



### THE BENEFITS OF MASSAGE THERAPY FOR CANCER PATIENTS

Massage used as a complementary therapy for cancer patients has evolved over the years. Where it was once contraindicated and erroneously thought to hasten the spread of cancerous cells, we know now that massage therapy can provide myriad benefits to the cancer patient, from therapeutic relief for chronic pain, to stress reduction, to better self-awareness of the body that can enhance the healing process.

Massage involves the manipulation of soft tissues for the purpose of restoring a sense of revitalization and well-being, as well enhancing function, and can be performed safely for most cancer patients. Given the often overwhelming nature of a cancer diagnosis, as well as the side effects and discomfort from some treatments and surgeries, massage can provide relief in many ways. Here are some of the most common physical, emotional and psych-social benefits:

- Reduced stress and anxiety (helpful before and after surgery, or before and during chemotherapy)
- Improved sleep
- Deep relaxation
- Reduced pain
- Reduced nausea
- Reduced swelling and fluid retention
- Reduced fatigue
- Increased mental clarity and alertness (helpful for “chemo brain”)
- Improved flexibility and range of motion
- Improved scars and adhesions
- Improved appetite
- Decreased depression
- Improved sense of body self-image

And for the cancer patient, working with massage therapists like those on our staff who have training in oncology is important. From questions about general well-being (i.e. Are you feeling fatigued or nauseous?), to specific questions about blood counts or treatment ports, oncology massage therapists are trained to know what to ask in order to customize the treatment to the patient’s individual needs, as well as insure that the massage is gentle, effective and an overall positive experience.

Our massage therapists communicate closely with the physicians and the patient’s care team to provide the type of massage therapy that will benefit the patient at different stages throughout their cancer journey. If you’re a cancer patient interested in massage therapy, ask your doctor if this complementary therapy could be right for you.

### MASSAGE THERAPY



#### *Need an appointment for massage therapy?*

Massage therapy is available at CCCNF in Gainesville on Fridays 11am-3pm and in Lake City on Thursdays 9am-1pm. To schedule an appointment with our massage therapist, Lily Van Halen, call the front desk at 352-331-0900 (*Gainesville*) or 386-755-0601 (*Lake City*).

*(Patients will be charged based on their ability to pay)*

#### *Cancer Support Group Features Nutritionist, Crystal Jackson, August 16th*

You asked. We answered. Crystal Jackson, registered dietitian and a nutrition support specialist from Barnes Healthcare Services, will be the featured guest at the August 16th meeting of the Cancer Support Group in Gainesville. Crystal provides nutritional support in the home setting and her specialties include working with patients who have feeding tubes, as well as helping to optimize the nutrition status for people who have had surgery, treatment for cancer, strokes, or other medical conditions that may affect nutrition. The group meets every 3rd Tuesday of the month at 5:30.

## RECIPE CORNER: CINNAMON PEACH SMOOTHIE



Enjoy some of summer's best flavors, as well as a quick nutrition boost with this easy-to-prepare smoothie recipe.

Note: If you're currently undergoing treatment for cancer and experiencing a flagging appetite as a result - and many cancer patients do- using a nutrition supplement drink (i.e. Ensure or Boost) instead of milk in this recipe will add extra calories you may want or need.

Preparation time: 10 minutes. Serves one.

### INGREDIENTS

- 1 cup diced peaches (fresh, frozen or canned)
- ½ cup low-fat plain yogurt
- ½ cup of any liquid, such as milk, soy milk, rice milk, Boost, Ensure, Boost Plus, or Ensure Plus, or a generic version of one of these products.
- 1 tablespoon honey
- Cinnamon to taste (1/8 teaspoon is a good place to start)

### INSTRUCTIONS

- Clean, peel, and prepare the fruit and place in the blender.
- Add liquid ingredients to blender.
- Blend all of the ingredients together to your desired consistency. (Add additional liquid to the blender if needed to thin out consistency for better blending. Depending on the strength of your blender, you may need more or less liquid to make the mixture blend.)

## ASK THE DOC:

**Q:** I'm in the middle of chemotherapy treatments for breast cancer. I know I need to eat a healthy diet, but food I used to enjoy now tastes strange and I don't have an appetite for salad. Truthfully, the only thing that tastes good right now is a vanilla milkshake. Is that okay? And what should I do to make sure I'm getting the right nutrients?

*-Lake City resident and cancer survivor, Jim*

**A:** It is very common for patients to complain of food tasting strange or not having an appetite for particular foods during and after their treatment. This certainly can be discouraging. We encourage patients to focus on boosting their caloric intake in any way. If you find something you like to eat and can tolerate it, go with it. Vanilla milkshakes are a good source of calories. And here's a tip: add an Instant Breakfast-type drink mix to your shake. This will increase the level of calories, protein, fat, vitamins and minerals to your diet. Frozen fruits and vegetables are also a safe and nutritious addition to your smoothies and fruit juices.

**NUTRITION PER SERVING\*:** 390cal; 68g of carbohydrates; 15g of protein; 6.5g of fat; 2.5g of fiber; 215mg of sodium; 866mg of potassium

\*Note: These are the nutritional facts for this recipe when prepared using a nutrition supplement drink. Calories and protein will be somewhat lower if made with milk, soy milk, rice milk, or another liquid.

Recipe from [www.caring4cancer.com](http://www.caring4cancer.com)

Healthy Connections is a publication of Community Cancer Center of North Florida and is published for the general public to disseminate health-related information. This information is not to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment, diet plan or exercise regimen implied in this publication.

# AUGUST 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 MASSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 1PM	5 MASSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM	6
7	8	9	10	11 MASSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 1PM	12 MASSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM	13 SKIN CANCER SCREENING @ CCCNF, GAINESVILLE 9AM - 12PM
14	15 LOOK GOOD, FEEL BETTER @ HOPE LODGE, GAINESVILLE 1PM (EVERY 3RD MON)	16 SUPPORT GROUP @ CCCNF, GAINESVILLE 5:30PM (EVERY 3RD TUES)	17	18 MASSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 1PM	19 MASSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM	20
21	22	23	24 HOPE LODGE 12PM TOPIC: EMOTIONAL HEALTH FOR CANCER PATIENTS & SURVIVORS	25 MASSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 1PM	26 MASSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM	27
28	29	30	31			

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