Massage Therapy in Cancer Care
Pamela Sumler, LMT

What is oncology massage?
The American Massage Association currently recognizes 65 different kinds of massage and bodywork. Swedish massage, based on the use of massage strokes to promote health and wellbeing, is the most widely practiced massage technique in the United States. Oncology massage is the adaptation of standard massage therapy practice to safely provide personalized massage for people who are experiencing short or long term symptoms from cancer or cancer treatments.

What are the benefits of oncology massage?
Patients report benefits of massage while undergoing active treatment, during recovery and into survivorship. Findings from multiple studies indicate oncology massage is effective in improving a patient’s quality of life and providing relief for the following common cancer or treatment-related symptoms:

- Pain
- Anxiety
- Depression
- Fatigue
- Nausea
- Insomnia
- Well-being

How does oncology massage differ from standard massage?
Cancer related conditions are considered when adapting standard massage practice for someone with a history of cancer or cancer treatment. Unique concerns vary by individual and can change frequently. To ensure patient safety, massage modifications are made regarding the treatment site, the level of massage pressure, the pace or vigor of the massage technique, the position of the patient during the massage, as well as the duration and frequency of treatments.

Is oncology massage safe?
Research shows that Oncology Massage is safe during cancer treatment. It is important to find a licensed massage therapist who has had additional training in understanding cancer and associated symptoms, reviewing and understanding medical records and patient health conditions, in addition to necessary massage treatment modifications. Oncology massage therapists review the patient’s medical and surgical history, medications, recent blood values, and imaging results to help identify any sites of recent surgery or radiation or increased risk for infection, bleeding/bruising, lymphedema, or fracture. A pilot study at MD Anderson shows initial evidence of effectiveness for oncology massage in providing sustained relief from chronic chemotherapy-induced peripheral neuropathy.

The mission of the Integrative Medicine Program is to optimize health, quality of life and clinical outcomes through integrative medicine education and research-driven clinical care.
Integrative Oncology Consultation
Our physicians can give guidance on achieving a comprehensive and integrative approach to your cancer care via MyChart/Epic Zoom.

Exercise/Physical Activity Consultation
A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation via MyChart/Epic Zoom.

Oncology Acupuncture Treatment
Acupuncture is a safe and often effective medical treatment that can be used to manage side effects from cancer and related treatments, including nausea and vomiting, pain, neuropathy, hot flashes, fatigue and dry mouth.

Oncology Massage Treatment
Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Treatments are $55.

View audio and video resources online:
www.mdanderson.org/integrativemedcenter

Prices for IMC services may be subject to change depending on insurance coverage.

How to Register for our virtual classes:

1. Call Integrative Medicine Center at 713-794-4700
2. All classes are free
3. Complete e-update liability waiver and telemedicine consent in MyChart at least 48 hours prior to scheduled class

Class Descriptions:

Yoga for Health- Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

Connect & Reflect with Music- An interactive and supportive music group, led by a Board-Certified Music Therapist, using music engagement and conversation to enhance well-being and encourage connectedness. No music experience is required.

Cooking for Optimal Health - Learn new recipes and different tips for preparing whole food plant-based meals. Participate in the comfort of your own kitchen or observe and ask questions.

**Not-So-Spooky Lentil Tacos**

Description: Lentils are low in fat but high in protein, making this a healthier taco. Lentils add fiber as well as iron that may help constipation and fatigue.

Cooking time: 35 minutes
Serves: 4

![Image of lentil tacos]

**Ingredients:**

- ½ tsp canola oil
- ½ medium onion, chopped
- 1 clove of garlic minced
- ½ cup raw lentils
- 3/4 tsp chili powder
- Pinch of paprika
- 1/4 tsp ground cumin
- 1 cup of water
- 1/8 tsp low sodium broth
- 1/8 tsp ground black pepper
- ½ jalapeno, minced
- 1/4 tsp salt
- 8 corn tortillas
- 1 bunch of spinach, chopped
- 2 medium tomato(es), chopped
- 1 red onion(s), sliced
- 1 avocado(s), sliced
- 1 lime(s)

**Instructions:**

1. Heat the oil in a medium saucepan and add onions and garlic.
2. Cook until translucent (about 3-5 minutes) over medium heat.
3. Add lentils, spices, jalapeno (optional), water, and portion of stock cube. Stir well.
4. Bring to a boil; reduce to a low simmer and cover.
5. Cook about 30 minutes or until lentils are soft.
6. Taste and add salt, only using as much as you need.
7. Heat corn tortillas in the microwave for soft tacos, or in the oven for hard shell tacos.
8. Spoon lentil filling into each tortilla and top with veggies.
9. If desired, squeeze tacos with some fresh lime and enjoy!

[Video demonstration: https://www.youtube.com/embed/dvd_pZcS5vCE]