

# Oncology Massage and Acupuncture



## **Oncology massage and acupuncture.**

When coupled with conventional treatment options, integrative medicine can provide relief from the stress and symptoms caused by the disease and the treatment it requires to cure it.

Our mission is to reduce stress, promote healing and provide emotional support for cancer patients through oncology massage and acupuncture.

# Oncology massage.

Oncology massage is a type of massage that is specific to a person who is living with cancer or has had a history of it. This comfort-oriented massage is tailored to each individual by including various adjustments, such as type of pressure, length of session, positioning and avoidance of affected areas in the body. In addition, side effects from medications and treatments are considered so that the massage is safe and beneficial. A properly trained oncology massage therapist can provide this type of massage at any stage of a cancer journey. Comfort, stress reduction and relaxation are some of the goals of this gentle, caring massage.

## **Benefits of oncology massage include:**

- Diminished side effects from cancer treatment
- Overall improved quality of life
- Reduced fatigue
- Reduced pain
- Reduced anxiety
- Reduced depression
- Reduced nausea
- Increased self-esteem
- Decreased feelings of isolation and loneliness
- Increased overall immunity, which is imperative to those suffering from cancer

## **Misconceptions about oncology massage.**

In recent years, massage in any form was strongly discouraged for anyone suffering with cancer. It was thought that the pressure of the massage stimulated blood and lymph circulation, which could possibly lead to a spread of malignancies throughout the patient's body. However, it has since come to light that while cancer does spread via the lymphatic system, it spreads due to changes in the cells' DNA versus actual movement of the cancer or other mechanical means. Prior to the last 15 to 20 years, nurses and physiotherapists regularly massaged patients as part of a daily routine to reduce anxiety and relieve pain. Studies also show significant decrease in anxiety and respiratory rates as well as a significant increase in white blood cells and natural killer cell activity, suggesting a benefit to the immune system.



## Oncology acupuncture.

Acupuncture provides a total approach to health care for people with cancer. It can be used to address many of the concerns that come up during and after chemotherapy, radiation, biological therapy and surgery. According to the National Cancer Institute, acupuncture can cause physical responses in nerve cells, the pituitary gland and parts of the brain. These responses can cause the body to release proteins, hormones and brain chemicals that control a number of body functions. It is proposed that, by these actions, acupuncture affects blood pressure and body temperature, boosts immune system activity and causes the body's natural painkillers, such as endorphins, to be released.

### **Benefits of oncology acupuncture include:**

- Diminished side effects from cancer treatment
- Overall improved quality of life
- Reduced fatigue
- Reduced pain
- Reduced anxiety and depression
- Reduced inflammation
- Reduced post-operative or chemotherapy-induced nausea and vomiting
- Reduced insomnia
- Reduced nerve problems
- Reduced constipation and diarrhea
- Reduced hot flashes, night sweats and dry mouth
- Reduced skeletomuscular pain and dysfunction
- Reduced neuropathy
- Increased white blood cell count
- Reduced mental stress
- Improved ability to monitor stress signals and respond appropriately
- Help with emotional build-up, lack of sleep and focus
- Reduced levels of anxiety
- Increases awareness of mind/body connection

## Schedule your appointment.

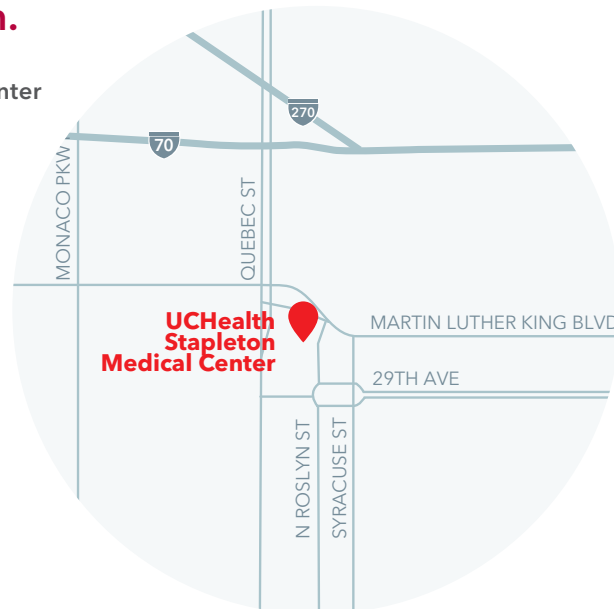
Patients can access oncology massage and acupuncture services at the Integrative Medicine Center at the UHealth Stapleton Medical Center. Please contact the clinic at 720.553.2750 to schedule an appointment.

## How much does it cost?

The cost of therapy varies depending on the type and the length of each visit.

## Contact information.

**Integrative Medicine Center**  
**UHealth Stapleton Medical Center**  
3055 Roslyn Street, Suite 250  
Denver, CO 80238  
P: 720.553.2750  
F: 720.553.2763



By making this information available, UHealth and the Integrative Medicine Center do not promise or guarantee the effectiveness of this integrative therapy. For any serious conditions, we recommend that you contact your physician before trying any new therapy.

Learn more at [uhealth.org](http://uhealth.org)