB

In the inaugural issue of the newsletter, you were introduced to three of the S4OM founding board members, Bruce Hopkins, Linda Dwyer and Meg Robsahm. Now allow us to bring your attention to two remaining founders who were instrumental in creating the Society for Oncology Massage. Meet board recording secretary and chair of the education committee, Nick Hansen-Dix; and director and liaison to the newsletter committee, Lauren Muser Cates.



Nicki Hansen-Dix is Director of the Sierra Center for Oncology Massage in Grass Valley, California. She opened the center in 2004 after completion of a 300-hour certification in oncology massage Blending East with West Therapy™. The center's massage therapists have all completed at least 80 hours of training

in oncology massage therapy. Her center operates a volunteer clinic twice a month, Grass Valley's Community Service Day that offers free massage sessions to people with cancer.

Nicki hopes the society will provide a needed community for therapists working in the oncology massage field. She would like to see accurate information shared among therapists and the public. She believes the society can be a resource for people diagnosed with cancer to find qualified massage therapists who can work with them safely. Asked to share her vision of S4OM for the next five years, she replied that a consensus of public and professional recognition of the society as the one entity of reference for all things relating to oncology massage would be ideal.

In her role as chair of the education committee, Nicki and her colleagues are building a comprehensive list of training programs that meet S4OM requirements for introductory oncology massage education. She hopes to eventually list advanced programs as well on the web site and newsletter. A future vision of the education committee is to incorporate basic oncology massage training as part of the core curriculum taught at massage therapy schools throughout the nation.

Lauren Muser Cates is the Clinical Supervisor for Hospital/Oncology Massage at the Teal Center at Virginia Hospital Center in Arlington, VA. In addition she owns a private practice and teaches a

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From the Editor

Warm Summer Greetings to You,

Hope this issue finds you enjoying the warmth and blessings of summer time.

As we prepare the second issue of the S4OM newsletter for publication, things are humming and creative juices are flowing all over the S4OM organization and especially the web site. If you haven't checked out the web site recently you are missing out on some great interactive blogs. If you don't see one you are interested in, start a conversation of your own. There are guidelines for getting publicity for your practice included in a great Media Kit. Current and coming research for oncology massage and so much more. If you need help send an email to our webmaster, Bruce, he is an excellent resource. I encourage you to surf your way over to S4OM.org and get interactive with your colleagues.

Being the first year of publication for the S4OM Newsletter, our theme for the issues in 2009 is Building a Foundation. It is our hope to offer insight into our society and selected profession, while connecting the membership as a community.

This issue is filled with excellent topics and insightful articles about the foundations of S4OM. Board members graciously provided history and premise for much of this issue. They have our abundant gratitude.

We heard from a few of you after the release of our inaugural issue and look forward to hearing from more members as we move forward. Feel free to give input, make comments, suggest topics, or offer submissions, it helps us grow.

Looking towards our Fall 09 issue - be watching for more informational articles, steps to get your own Oncology Spa going and a look at another educator for the 2010 Summit, along with information to keep you connected and current in the oncology massage profession.

Be blessed and enjoy the journey,

Anita

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MEET THE BOARD *continued from front page***Lauren Muser Cates**

six-day Hospital/Oncology Massage course for massage therapists. She discovered a passion for a specialty focused on oncology while attending basic massage therapy school and after graduation she pursued further training with Gayle MacDonald, Tracy Walton, Charlotte Versagi, Martha Menard and Cheryl Chapman.

Lauren's visions for S4OM include: building a resource for reliable and comprehensive training, increasing public awareness, growing the profession, and discerning standards of practice. She would like the organization to develop in-line with AMTA or ABMP as a foundation for professional membership. Her enthusiasm to build our organization is evident in numerous ideas shared to draw

massage therapists to the organization. She wants to schedule on-line chats with board directors and between members so the membership can benefit from networking opportunities. When asked why anyone should be interested in joining S4OM, Lauren responds, "Our members have the advantage of connecting with a national network of other therapists who have a passion and commitment to this unique work."

Lauren is also the board liaison to this newsletter. She communicates on behalf of the board to ensure that members receive up-to-date information in the publication that answers their needs. Her role is crucial in balancing S4OM's internal structure while sharing directions for outward growth with the newsletter committee and general membership. In the future she would like to encourage article contributions and more participation in the newsletter from all society members.

To OMT or not to OMT?

Is there a designation for Oncology Massage Therapist?

Lauren M. Cates, CMT, NCTMB

More and more often, massage therapists are choosing post-graduate training that leads them to designate themselves as something in addition to LMT/CMT/MT. Instructors across the country have adapted modalities for trademarking and niche marketing and we're all carving out our own little worlds.

Oncology massage has emerged as one of these specialized modalities. It is different enough from "regular" massage that its practitioners want their clients and the community to know that they have a specialty, but the training is not standardized to a level that makes it easy to know when a practitioner can refer to him- or herself as "oncology massage therapist" or more specifically, "OMT".

Massage therapists are starting to see that people living with cancer are seeking out massage therapy as an adjunct to treatment with increasing frequency. The specialty of "oncology massage" has grown in response to this trend and to the increased availability of training. The problem lies in the natural progression of this relationship between market demand and massage therapists trying to make a living.

The fact that there is no standard means that any massage therapist (with any degree of foundational training from 0 hours to 1200 hours and up) can take a weekend course, a one-day course or even (gasp!) an online course in what someone has decided to call "oncology massage" and he or she can hang out a shingle that says, "Cancer patients welcome!"

You are probably thinking, "Who would do that?!" The truth is that people would do it...and they are doing it. We, as the core of the oncology massage community, have an opportunity to set the standard for best practice. Some argue that this is exactly why we, the members of the Society for Oncology Massage, should be using "OMT" after our names.

Until practitioner education in oncology massage is standardized in

a quantifiable, qualifiable equation of training and experience "OMT" does not truly mean anything. (In fact, truth be told it is already claimed as the moniker used to describe Osteopathic Manipulative Treatment, practiced by over 90,000 D.O.s) It doesn't mean anything to the oncology massage community and it certainly doesn't mean anything to consumers.

Our culture is trained to believe that acronyms stand for something. There is an assumption that the bold "OMT" connotes some specific and universally understood level of training, certification and even oversight. At present, the oncology massage community does not have any of these. This evolution will take time. You are all a part of it. Please be patient and give it the time it needs.

For now, I think we can use terms like "cancer-sensitive", "massage therapy for clients living with/with cancer", "oncology-specific" and we can even write out the words "oncology massage therapist". Perhaps a small distinction, but when we give ourselves an acronym, we welcome assumptions. The Society for Oncology Massage has begun to move, with its membership levels, toward a degree of standardization. As such, I'd also like to propose the possibility that we consider using "S4OM" as a way to indicate our specialty. (For example, Lauren Muser Cates, CMT, S4OM.)

This dialogue will continue to come into sharper focus in the coming years. Meanwhile, the leaders of this movement, S4OM included, are dedicated to ensuring that standardization does not happen at the cost of valuable things like the broad experience and varied approaches of the men and women who teach it and the sense of community and true service that fuel this work and its practitioners. In the meantime, some things we can all agree to call ourselves are professional, committed and caring. Keep training, keep educating and keep connecting with people on their journeys through cancer...the rest will fall into place.

What Does S4OM Recognition of Instructors/Courses Mean?

Nicki Hansen-Dix, CMT, CMLDT -
Chair, Education Committee

A priority of the society is that its professional and associate members have a foundational education and hands-on experience in oncology massage. S4OM Recognized Instructors/Courses provide a consistent standard by which we measure a therapist's preparation to work safely, therapeutically and knowledgeably with cancer clients.

A LITTLE HISTORY:

Early on the board requested that non-instructors develop standards of education so that no single instructor or curriculum would be favored. The board invited Laura Rose Boyle, Lucille Eddy and me (massage therapists with extensive oncology massage training from various instructors) to form a curriculum committee to identify minimum standards for instructors/courses.

Over a series of months, we defined a 24-hour "ideal" curriculum, the minimum education a therapist would need before working safely with clients with cancer. Our recommendations went to the S4OM board for comment. Then we solicited comments from ten leading instructors. We collated, discussed and incorporated the comments and repeated the collaborative process. The board adopted the Standards for Recognition of Instructors and Curricula on September 22, 2008. Most instructors applying for S4OM recognition modified their training in some way to meet the criteria. They realized the value added by the collaborative process.

The education committee (Mary Aguilera-Titus, Cheryl Alderdice and I) review instructor/course applications. We now have ten recognized instructors/courses. Any instructor of a foundation course in oncology massage who meets the Standards can download the application from the S4OM website, and apply for recognition.

S4OM RECOGNIZED TRAINING



"Knowledge exists to be imparted"

— Ralph Waldo Emerson

S4OM Recognized Training: Instructors and their curriculum are foundation courses that are approved as meeting the educational portion of S4OM's professional and associate membership applications. The following instructors have submitted an application for recognition to S4OM and met both instructor competence and curriculum requirements.

INSTRUCTOR

COURSE TITLE/ WEB SITE

Isabel Adkins, BA, CMT (Oncology Massage Education Associates)	Massage for People living with Cancer www.oncologymassagematters.com/classes.htm
Lauren Muser Cates, LMT/CMT, NCTMB	Compassionate Clinical Service: A 6-day Oncology/Hospital Massage Intensive www.curanderabodyworks.com/Training.html
Cheryl Chapman, RN, HNC, NCTMB, NJSC	Cancer and Life Altering Illness (16 hrs) Mastectomy Massage (8 hrs) www.cherylchapman.com/workshops.html
Jamie Elswick, LMT, AMTA (Oncology Massage Education Associates)	Massage for People Living with Cancer www.northernravetherapeutics.com/UpcomingTrainings
Tina Ferner, LMT, RD (Oncology Massage Education Associates)	Massage for People Living with Cancer www.medicinehands.com/ClassSchedule.html
Johnnette du Rand, LMT, NCTMB	Oncology Massage(16 hrs) + Oncology Massage Practicum (8hrs) www.greettheday.org/education.html
Gayle MacDonald, MS, LMT (Oncology Massage Education Associates)	Massage for People Living with Cancer www.medicinehands.com/ClassSchedule.html
Meg Robsahm, M.Ed., LMP, NCBTMB (Oncology Massage Education Associates)	Massage for People Living with Cancer www.compassionatetherapies.com/workshop.aspx
Tracy Walton	Caring for Clients with Cancer: Simple Steps to Safe Effective Massage Therapy www.tracywalton.com/courses/3dayintensive.html
Jean Van Etten (Oncology Massage Education Associates)	Massage for People Living with Cancer www.medicinehands.com/ClassSchedule.html

2010 ONCOLOGY MESSAGE HEALING SUMMIT

April 30 – May 2, 2010

Northwestern Health Sciences University • Bloomington, MN

WHAT IS A RECOGNIZED S4OM INSTRUCTOR/COURSE?

Any recognized instructor/course listed on our website fulfills the minimum education requirement for an applicant for S4OM membership at the Professional or Associate levels. Instructor and curriculum are considered as a unit. A course alone cannot be recognized, nor can an instructor.

Presently, only foundation courses are recognized by the society. Our current

priority is to expand the list of introductory instructors/courses. We do not yet recognize advanced courses. However, we will be listing them on a members-only portion of the website for information only, not as endorsement by S4OM. Our current development project is to recognize schools that offer oncology massage.

The education committee would love to add new members. If you are interested, or if you have any questions about education, please contact us at education@s4om.org.

Making Connections... *Johnette du Rand*

Anita Bakke, LMT, CLT

The universe presented the opportunity for me to connect with Johnette Du Rand when I saw an AMTA email about an Oncology Massage course she would be doing in CA. That little voice that seems to lead me kept whispering, "Connect with this person - make the connection!" I got further confirmation one day while meeting with Gayle MacDonald for lunch.

Johnette's eloquent and distinct accent makes you want to invite her to tea and spend the afternoon leisurely chatting and sipping in a shady garden. Her story starts out like so many of us who come to this profession but it is a continuing journey moving to levels many of us hope to one day achieve. Here is her story in her own words.



I lost both my parents to cancer, 6 months apart, my mother first. My first experience of massage was during my mom's illness in 1994. The highlight of her week was the massage home visit by a family friend.

At that time, although I did not understand, nor have the energy to even contemplate the why, it was clear as day that after

Johnette du Rand Joanne's visits my mom was more comfortable. She rested better, communicated and ate more, and was more receptive to visitors.

In 1999 I transferred from South Africa to the U.S. with a multinational pharmaceutical company. A delay in work visa approval left 90-days time on my hands and I enrolled in a massage class and a hospice volunteer program, offering hospice visits to provide comfort-oriented massage for people nearing the end of life. This was my opportunity to return the kindness Joanne had shared with my family. My whole world changed at that point!

I spent one day working in the field for the pharmaceutical company, and went straight back to massage school. I started work as an MT at a wellness center, and shortly thereafter took a second position at Spa Gregorie's, Newport Beach, CA. Weeks after arriving at SPAG management announced their intention to start a community outreach program for cancer survivors, and requested volunteer support from their therapists. The moment I heard this, I knew I had found "home".

Greet The Day (GTD) started as a massage volunteer program for cancer survivors. For our first three years, Dr. Tinka Hrountas, herself a breast cancer survivor hosted quarterly free of charge seminars on bodywork implications during cancer treatment for our volunteers. Although informative, we recognized the limitations of these information sessions and the search for a more thorough oncology massage education program was started.

Finding no classes locally, I traveled to San Francisco, and then Mesa, AZ, to attend Gayle MacDonald's 3-day and 5-day OM programs. Having an oncology massage education program had not been a GTD objective, but it became increasingly clear that in order to develop our volunteer programs, we were going to

need one. This challenge also presented the opportunity to develop mission-related earned income, reducing GTD reliance on donations to develop organization infrastructure.

Dr. Tinka and I worked together to create a more formalized workshop and practicum. She continued to present the GTD workshop material, while I provided back-up and hands-on support. Because of the increasing time commitment, at her request I started transitioning into a more active presentation role, allowing her time to explore other opportunities for GTD in her position as Board President.

The whole concept of Greet the Day brought many questions to mind, the reoccurring one was "what separates GTD from other spas?" The answer is broader than this column can contain and as a result I have invited Johnette to continue our connection in the next issue with in-depth information about the Greet the Day program. Contained here is a minimal description.

Although one of our GTD community outreach programs is hosted onsite at a spa, GTD is not a spa. Initiated as an oncology community outreach program in 2003, GTD was incorporated as a non-profit organization in 2005.

I am one of three founding directors. GTD co-founders are Scott Duncan, Spa Gregorie's Manager, and Dr. Tinka Hrountas, herself a cancer survivor.

Greet The Day oncology massage programs serve as interface between oncology clinical staff and the bodywork community, and include the Spa Day Retreat initiated in 2003, and Chemo Comfort Touch, the Infusion Center massage program launched in 2006. Our GTD objective is to improve quality of life through the provision of bodywork for people in cancer treatment, recovery, palliative care, and in support of survivor wellness.

All GTD programs are provided in very close collaboration with oncology clinical staff, and the primary requirement for therapist participation is oncology massage training, whether acquired through GTD or another S4OM approved provider.

As our conversation was ending, I offered Johnette the opportunity to relate her thoughts about Oncology Massage Therapy.

Massage is far more than just a feel-good service, and research clearly shows that bodywork has therapeutic benefit at cellular levels. That said, good intentions on the part of the attending therapist are not enough, and a well-grounded education is an absolute necessity.

With more emphasis being placed on whole person healthcare, and the desire for an improved quality of life regardless of prognosis, oncology massage practitioners have an unprecedented opportunity to affect the experience of cancer treatment, and delivery of health care.

Watch for the Fall Issue of our Newsletter to find out more about Greet the Day Spa and get tips on how you can start something in your area.

Expressions from the Board

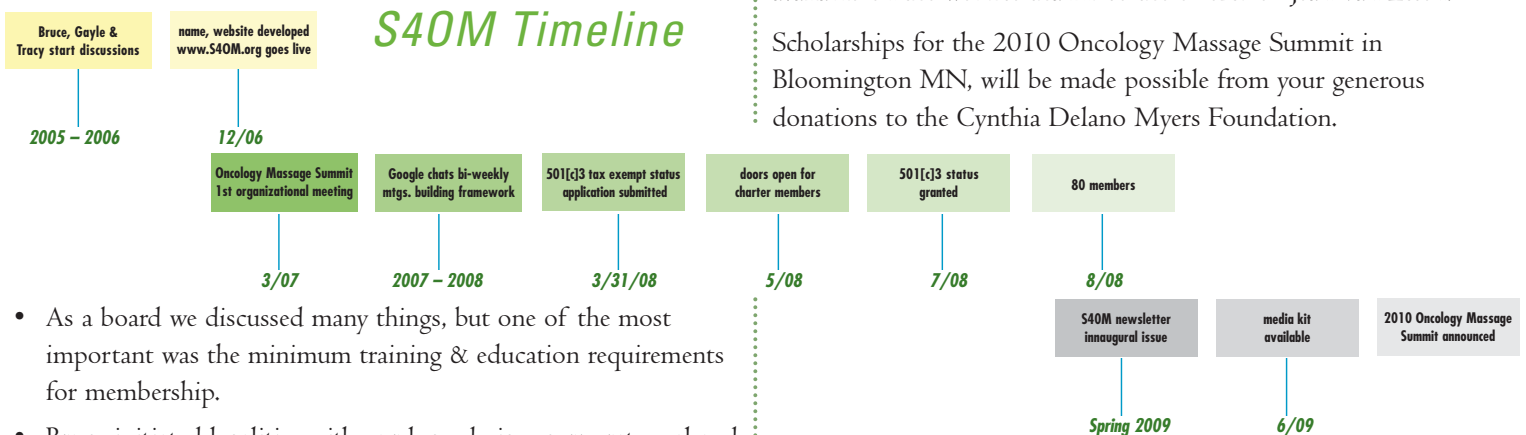
How did S4OM get to where we are today? – The Evolution of S4OM

Meg M. Robsahm, LMP, NCTMB & Bruce Hopkins, LMT, NCTMB

The vision of a society for oncology massage was Bruce Hopkins' heartfelt inspiration and dream. His persistent behind the scenes efforts are the foundation upon which we stand.

Sometime during 2005 – 2006 Gayle MacDonald, Tracy Walton and Bruce Hopkins initiated discussions about how we could develop and sustain our work. Other conversations surfaced about the need for an organization to carry us forward. Instructors were deluged with requests from around the country: "Do you know someone trained in oncology massage in my area that you could refer me to?" was the plea. So, the need for a locator service was born. By late 2006, Bruce had developed possible names for our organization, established and prototyped our website and on December 30, 2006 we went live as www.S4OM.org.

Early in 2007 many of us planned to attend the first Oncology Massage Summit, slated for March 2007 in Toledo, Ohio. Linda Dwyer and Meg Robsahm teamed up with Bruce via email for early discussions about S4OM and the desire to meet at the Summit. Thirteen individuals including the current officers attended our first organizational meeting and a lively discussion ensued about our possibilities. After the summit Google chats continued about issues. The current slate officers began meeting bi-weekly to form and shape our organization. Here are some of the highlights.



- As a board we discussed many things, but one of the most important was the minimum training & education requirements for membership.
- Bruce initiated legalities with our logo design, corporate seal and stamp. In November '07, S4OM became incorporated in Maine. Soon our Bylaws and a Conflict of Interest policy were developed and adapted.
- Gayle became our inaugural secretary, providing us with a record of our meetings, thought provoking perspectives and steady guidance.
- Meg assumed the role of leading meetings, facilitating membership applications and managing new developments and follow through on projects.

- Linda assumed the role of Treasurer and now also facilitates the Cynthia Delano Myers Foundation, along with other tasks related to membership.
- George Lee wrote the first drafts of our Standards of Practice. Following board discussions, revisions and external reviews we adapted our current set of standards of practice.
- Nicki Hansen-Dix and her education committee established an Educational Criteria for instructors and course curriculum that sets a strong standard.
- Lauren Muser Cates stepped forward to assume a variety of tasks including respond to email questions, membership issues and to serve as the Board Liaison to the newsletter committee.
- Gayle, Tracy and others have kept us on target discussing and challenging our thinking along this journey.

On March 31, 2008 our 501[c]3 application for tax exempt status was accepted. In May 2008, we opened the doors for Charter Memberships. In July 2008 our 501[c]3 status was granted, and by August we had approximately 80 members. Whew!

Today, our website continues to grow with updated research unsupportive materials for therapists. Members now have access to an outstanding S4OM newsletter. A member Media Kit is now available on the website thanks to the efforts of Jean Van Etten.

Scholarships for the 2010 Oncology Massage Summit in Bloomington MN, will be made possible from your generous donations to the Cynthia Delano Myers Foundation.

Recently the following statement appeared in the 2008 winter edition of Caring 4 Cancer magazine: "...the documented benefits of massage include reduction in cancer pain, anxiety, nausea, depression and insomnia. It is best to work with practitioners trained in massage for people with cancer."

The significance of finding this in a publication for survivors is a milestone in S4OM history. Our next pages have yet to be written, considering our past two years they will be very full!

Peek at the Summit 2010

Ann Simmons, CMT, NCTMB

Mark your calendars for the 2nd Oncology Massage Healing Summit, April 30 – May 2, 2010 being held at Northwestern Health Sciences University in Bloomington, MN.



Sandra Canzone, DOM, LMT, RMTI

The Healing Summit is an outstanding opportunity for the exchange of ideas with other oncology massage therapists. You will also meet instructors from across the country who have made oncology massage a standard in cancer care. Examples of just a few of the topics which will be presented are: Eastern Bodywork Techniques to Support Digestion – Sandy Canzone, DOM; Strengthening Immunity with Bodywork: A Blend of East and West – Isabel Adkins, BA, CMT; and Massage for Children with Cancer – Tina Allen, CMT, CPMPT, CPMT, CIMT. Don't miss this amazing chance to meet and speak with the top people in our growing field of oncology massage.

In the months leading up to this event we will be introducing you to some of our guest presenters and providing more information about the weekend so please stay tuned.

List Your Website on Ours

Send your website address to webmaster@s4om.org to have your site listed in the For Consumers section of s4om.org.

Sandra Canzone, DOM, LMT, RMTI, has an extensive background in integrative medicine. Dr. Canzone and her husband, Dr. David Canzone, DOM, have dedicated much of their practice since 1997 to alleviating the side effects a person experiences from traditional cancer treatments. A combination of complementary therapies, oncology massage, acupuncture and oriental medicine enhance wellness and quality of life for countless oncology patients in the Santa Fe, NM area.

Sandy has spent a great part of her adult life studying Ayurvedic medicine and incorporates this knowledge into all aspects of her work and teaching. She is a nationally acclaimed instructor for Oncology Massage and teaches the "Oncology Massage Intensive: Oriental Massage Perspectives" at the Peregrine Institute of Oncology Massage in Santa Fe, NM.

It is a privilege to have Dr. Canzone as a presenter at the 2010 Summit at Northwestern Health Sciences University, Bloomington, Minnesota. Her topic will be "Eastern Bodywork Techniques to Support Digestion". The digestive system is essential for absorption of nutrients for strength during treatment and for the elimination of waste and the toxic chemicals of chemotherapy.

Dr. Canzone will speak to and demonstrate techniques that support the organs of the digestive system during cancer treatment to help alleviate the uncomfortable side effects of constipation and nausea and strengthen the immune system.

Reflections

Linda Dwyer, LMT

IRENE

Upon meeting her,
she was a down to earth,
humorous,
insightful,
totally delightful spirit
in a very ill,
worn out body.

She enlightened me, a little,
on her history,
on how she lived,
how she thought,
and all about what excited her,
what kept her alive and smiling,
laughing.

One of those things was being barefoot.
She loved the feel of spring grass
under her feet,
of being free.

I'll never forget her wistful longing
as she spoke, lying there,
too ill to move much,
with feet sticking out from under
the blankets,
"still barefoot and free", she said.

Her spirit lived on during
the service at the church
when the pastor invited all,
in her memory,
her delightful spirit,
to remove their shoes and remember her.
I did, and felt her touching me.



Enlighten Us

This is your newsletter, what do you want to see in here? Let us know.

While this section is empty this issue, we hope that in our next installment, this section will yield comments on our articles, concerns or questions you might have and/or discussion topics you'd like to see highlighted.

If you liked an article, want more information or have information you'd like to share with your colleagues, please let us know. **TELL US WHAT YOU WANT IN YOUR NEWSLETTER.** Send your thoughts via email to: newsletter@S4OM.org, ATTN: Enlighten Us. Include your name and contact information.

We Need You!

The newsletter is in need of writers and a technical editor.

If you are curious or interested please contact our editor, Anita Bakke at newsletter@s4om.org. This could be the opportunity you have been looking to find!

Mission Statement

S4OM is grounded in a philosophy of compassion and service. We are focused on connecting cancer patients, their families and their caregivers with skilled oncology massage therapists.

An oncology massage therapist is a massage therapist who, following comprehensive training in general massage therapy, has completed additional "post-graduate" training addressing the full spectrum of cancer-related issues: the physical consequences of cancer, the side effects of various treatments, the psycho-social and emotional consequences. Therapists learn to adapt the extensive repertoire of standard massage therapy techniques to work safely and effectively with people living with cancer.

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* indicates Founding Director

NEWSLETTER 4 Oncology Massage

Editor

Anita C. Bakke, LMT, CLT

Lauren Muser Cates, CMT, NCTMB,
Board Liason

Harriet Jahr-Philips, LMT, NCTMB,
Layout / Designer

Mary Lou Ross, LMT, NCTM, CNMT, MLDT
Ann Simmons, CMT, NCTMB

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Mail Address for Newsletter inquires Only:
5742 E. Perdido Dr., Cave Creek, AZ 85331

Email: newsletter@S4OM.org

Telephone: (480) 227-2426

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S4OM is an all volunteer organization.