

Cancer Complementary Therapy

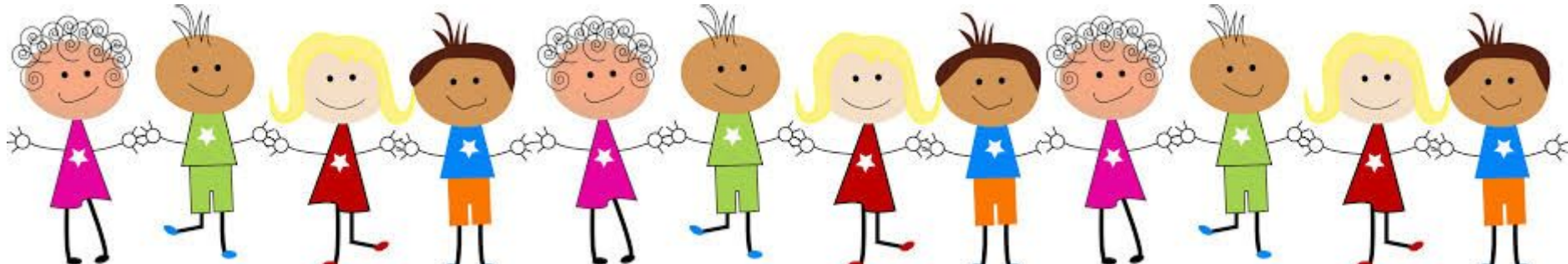
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Goals for this Presentation

You will state the difference between medical and complementary therapy

You will be able to identify one complimentary therapy.

You will be able to demonstrate how to use acupressure.



What is Cancer?

- Cancer means your body is sick.
- The directions for your body have a mistake in them, so your body is not working the way it should.
- The building blocks for your body have mutated, or changed.
- It does not mean you did anything wrong



Common Cancer Treatments

Medicine: when you are given medicine to help your body get better. Usually through a tube in your arm

- Might make you feel sick, tired, and grumpy
- Can cause your hair to fall out

Radiation: when a strong beam of energy zaps the cancer in your body

- Might make you feel tired

Surgery: when the doctor cuts out your cancer so your body does not have to fight it



What are Complementary Therapies

- Treatments used with regular medicine, such as chemotherapy or radiotherapy, to help a person feel better
- These treatments can include practices such as yoga, massage, acupuncture, or different foods
- Complementary therapies do not cure sickness, they only help a person feel better while they get better



Ginger Tea

- Chemotherapy is a cancer treatment that often causes patients to feel sick, and sometimes throw up
- One complementary therapy that is used to help these patients is ginger tea
- Ginger tea can help patients not feel sick and not throw up
- This makes chemotherapy much easier for patients because they don't have to worry about not feeling good
- Ginger tea also cost less than other treatments, making it easier to get.

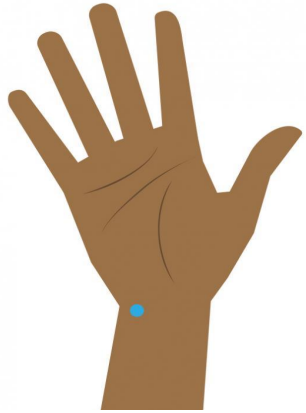


Acupressure

- Acupressure is application of pressure to the specific body parts that can ease your pain and make you feel better from nausea.
- It is believed that all the body organs are connected by channels that begin at fingertips.
- It is EASY to do and YOU can do it!

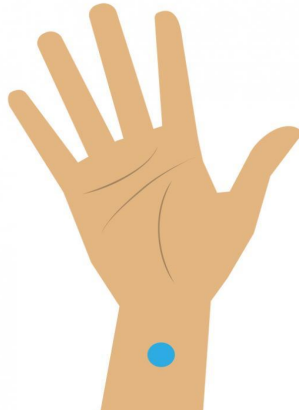


Acupressure



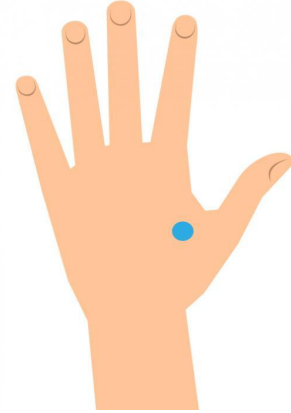
Heart 7

Difficulty in getting to sleep
A feeling of being worried,
afraid, and unhappiness



Inner
Gate
Point

A sick feeling in the stomach
with the need to throw up.
Stomach upset

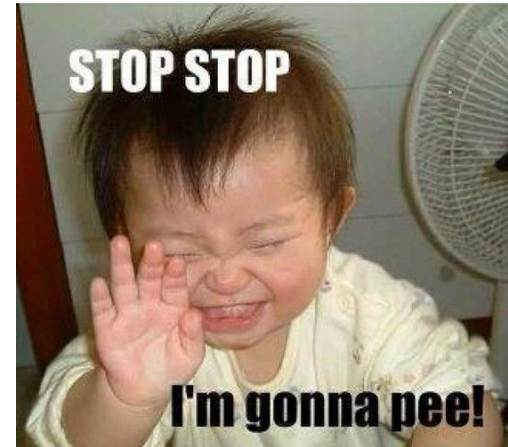
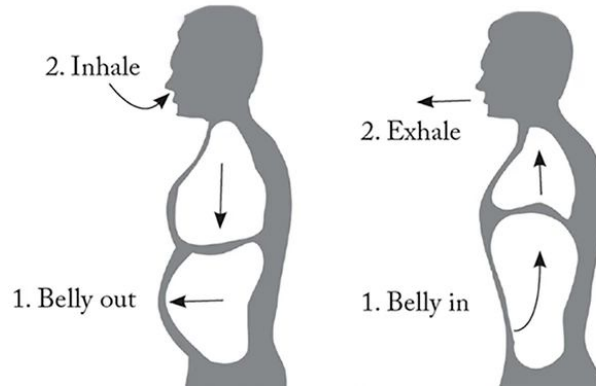


Hand
Valley
Point

Physical hurt or discomfort
Stress

Deep Breathing Exercises

- When we get scared or are afraid of something happening, we tend to have small, fast breathes.
- A way to calm this is through deep breathing exercises.
- Stomach Breathing is the best way to calm down your fast breathing.
- Laughing is the body's natural way of getting us to breathe deeply and make us feel good.



Meditation

- Sit somewhere flat and focusing on something to help the body relax and calm yourself down.
- Three types of meditation: deep breathing, word repetition (repeating a word), and guided imagery (pictures and sounds).
- For the best results, practice daily at least for 15-20 minutes.





Music Therapy

- Music helps us show how we are feeling and allows us to show who we are.
- Music is a safe space for everyone and allows you to connect to something.
- It can help with pain and hard times.
- Sessions are usually 30-60 mins, yet it's more than ok to listen to music for longer than that.



Aromatherapy

- Essential Oils are made from plants - capture the scent from the plant
- Put essential oil on cotton ball or napkin
- Take the item with you to your appointments
- Help with relaxing and decreasing nausea and stress
- Popular scents are lavender, peppermint, orange



Lavender

- Sleep aid
- Relaxation



Peppermint

- Boost circulation
- Decrease feeling of nausea



Orange

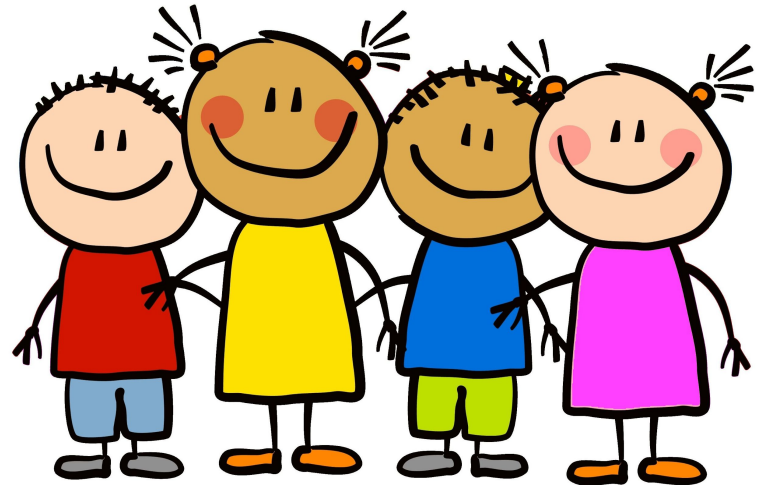
- Sweet orange scent decreases
 - Anxiety
 - Stress



Activity Time

Summary

- Medical treatment for cancer are the medicines and treatments doctors use to make your body better
- Complementary cancer treatment are ways to make your body **feel** better
- These can be very helpful to make you more comfortable
- These include
 - Acupressure
 - Ginger tea
 - Deep breathing
 - Meditation
 - Music therapy
 - Aromatherapy



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