

Embracing a holistic approach to ease the impact of cancer



INTEGRATIVE MEDICINE

for pediatric, adolescent and young adult patients

AT ROSWELL PARK CANCER INSTITUTE



JustOneDayWithUs.Org

WHAT IS INTEGRATIVE MEDICINE?

Integrative medicine combines standard medical treatment with complementary therapies that have been shown to be safe and effective. Acupuncture, massage, aromatherapy, healing touch and others provide a personalized response to a patient's needs during their cancer journey. Roswell Park offers integrative medicine to help patients cope with their treatment for cancer, hematologic conditions, and stem cell transplant.

Our integrative medicine specialist will engage each patient and their family when they first come to Roswell Park, assess their supportive care needs on an ongoing basis, and provide interventions throughout the course of therapy in order to:

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



Why it's important

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.

How We Can Help

Integrative medicine aims to reduce the negative impact of cancer treatments by helping to alleviate stress, tension, anxiety, pain, nausea and other side effects, while promoting relaxation, and improving mood and general wellbeing. Our practitioner will discuss various options to determine which integrative techniques may best be suited to you. Treatment sessions generally take 10 to 20 minutes and include one or more of the following:



Acupuncture & 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 improves relaxation and helps alleviate stress. A variety of techniques including tui na, shiatsu and aromatherapy may be incorporated.



Reflexology applies pressure (varying from light to deep) to specific points on the hands and feet that correspond to various body systems.

Aromatherapy uses fragrant essential oils from plants to induce psychological and/or physical wellbeing. Complimentary essential oils are available for patients and their caregivers.



Mind-Body Therapy aims to help patients develop an awareness of the connection between their body, mind and spirit. Techniques include breathing exercises, meditation and guided imagery to reduce stress and improve coping. Healing Touch & Reiki are hands-on or just above the body techniques based on the principle that life force energy can help activate the body's natural healing process.

All integrative therapies are provided to patients and their families at no charge. We can also teach patients and their families some of these modalities to help with symptoms as they arise.



Roswell Park offers the **Integrative Medicine** program to our pediatric, adolescent and young adult patients in the inpatient, outpatient and survivorship centers.

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Integriative Medicine Program Director

Call **716-845-1344** to arrange an appointment.



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