

# Integrative Medicine

## *For cancer, hematologic conditions and stem cell transplant*

Patients and their families often look for non-medical supportive care options to enhance their treatment experience. Integrating these complementary therapies, for which there is evidence for safety and efficacy, can benefit the patient without risking the side effects of additional drugs and pain medication.

- Manage and relieve treatment side effects
- Improve stamina, appetite, mood and sleep
- Reduce pain, stress, anxiety and fatigue
- Help make the treatment experience easier

**Research has supported these therapeutic techniques  
for many facets of health and wellness.**



### **Acupuncture and Acupressure**

These techniques stimulate specific points on the body, called acupoints, to help alleviate symptoms. Acupuncture uses very thin, one-time-use needles (acupressure uses touch) to stimulate the points and reduce symptoms of pain, fatigue, nausea, and anxiety.



### **Massage Therapy**

Massage therapy improves relaxation and helps alleviate stress and pain. A variety of techniques including tuina (Chinese medical massage) may be incorporated.



### **Magnet Therapy**

Magnet therapy involves the placement of magnets at specific acupoints to stimulate the point; these may be used instead of needles on patients who are uncomfortable with needles or an alternative for older children who are not yet able to lie still for 20 minutes.



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## Mindfulness and Meditation

Mindfulness and meditation are practices used to help you focus awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Techniques include breathing exercises, meditation, and guided imagery to reduce stress and improve coping.



## Shonishin

Shonishin (sho “little,” ni “children” and shin “needle”) is a style of pediatric acupuncture. This style does not involve sticking needles into the child. A tool is rhythmically stroked, rubbed, taped and/or pressed on the skin to produce a variety of gentle stimulation sensations. Children enjoy the treatment and look forward to their appointments. Many young patients have called it the tickle treatment.



## Qi Gong

Movement/exercise through Qi Gong which integrates physical postures, breathing techniques and focused intention. Usually, these movements are designed to generate better integration of the whole body and to support everyday movements. It has many functions including reducing stiffness and soreness, increasing the body's resistance, relaxation and many more.



## Reiki

Reiki (pronounced ray-key) is a Japanese technique for stress reduction and relaxation that also promotes healing. It involves using hands and utilizing energy medicine which produces a feeling of warmth and relaxation.

**Roswell Park offers the Integrative Medicine program to our pediatric and adolescent patients in the inpatient and outpatient clinics with a referral from their provider. Young adult and adult patients can receive acupuncture and reiki through the Survivorship and Supportive Care Center.**

*Acupuncture therapies do involve a fee for services, but all other integrative therapies are provided to patients at no charge. We can also teach patients and their families some of these modalities to help with symptoms as they arise.*



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