

Integrative Therapies at the UVM Cancer Center



Providing integrative therapies to improve the quality of life of cancer patients, survivors and their families during and beyond cancer treatment.

INTEGRATIVE THERAPIES

While cancer therapy has improved cancer outcomes, cancer and its treatment often come with significant challenges that require additional support beyond traditional medical approaches. Integrative Therapies at The UVM Cancer Center provides acupuncture, yoga, massage, mindfulness and other therapies to cancer patients and survivors. These integrative therapies have a proven track record for controlling pain, fatigue and other side effects while improving psychological outlook and quality of life. Your financial support will help the UVM Cancer Center to offer health and wellness-enhancing integrative therapies in conjunction with traditional cancer care for cancer patients and survivors in Vermont and upstate New York.

WHAT IS INTEGRATIVE MEDICINE

Integrative medicine reaffirms the importance of the relationship between health care provider and patient, focuses on the whole person, and makes use of all appropriate therapeutic and lifestyle approaches, healthcare professionals and disciplines to achieve optimal health and healing.

Integrative services include therapies such as acupuncture, massage, yoga therapeutics and meditation to help manage symptoms and side effects for patients who are receiving conventional cancer treatment. An integrative approach also emphasizes a healthy diet and physical activity.

QUALITY OF LIFE AND SYMPTOM IMPROVEMENT

While each cancer treatment has unique impacts, certain side effects are universal including fatigue, sleep disturbance, nausea, anxiety and pain. Integrative therapies can help people manage cancer symptoms or treatment side effects and improve their quality of life.

- Acupuncture has a strong research base supporting its use for nausea/vomiting, pain, arthralgias, stress, anxiety, fatigue, sleep disorders and acupuncture.
- Yoga, a mind-body practice, is a well studied therapy for cancer patients and survivors. Systematic reviews have identified improvements in pain, anxiety, stress, depression, fatigue and sleep. Yoga is also a method of increasing physical activity which is recommended by the American Cancer Society for improving cancer related outcomes.
- Massage therapy helps to relieve symptoms experienced by people with cancer, such as pain and as a result can improve mobility. It also helps relieve nausea, anxiety, depression and improves sleep.
- Mindfulness, can help cancer patients relieve anxiety, fatigue, and improve mood and sleep, thus improving their quality of life. Importantly mindfulness can help cancer survivors cope with the stress of cancer treatment and concern about recurrence.



WHAT PATIENTS ARE SAYING

Stress management workshop participant: *“It is so difficult to see people you love struggling, and to be able to feel that you can make a difference through sharing an ‘enhanced’ more holistic way of caring is a ‘win-win’ experience. I highly recommend this workshop to anyone in a caregiving relationship... a sense of a mutual dance of caring as well as receiving will undoubtedly touch the hearts of both partners!”*

Medical provider: *“Kirsten (massage therapist) is a calming presence in clinic. Anxious patients are able to rest and relax. The result is immediate and palpable. Almost everyday people are looking for Kirsten and the massage she provides.”*

Mindfulness workshop participant: *“I truly wasn’t sure meditation/yoga, being mindful in the moment would work...but I stuck with it and it really does work. I feel my anxiety level has decreased significantly. This was a great class!”*

FOR MORE INFORMATION

www.uvmhealth.org/CancerCenter/IntegrativeTherapies

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