

# Complementary Therapies



**LIVING BEYOND  
BREAST CANCER®**

With you, for you.

Fill out our online survey today for a chance to

**win a \$25 gift card!**

VISIT: [surveymonkeys.com/r/2016LBBC](https://surveymonkeys.com/r/2016LBBC)



Tell us what you think of the *Guide to Understanding Complementary Therapies*.

**Thank you**

for helping Living Beyond Breast Cancer improve our programs and services.

## LBBC and Integrative Medicine

*At LBBC, we believe the best approach to cancer care is medical treatment that includes managing side effects, either with or without complementary therapies. **We do not support or recommend the use of alternative medicine, which is used in place of standard medical care.** This guide will focus on integrative approaches to complementary therapies, which means they're used along with your conventional medical care. Throughout the guide we use the acronym **CIM** to refer to complementary and integrative medicine.*



## Dear Friend:

As you go through breast cancer treatment, you may consider adding complementary therapies like yoga, meditation or acupuncture to your care plan.

Complementary and integrative therapies can be used alongside conventional treatment. While in some cases there is limited scientific evidence that these therapies have specific benefits, many people report that using one or more helps them cope with stress, anxiety, fatigue and other side effects of breast cancer treatment.

Throughout the guide, you will learn how certain therapies might impact your quality of life and complement your conventional care. We explain several complementary practices now available at cancer and community centers or from private providers. We also discuss how to find a practitioner you trust and the questions you should ask before you begin any practice or therapy.

We hope this guide gives you the confidence and knowledge to make choices about which, if any, complementary therapies are right for you.

Warmly,

A handwritten signature in blue ink, appearing to read 'Jean'.

Jean A. Sachs, MSS, MLSP  
Chief Executive Officer



**LIVING BEYOND  
BREAST CANCER®**

With you, for you.

**Toll-Free Breast Cancer Helpline**  
(888) 753-LBBC (5222)  
[lbcc.org/helpline](http://lbcc.org/helpline)

All people pictured in this guide are LBBC volunteers whose lives have been affected by breast cancer. We thank them for sharing their experiences.

**SECTION 1**

**What are Complementary Therapies?** ..... 4  
 What Is Integrative Medicine? ..... 5  
 In This Guide ..... 7

**SECTION 2**

**Body-Based and Energy Therapies** ..... 8  
 Acupuncture ..... 9  
 Massage Therapy ..... 12  
 Reiki ..... 16  
 Therapeutic Touch ..... 18

**SECTION 3**

**Expressive Art Therapies** ..... 20  
 Art Therapy ..... 21  
 Music Therapy ..... 23  
 Expressive Writing ..... 24

**SECTION 4**

**Nutrition and Wellness** ..... 28  
 Diet, Nutrition and Exercise ..... 29  
 Nutrition for Cancer Prevention ..... 31  
 Nutrition for Symptoms and Side Effects ..... 33  
 Dietary Supplements ..... 34

**SECTION 5**

**Mind-Body Movement Therapies** ..... 36  
 Qigong ..... 37  
 Yoga ..... 39

**SECTION 6**

**Mind-body Therapies with  
Little Movement** ..... 40  
 Guided Imagery ..... 41  
 Hypnosis ..... 42  
 Meditation ..... 43  
 MBSR ..... 43

**SECTION 7**

**Getting CIM** ..... 46  
 Other Places to Look ..... 47  
 Connecting With Your Practitioner ..... 48  
 Talking With Your Doctors ..... 49  
 Paying for CIM ..... 52

**SECTION 8**

**Resources** ..... 54  
 Words to Know ..... 59

# What Are Complementary Therapies?

As you begin to move through or complete treatment, you may seek ways to lessen emotional and physical side effects. Perhaps you already reached out to a mental health provider or to peers for emotional support. Even if they are helping you, finding other means of getting support might benefit you.

Maybe you want to add physical activity to your routine to help you rebuild your strength and promote overall wellness. Research shows changing some parts of your lifestyle, such as becoming more active and improving your diet, may lead to better health outcomes.

For all these reasons, more and more people are adding **complementary therapies** to conventional treatment. They are adopting an **integrative medicine** approach to overall care.

Words seen in **bold** in this guide are defined in Words to Know starting on page 59.

## What Is Integrative Medicine?

You may have heard the terms “complementary therapy,” “complementary and alternative medicine,” “CAM,” and “integrative medicine” at your treatment center or as you’ve talked with others. These four terms refer to many of the same practices and therapies, but **they have different meanings when it comes to your treatment.**

In the past, practices such as acupuncture, yoga and meditation have been called “complementary and alternative medicine,” or CAM. These practices are now called “complementary and integrative medicine,” or CIM, because they should be used **along with** standard medicine, not **in place of** standard medicine. The agency that researches these practices at the U.S. National Institutes of Health is called the National Center for Complementary and Integrative Health (NCCIH, [nccih.nih.gov](http://nccih.nih.gov)).

The terms “alternative,” “complementary” and “integrative” are sometimes misused to describe the same things, so it’s important to know the differences among them.

🔹 **Complementary therapies** are practices — physical, mental and spiritual — used **in addition to** standard medical care, both during and after cancer treatment. For example, you may use acupuncture alongside standard anti-nausea medicines to help relieve nausea while you’re receiving chemotherapy treatments. Or, you may practice light yoga as a way to maintain body strength during treatment and rebuild it once your treatment ends.

🔹 **Alternative medicine** is used **in place of** standard medical care. This means you **do not** have treatment with chemotherapy, surgery, hormonal therapy, etc. To treat the cancer, you rely only on supplements or herbal remedies not proven safe or effective in clinical trials.

🔹 **Integrative medicine** is **the use of both** standard medical care to treat the cancer **and** complementary therapies to lessen some side effects of diagnosis and treatment, like stress, anxiety, weight gain or loss and fatigue. One difference between integrative and complementary care is that in integrative medicine your doctor or hospital, with or without a CIM practitioner, works complementary practices into your medical care plan. Doing so may improve quality of life and, possibly, overall health.

In some hospitals and cancer centers across the U.S., complementary therapies are offered as part of your treatment plan. You may take part in classes or sessions led by professional, licensed practitioners who work with your doctors to care for you.

## In This Guide

You already may be familiar with some complementary therapies, including yoga, tai chi or acupuncture, because they are widely available. Some you may have tried before you were diagnosed with breast cancer, either as a form of exercise or to cope with daily stress.

Others may be new to you. This guide will introduce some therapies often used by people with breast cancer that are available in cancer and community centers or in private practice settings.

Remember, your experience may be different from the experience of others you know, and not every therapy suits everyone. You should feel free to try a few before deciding which to pursue.

Complementary therapies allow you to slow down, ground yourself and heal spiritually and physically, all in the midst of the tornado that sweeps you up when you get diagnosed with breast cancer.”

—CHARMAINE



# Body-Based and Energy Therapies

Body-based and energy therapies rely on touch to relieve your body of stress, or by balancing **qi** (pronounced “chee”), a person’s vital energy.

You may know of some body-based therapies like massage, which works to release tension in your muscles to help you feel calmer overall. If you’ve never tried energy therapies, they may seem abstract. Energy therapy practitioners work with you to balance the life energy in your body, leading toward inner peace and focus.

Your personal beliefs, personality and comfort with a practitioner touching your body will impact the therapies you prefer.

## Acupuncture

Acupuncture is an ancient treatment that began in China and is now practiced throughout the world. In the U.S. it has been used for nearly 200 years, though formal research of acupuncture only began in 1976.

Acupuncture typically involves inserting very thin needles, much slimmer than those used to draw blood, at specific points on the body to improve quality of life. People sometimes see an acupuncturist about long-term pain that develops on its own or results from a disease or condition.

In breast cancer, acupuncture has been studied as a way to manage symptoms and treatment side effects such

as joint pain caused by aromatase inhibitors, fatigue, general pain, lymphedema, chemotherapy-related nausea and vomiting, anxiety and depression, hot flashes and insomnia. It also shows promise in treating dry mouth caused by radiation for all types of cancers.

You may be familiar with needle-based acupuncture, but not all techniques require a needle.

### HOW ACUPUNCTURE MIGHT HELP

People who practice acupuncture believe the body contains a system of **meridians**, or paths, that qi travels through. When qi is blocked, it can affect your spiritual, emotional, mental and physical health. However, scientific evidence has not proved the existence of meridians or qi.

Scientists believe inserting needles into these points on your body may ease symptoms by releasing the body's natural painkillers and stress relievers. Acupuncture is also thought to change electrical and magnetic signals in the body and activate parts of our nervous system that release chemical signals from the brain and change how some hormones work. Overall, acupuncture shows promise in treating pain, fatigue, nausea and vomiting caused by breast cancer treatment.

During an acupuncture session, a licensed practitioner inserts thin metal needles into the skin at **acupoints**, also called acupuncture points, to varying depths. Or, the practitioner may simply put pressure on your skin, without a needle. Both help release blocked qi.

### OTHER TYPES OF ACUPUNCTURE

◀ **Electroacupuncture.** Needles are inserted into the skin in the same way as traditional acupuncture. Once in place, a very weak flow of electricity is sent through them to stimulate nerve tissue. Electroac-



upuncture may help reduce chemotherapy-related nausea and vomiting and certain pain conditions.

◀ **Acupressure.** Sometimes called **shiatsu** (pronounced “she-ot-soo”). Though it is often considered a type of massage therapy, acupressure follows the principles of qi and acupoints used in traditional acupuncture. Rather than using needles to stimulate the meridians, practitioners use their hands and fingers to place pressure on them.

### IS IT SAFE?

Most people don't feel pain during an acupuncture session, and there are few side effects. But if you have low platelet levels, a low white blood cell count or take blood thinners, you should be cautious about acupuncture needling because of the risk of bruising or bleeding.

You should also be cautious with the use of electroacupuncture if you have electrical medical devices

inside you, such as a pacemaker. The electrical activity may disrupt their function. Always check with your healthcare provider before starting.

It's important to find a licensed, experienced practitioner who follows national laws. Most states require a license to practice, but requirements vary by state.

The FDA approved the acupuncture needle as a medical device. It requires practitioners to use sterile, non-toxic, single-use needles. This is very important because chemotherapy and radiation therapy affect your body's ability to stop infection.

Talk with your doctors before you start acupuncture to find out if it is safe for you.

## Massage Therapy

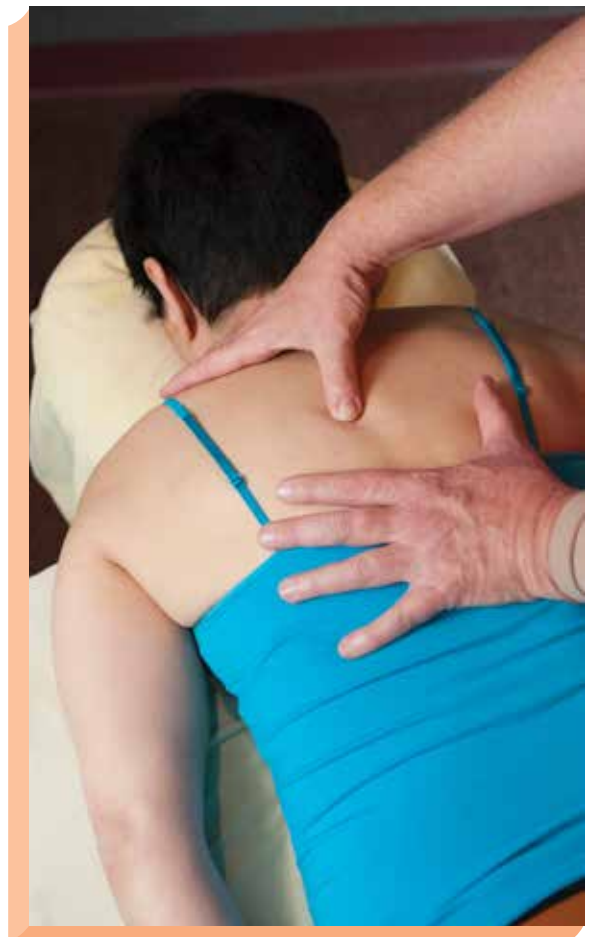
In the past, you may have gone to a massage therapist to help ease everyday stress, have a relaxing afternoon or to treat yourself. If you're an athlete, you may have had a sports or deep-tissue massage to release tension in tight muscles or to improve your **range of motion**.

Massage is known to help reduce stress, anxiety and pain, and relieve tension. It leads to relaxation, whether or not you have cancer. Research shows a cancer diagnosis and treatment can make it harder to relax and be calm. You may consider massage therapy to reduce stress and support your emotional health during and after treatment. It may also help ease major pain in the short-term.

Choose from many massage techniques. They range from light, surface touch, to deep-muscle kneading. If you have active cancer, avoid deep-muscle massage. Similar benefits result from light and medium massage. When you look for a massage therapist, it is important to find

someone trained in massage for people with breast cancer or who has experience with medical or oncology massage. Be sure to tell your therapist about your diagnosis before you begin. Your doctor may recommend different types of massage depending on where you are in your treatment plan and whether the cancer **metastasized**, or spread, to distant parts of your body.

You can get a massage at a spa, chiropractic clinic, in your home and at some cancer centers.





## COMMON MASSAGE TECHNIQUES

● **Swedish Massage.** One of the most common massage techniques. It involves long strokes that flow toward the heart, and kneading, rolling or tapping. Therapists may use their hands, elbows or forearms to work the muscles. In some cases, the therapist may put oil on your skin to allow for smoother movement. In many spas or clinics you may be able to ask for a Swedish massage to be light, medium or deep. Deep massage should be avoided for those with active disease.

● **Aromatherapy Massage.** Combines the massage technique you choose with the use of scented **essential oils**, oils taken from roots, herbs, flowers and trees. During an aromatherapy massage the therapist fills the room with the scent of an oil based on your goal for the session. For example, if you want to relax, you may use the calming scent lavender.

Little is known about the benefits of aromatherapy, but some studies find it can help with nausea, relaxation and sleep. Your therapist may suggest a scent to enhance your massage. Though it is commonly used by nurses and massage therapists, keep in mind that if chemotherapy affected your sense of smell, you may not find the same scents as pleasant as before. People may also have skin sensitivities to certain oils and scents. Changes in the skin due to radiation therapy may increase these sensitivities.

● **Acupressure** (see page 11).

● **Reflexology.** Massaging **pressure points** on the hands, feet and ears. Pressure points are specific areas of the body a practitioner presses or massages to relieve stress or pain. Like acupuncture (see page 9), reflexology is based on the belief that massaging these areas relieves symptoms in other parts of the body.

● **Lymphatic Massage.** Uses a very light touch to help move blocked lymph fluid to a part of the body where it can drain better, reducing swelling caused by **lymphedema**. Lymphedema is swelling caused by the buildup of lymph fluid after lymph nodes are removed by surgery or damaged by radiation therapy.

If you have lymphedema, your healthcare team may recommend you see a provider trained in lymphatic massage. You should look for someone who has experience and certification. For more information, read our *Guide to Understanding Lymphedema*, available on LBBC.ORG.

## IS IT SAFE?

There are very few side effects of massage therapy. Talk with your doctors before starting to find out if you should avoid certain techniques, such as deep-tissue massage or pressure on some areas of your body.

During massage you should not feel pain or major discomfort. If you do, be sure to let your massage therapist know right away. Your provider can adjust the pressure to make you comfortable.



If you are taking blood thinners, avoid deep-tissue massage to prevent bruising or bleeding. If you have **metastatic breast cancer** to the bone, light massage may be a good option, avoiding pressure. Massaging the area on or near a tumor is not recommended.

To find a board certified massage therapist, visit [ncbtmb.org](http://ncbtmb.org).

## Reiki

Reiki (pronounced “ray-kee”) is an Eastern practice focused on using **life energy** to bring peace and healing to your spirit. It isn’t used to cure or treat physical issues caused by cancer or its treatment. Instead, Reiki taps your ability to find a calm center and feel better, even if you still have physical symptoms.

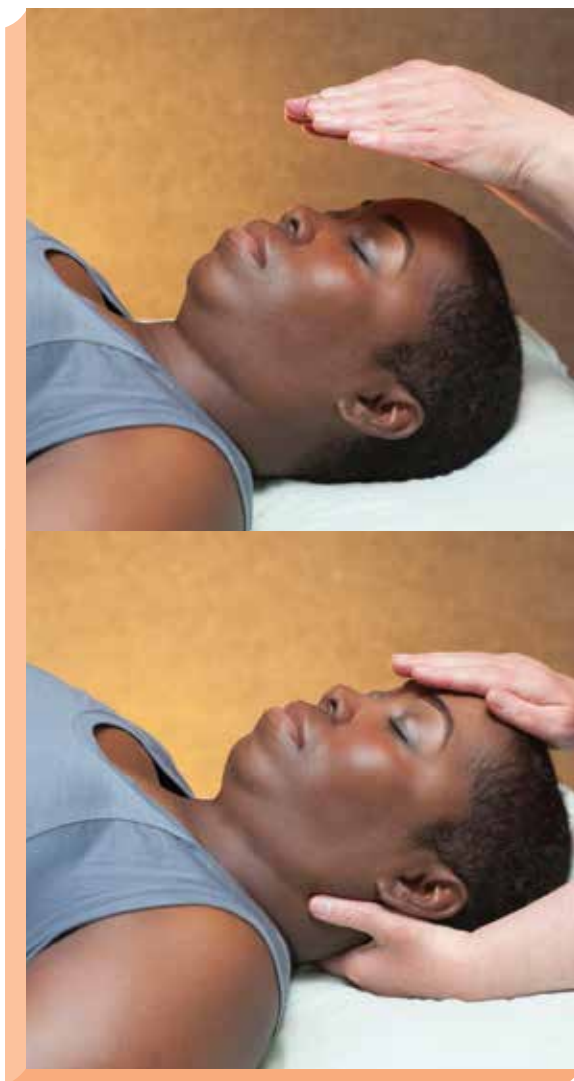
The Reiki practitioner acts as a channel to bring to your body life energy that restores you. After sessions, you may sleep better and have less anxiety, simply because the practice helps you find calm. People who use Reiki report feeling their spirit refreshed.

### HOW REIKI MIGHT HELP

During a Reiki session, your practitioner places his or her hands on your body, or hovers them a few inches above it. These hand placements are held on or above 12–15 points on your body and remain there for 2–5 minutes at a time. The energy channeled through your practitioner is believed to create a balance of energies in your body, promoting relaxation and well-being.

Very little research is available on Reiki’s role in managing cancer symptoms and side effects, but many people share stories of feeling better after Reiki sessions. A recent study found that after Reiki, many people reported lower levels of distress, anxiety, depression, pain and fatigue.

Many organizations and cancer centers offer Reiki. Practitioners may be certified or uncertified because Reiki is not regulated. You usually are not asked to remove clothes during a Reiki session.



## Therapeutic Touch

Therapeutic Touch, developed in the 1970s, is similar to Reiki in the belief that the practitioner passes healing energy to you. The goal: to balance the good and bad energies in your **energy field**.

People who use Therapeutic Touch believe too much bad energy causes sickness. Therapeutic Touch is sometimes called Healing Touch and may be referred to as a **biofield energy therapy**.

### HOW THERAPEUTIC TOUCH MIGHT HELP

During a Therapeutic Touch session practitioners first assess whether your energy field is balanced. Once they understand what needs to be done to restore balance, they will either lightly lay their hands on your body or sweep their hands just above your body to help your energies flow. A session lasts from 15 to 30 minutes.

Little research exists to support Therapeutic Touch. Some people report improved **health-related quality of life**, or how satisfied you are with your life in relation to cancer. Clinical trials are now looking at Therapeutic Touch after radiation therapy.

Anyone can practice Therapeutic Touch after getting education, which often includes three levels of training and a supervised mentorship. Some nursing schools offer courses. You might be able to find Therapeutic Touch at your hospital or treatment center.

“I’m not a chemist or a doctor, so when it came to medical treatments I had to trust my medical team. Using complementary therapies gave me the opportunity to have some control over my cancer and treatment.”

—RONDA



# Expressive Art Therapies

We all sometimes struggle to express what we feel, especially when those feelings are worries or fears. You may find that you keep your feelings to yourself to avoid burdening others.

Finding a way to express yourself without having to talk about it directly is one way to relieve yourself while doing an activity you enjoy. Finding a creative outlet may even serve as a welcome distraction, giving you time to think about something other than cancer.

Depending on your interests and goals, you might choose to explore three common creative therapies.

## Art Therapy

Art therapy involves using visual arts to express emotions, communicate with others, build self-esteem and learn what is important to you.

In an art therapy class, you usually choose what kind of art you want to do: painting, collage and working with clay are all examples. The kind of art available may depend on where you take your class and what the studio or therapist offers.

Therapists conduct class in different ways, so you may wish to try a few classes before choosing one that suits you best. Some therapists will guide the class through projects, while others will give you the freedom to create whatever you want.



You may want private art therapy, which involves only you and the instructor. Or, you may want a class for people with breast cancer, or open to people with all kinds of cancer. In some cases, art therapy is offered by a professional therapist trained in cancer counseling. These sessions may be more structured than open art therapy classes, and the teacher may be more involved in your healing.



Some centers may offer your family and caregivers the chance to take part in art therapy with you. Ask if this is an option. Sharing the experience may be a good way to bond while sharing your feelings through art. It may also help your caregivers express their feelings, too.

If your cancer center doesn't offer art therapy, you could consider taking an art class at your local community center, community college or with a private teacher. Simply enjoying art can be a great source of comfort and a way of relieving stress or worry.

## Music Therapy

Using music as a way to explore your emotions, music therapy aims to quickly improve your quality of life and coping skills. Sessions don't require special training or experience reading or writing music. Sometimes, music therapy is combined with **guided imagery**, a type of **mind therapy** that may be offered at your cancer center (see page 41).

Research shows listening to therapist-chosen music may reduce anxiety. In studies, people with early-stage and metastatic cancers felt less anxiety, stress, pain and fatigue after music therapy sessions. Overall, people who took part in music therapy reported a better quality of life.

Music therapists must have a degree in music therapy and pass national boards. Depending on your needs, you may want a therapist who is experienced in working with people with cancer.



## Expressive Writing

Writing to release your emotions, work through a difficult event or gain an understanding of what you're feeling is often called **expressive writing**. Expressive writing can be part of talk therapy with a licensed therapist, an activity you do with a formal writing group or something you do on your own.

Many people say they feel more at peace with their situation when they take time to write about it for a few minutes every morning or night. Others use journaling to work through decisions or worries step by step.

Expressive writing research suggests that three to four 20-minute sessions of writing your deepest thoughts and feelings about cancer may help you think and feel more positive. Putting your experience into words may help you to take a step back and understand it more clearly.



Try expressive writing at home:

- Set aside at least 20 minutes alone to write.
- Write without worrying about how the writing comes out: grammar, spelling and logic don't matter — the goal is to get your feelings out.
- Do this once a day for 3–4 days. Some research suggests writing every day for a longer period makes you dwell on negative feelings instead of releasing them.

Expressive writing is different than standard journaling because the focus is on writing the story of your experience, not just your deepest thoughts and feelings. In an expressive writing session, you create the full story with as much detail as possible, explaining emotions by describing how the scene looks and feels. Instead of your inner thoughts, it reads as if you're telling it to someone else, even if you are the only person to read it.

What you write may be very personal. You don't have to share it with anyone. You could even throw the writing away or delete or tear it up.

If you want the support of others in a similar situation, you might consider joining a writing therapy group available through some cancer and community centers or online. In a formal group, you get the guidance of an experienced leader who can help you write in a supportive, safe and private place. You also may enjoy writing in the presence of other people.

Many meet in small, 8–10 person groups for an hour or two a week and may meet for several weeks. An experienced writing coach leads the class to help you write about your cancer experience.

The format of group sessions is largely up to your writing coach. You might open by reading and discussing a piece of writing by a published author with cancer, or you might open with time to write

something of your own. Depending on the therapist and the group, you also may be asked to read your writing aloud or respond to the writing of others.

Joining a group gives you the opportunity to meet others who are going through the same things as you, share your feelings in a way that is unique to you, and have the support of a trained professional. Writing coaches sometimes use guided imagery (see page 41) to open or close the class, or use music (see page 23) to set the writing environment. He or she may lead the class with a weekly theme or writing prompt to help you get started.

### OTHER WAYS TO WRITE

- **Keep a journal.** Find a time of day when you feel inspired, rested or simply have time to yourself to write and reflect. Consider carrying a small notebook in your bag or leaving one in your car so you have it with you when you need it.
- **Blog.** If you want the connection of a writing group but prefer working on your own time or don't have a group nearby, consider keeping an online blog. Blogs allow you to post your writing on the Internet so others can read it. Visit the [LBBC blog](http://lbbc.org/blog) on [lbbc.org/blog](http://lbbc.org/blog) to read the stories of our volunteer bloggers, some of whom maintain blogs of their own.



# Nutrition and Wellness

Diet, nutrition and exercise play a big part in how well you feel and, sometimes, how well your body handles conventional medical treatments. Integrative medicine programs often include nutrition and physical activity as part of their approach.

## Diet, Nutrition and Exercise

Most people know the importance of a well-balanced diet and regular exercise, but it can be challenging to achieve them. Maintaining a healthy weight and eating nutritious foods can help prevent illness and injury and improve your mood.

Studies show that keeping a healthy weight, eating a mostly whole-foods, plant-based diet and exercising regularly — at least 30 minutes every day — lowers the chance of breast cancer coming back. This kind of healthy lifestyle may also increase survival time after you complete treatment.

During treatment, some side effects make keeping a healthy lifestyle difficult. Changes in taste or smell caused by chemotherapy may keep you from eating the foods you need. Others, like fatigue, can make it hard to stay active. It's possible you will gain or lose weight.

It's important to remember to do the best you can. Go easy on yourself if you can't eat or exercise in the ways you could before breast cancer. Still, try to lead a healthy lifestyle. Exercise can help you fight treatment-related fatigue and prevent unwanted weight gain and bone loss caused by some medicines.

Your treatment center may have **registered dietitians**, RDs, to help you develop meal plans that meet your nutrition needs. They can discuss nutrition guidelines for people with cancer and address your dietary needs during and after treatment. Seek out an RD who is a *Certified Specialist in Oncology*, or CSO. To be certified, RDs must have practiced nutrition counseling in cancer settings and developed special knowledge.

The American Institute for Cancer Research makes some of these research-based recommendations for people with and without a history of cancer:

- Aim to be as lean as possible without becoming underweight.
- Be active for at least 30 minutes every day.\*
- Avoid sugary drinks. Limit intake of energy-dense foods like fast food meals and prepackaged snacks, which tend to be processed.
- Eat a variety of vegetables, fruits, whole grains and legumes such as beans.\*
- Limit red meats (such as beef, pork and lamb).
- If you drink alcohol, limit to 1 drink per day for women, 2 per day for men.\*\*
- Limit salty foods and foods processed with salt (sodium).
- Don't use supplements to protect against cancer.

\* If you are in treatment, managing symptoms and side effects may be most pressing. Don't be upset with yourself if you can't do all these things during treatment! Take things slowly.

\*\* Talk with your doctor about your situation if you are in treatment.



## Nutrition for Cancer Prevention

Food is the best way to get the nutrients your body needs.

Try to eat a plant-based, **whole-foods** diet with at least 9 servings of fruits and vegetables a day. It may sound like a lot, but one serving is half a cup of vegetables or a medium-sized piece of fruit.

Include healthy whole grains and legumes, like beans, for protein. Plant-based diets include little or no meat. Avoid processed foods and fast foods because they tend to have high sugar, salt and fat, and fewer nutrients.





### A NOTE ON SOY PRODUCTS

**You may be concerned about consuming soy or soy products.** Evidence now suggests that consuming soy as a whole food such as tofu, soybeans, tempeh and soy milk may be helpful. More research is needed, but the American Cancer Society bottom line statement says: *“Until more is known, if you enjoy eating soy foods, the evidence indicates that this is safe, and may be beneficial. It is prudent to avoid high doses of isolated soy compounds found specifically in supplements, as less is known about their health effects. As for other ‘hidden’ sources of soy proteins, the evidence to date does not suggest harm or benefit. However, if you are concerned about these products, you can choose to avoid them.”*

Talking with an RD, CSO will help you set goals to change to a whole-foods diet. They can help with tips for buying more whole, unprocessed foods, planning family meals, cooking foods in a way that will help retain their nutrients and adding ingredients to get the most out of your meals.

## Nutrition for Symptoms and Side Effects

If you have certain symptoms or side effects, changing your diet may be difficult. But some foods may help you feel better.

### FOR NAUSEA

- Hydrate well with water, homemade ginger ale, herbal teas and broth.
- Snack on dry, starchy foods such as crackers or pretzels.
- Eat small meals, more often, throughout the day.
- Try fresh ginger shaved into tea, warm milk or rice. Some studies show that ginger helps with chemotherapy-related nausea. Candied or pickled ginger may also be an option.
- Carry food to snack on when running errands or going to doctors' appointments. A queasy moment may come on quickly. Remember your anti-nausea medicine.

### FOR CONSTIPATION

- Drink lots of fluids and stay active.
- Try prunes, which make you go to the bathroom.
- Slowly add high fiber foods to your diet. Put 1–2 tablespoons of ground flax meal in your cereal or yogurt.

### FOR INSOMNIA

- Avoid caffeine in drinks and foods such as coffee, tea (including green tea), sodas, chocolates and energy drinks or bars. Always read the ingredient listing.
- Eat a few walnuts with a cup of chamomile tea at bedtime. Walnuts have melatonin, which may help promote sleep, and chamomile helps with relaxation.



## Dietary Supplements

You may hear from others, or find information online or through other means, about **dietary supplements** or **herbal products**.

Dietary supplements are vitamins, minerals, herbs, amino acids or enzymes you can buy in pill form, usually from a local pharmacy and without a prescription. Probiotics, which are naturally in some foods and can be bought as pills in local stores, are one type of supplement many people safely use. They help with digestion and may help your body stop germs.

In some cases if you're healthy, doctors may recommend you add supplements like calcium to your daily routine. When taken as directed, a dietary supplement such as a multivitamin is unlikely to harm people who are of average health, but there is no evidence that taking a daily multivitamin prevents cancer. Some studies show that up to 40 percent of supplements in stores are not made of the same ingredients the companies listed on their labels.

Here are some tips for making safe decisions about supplements.

- **Talk with your doctor about potential supplement-drug interactions prior to use.** Certain supplements may make the medicines you're using to treat the cancer less effective, worsen side effects or cause blood thinning. For example, St. John's Wort, an herb sometimes used for depression and anxiety, is known to make the hormonal therapy tamoxifen less effective.
- **Avoid concentrated soy supplements.** It is ideal to consume soy as a whole food from soybeans, soy milk, tofu, etc., and avoid processed soy products (see page 32).
- **Be aware of what you buy.** The FDA only requires

supplement makers to test products for safety, to report side effects and not to mislead in product labels. It can stop a supplement from being sold if it turns out to be dangerous or mislabeled, but only after it's on the market.

- **Take precautions.** Think about the short- and long-term pros and cons, possible interactions and side effects. More is not always better, and natural is not always "without harm." Know what you are taking and why you are taking it. Find information about the manufacturer and share it with your healthcare team before use.
- **Have your doctor check the levels of vitamins and minerals in your blood before taking a supplement.** In general, you only need a supplement if a blood test shows you have low levels of a vitamin or mineral in your blood. More is not always better, and can be dangerous.
- **Always ask whether your supplement must be taken with a meal or on an empty stomach.** For example, it is recommended that vitamin D be taken in the middle of a meal so your body can absorb it more easily.
- **Have your integrative therapy practitioner consult with your oncologist.** If you were told to take a supplement by doctors who use an integrative approach to treatment, ask that they talk with your oncologist to make sure your medicines and supplements will work together.
- **Do not use supplements alone to prevent or treat cancer.**

# Mind-Body Movement Therapies

Movement therapies are physical activities that people of all skill levels can do. They bring together creativity, strength, mental focus and sometimes spirituality. Most movement therapies share the belief that the mind, body and spirit are connected to one another and have an impact on everyday stress, anxiety and happiness.

## Qigong

Qigong, (pronounced “chee-kung”) which means “cultivating energy,” is a Chinese mind-body exercise that combines meditation, slow body movements and controlled breathing. It is used to restore physical strength and balance and promote well-being. It involves working through or holding a series of poses while focusing on your body and how it moves. The focus allows you to become aware of your body and its needs, as well as of yourself.

Practicing qigong may help you gain strength during or after treatment. It may also help you center yourself to find a place of peace and calm. By relaxing you, it can help you sleep better and reduce anxiety and fatigue.

Research suggests that qigong eases symptoms of depression and improves quality of life during radiation therapy for breast cancer. It can help with shoulder strength and **cognition**, or brain function, after treatment.



## PRACTICING QIGONG

Qigong can be practiced alone or in group classes with a trained instructor. To find one in your area, visit [nqa.org/find-member](http://nqa.org/find-member). Always talk with your instructor about your concerns, especially if you are in active treatment.

During a qigong class, the instructor will lead you through a variety of poses and postures that focus on cleansing and balancing your qi, or life energy. Classes may be held indoors or outdoors. The requirements to be certified for qigong vary.

**Tai chi** (pronounced “tie-chee”) is a style of qigong that employs soft movements and focused mental energy. It is sometimes considered a form of moving meditation. Like qigong, it may help you relax and focus while building strength and flexibility.

Research shows that women with breast cancer report better self-esteem and **health-related quality of life** after practicing tai chi, compared with women who went to a support group. It can also help with balance problems.

## IS IT SAFE?

Because qigong and tai chi involve stretching, bending and balancing, you should talk with your oncologist before starting if you have bone metastases and are at higher risk of bone breaks or fractures. When you join a class, let your instructor know about your condition. You may be able to **modify**, or change, poses so you can practice with less risk of injury.

“I could exercise, practice yoga, eat healthy, receive massages—and in doing so, I was in charge of that part of my treatment. Moving forward, these therapies have remained a part of my healing.”

—RONDA

## Yoga

Yoga is a popular mind-body practice that anyone of any age can do. It promotes physical strength and relaxation, as well as being in the moment. Yoga brings together movement, stretching, breathing exercises and meditation.

Researchers are interested in how yoga impacts people with breast cancer as well as those with other types of cancer, both during and after treatment. It is studied more often than many complementary therapies. Studies have shown that regularly practicing yoga can improve sleep quality; reduce anxiety, depression and fatigue; improve physical function; relieve stress and help your body fight sickness.

To learn more about yoga, get our *Guide to Understanding Yoga and Breast Cancer* for free on [LBBC.ORG](http://LBBC.ORG).



# Mind-Body Therapies With Little Movement

Like other movement therapies, these therapies focus on the connection of the mind and body. They teach that you can use your mind and thoughts to impact the well-being of your body.

## Guided Imagery

The goal of guided imagery is to shift your mood. Using a series of cues, you (or a guide helping you) imagine sensations or visualize images that remind you of good feelings, happiness or calm. When you are deeply focused, you will feel as if you are there and that what you imagine in your mind is real.

A guide may ask you to close your eyes and think of a place that makes you feel safe and calm. Focus on every part of that place with all five senses including its sights, sounds, scents, the feel of objects within it, and its tastes (for example, the salty air on your lips). Your guide may use elements of music therapy (see page 23).

In one study of women treated with radiation therapy for breast cancer, those who practiced guided imagery had slower breathing and lower heart rates and blood pressure than those who did not. Guided imagery may help you feel less panicked or anxious. It can be very useful during stressful medical procedures, such as an MRI or biopsy. It is also a good way to temporarily reduce symptoms such as nausea, pain and fatigue.

Practicing on your own when you begin to worry is a good way to stop yourself in the moment, calm down and redirect your thoughts. Staff at your cancer or community center may offer sessions. Talk with your healthcare team about what options are available. See the resources section (page 54) for more.

## Hypnosis

In hypnosis, you enter a trance-like state with the goal of relaxing, reducing stress or anxiety, or controlling pain or hot flashes. Sometimes, it is offered to people who become anxious before surgery or other stressful medical procedures.

Research shows hypnosis reduces anxiety, severe pain, pain after surgery, and chemotherapy-related nausea and vomiting, while improving quality of life. It is also useful during difficult medical procedures such as breast biopsy and MRI.

Hypnosis works best when you are comfortable with the idea and trust your hypnotherapist. Some hospitals have trained hypnosis professionals. When you look for a hypnotherapist outside your cancer center, try to find someone who has a medical or psychology background. Other professionals can get training. You'll want someone who works with people with cancer.

The goal of a hypnosis session is to relax you and help you deeply focus on an image or event until you are open to suggestion. Your hypnotherapist will talk to you in a gentle voice and may guide you through a specific scene meant to help you feel safe and secure. You may lie on a bed or sit in a comfortable chair.

How many sessions you need depends on how your therapist conducts them and on your goals. Some programs will also train you in **self-hypnosis**, so you can use hypnotic techniques to calm yourself in the moment.

Most people are aware of their surroundings during hypnosis and remember the experience afterward. You don't need to worry about losing control.

## Meditation

Like hypnosis and guided imagery, meditation asks you to enter a deep state of focus. The goal is to become aware of your situation, thoughts and feelings in the moment, find a calm place among them and not judge yourself. Meditation has been described as a wakeful state in which you are extremely relaxed, yet alert and focused.

Meditation can take many forms, from sitting and walking meditations to focused eating. Many programs offer a combination of types.

Find meditation classes at cancer and community centers and integrative medical practices. Once you've practiced a few times, you can meditate on your own.

*I practice meditation and deep breathing. I'm metastatic, so there's enough angst with that already."*

—LAUREL

## MBSR

The most widely researched meditation program is called **Mindfulness-Based Stress Reduction** or **MBSR**. It combines a variety of techniques, including body scan, sitting meditation, and gentle and mindful yoga. Studies of MBSR in women with breast cancer show the practice may have a strong positive impact on mental health and lower the hormones that cause stress.



MBSR is structured. Sessions usually have eight group classes of meditation and yoga combined, plus a daylong retreat.

Mindfulness practices typically ask you to focus your attention on something simple, like the breath or sensations in the body. All mindfulness-based approaches help you find inner steadiness, stillness and peace by finding a way to accept each moment just as it is. Mindfulness meditation teaches you to let go of worries about what might come next and regrets about the past.

During body scan, you focus on how each part of your body feels, starting from your feet and working your way up, or starting with your head and working down. Body scan makes you more aware of the sensations of your body in the moment.

MBSR asks you to acknowledge all sensations, both negative and positive, and be at peace with them. The goal is not to pass judgment, but to let thoughts and feelings come and go in the moment. It is a form of mindfulness meditation.



# Getting CIM

Because of great interest in CIM, more and more hospitals are offering therapies on-site in their cancer treatment centers. Some hospitals have **integrative medicine centers**, which have staff members who practice both conventional medicine and CIM.

To find a hospital that offers complementary therapies, visit the Academic Consortium for Integrative Medicine and Health at [imconsortium.org](http://imconsortium.org). Search for centers by state.

If you are not sure if your treatment center offers CIM therapies, talk with the social workers, nurse navigators or mental health providers on your team. These experts can help you find local resources that can help.

## Other Places to Look

- **Community centers and groups.** Popular stress-relief or physical therapies like yoga, meditation, expressive art classes, Reiki and tai chi are often offered by community groups and centers. Talk with your care team and the practitioner or teacher before starting a program to ensure the practice is safe for you. For physical therapies, your teacher can help you adapt poses or postures.
- **Private practitioners.** You may not be able to find group classes for all therapies or in all areas of the country. Private practitioners are available for all forms of CIM therapy. See page 54 for resources to help you find a trusted practitioner.



“I found therapies by doing my own research, reading everything I could get my hands on—pros and cons—and asking a lot of questions of my medical team and other people with cancer.”

—JUDY

## Connecting With Your Practitioner

It's important to trust your therapist. Some people believe you and your practitioner need to meet on a spiritual level so you can get the most from your practice.

Private providers may help if you do not connect well with those at your hospital or community center. Look for someone certified in their field who has worked with people with breast cancer. If you cannot find someone, tell your practitioner about your diagnosis and concerns. It's OK to ask to meet before you start classes or sessions, to make sure the practice is safe for you.

### A NOTE ON SAFETY

You may come across practitioners who claim their therapy or medicine can “cure” cancer. If any CIM practitioner makes this claim, or requires you to stop conventional treatment before working with you, look for someone else.

## 5 QUESTIONS FOR YOUR CIM PRACTITIONER

- 1 Do you have experience working with people with breast cancer?
- 2 How will your practice interact with my medicines or treatment?
- 3 If I can't do a pose or position safely, will you show me how to adapt it to my needs?
- 4 What training do you have in your field?
- 5 What skills can you teach me to practice on my own?

## Talking With Your Doctors

Though more people are trying CIM therapies and integrative medicine, only a handful of medical schools offer training. Some therapies are taught more often in nursing, social work and psychology programs.

You may find that your medical team is reluctant to talk about CIM. They may not know much about specific therapies and their impact on breast cancer. Be open about your interest in CIM, even if they don't seem interested at first.

It's OK to find a doctor who supports your interest in CIM, and to ask to consult a doctor who is more likely to support your interest. It's important to choose a doctor who will give you the best medical care — and support your values.

Always talk with your doctor before starting any therapy to discuss interactions with other medicines, how long to wait to start physical activity after surgery, and the risk of side effects like lymphedema.

“I’m very open with my oncologist about what I’m doing. We’re both in tune with what makes people live long-term with metastatic breast cancer. Relaxation is so important.”

—LAUREL

## 5 QUESTIONS FOR YOUR ONCOLOGIST

- 1 Can complementary therapies be integrated into my treatment plan? Which therapies?
- 2 Should I avoid any therapies during treatment? Which ones?
- 3 Am I fit and strong enough to try a body-based therapy, like yoga?
- 4 How will you communicate with my practitioner?
- 5 Can you recommend any practitioners? Does this treatment center offer classes?

## 5 WAYS TO START A CONVERSATION ABOUT CIM

- 1 I’m curious about integrative medicine. Does this treatment center offer integrative medicine for breast cancer? How can I get involved?
- 2 I’ve practiced yoga for fitness for a long time, and have heard that activities like it can ease the stress of breast cancer treatment. Is it safe for me to continue practicing? Do you know of any yoga teachers in the area who have worked with people in treatment?
- 3 I’ve heard that dietary supplements may help with treatment side effects. I want to try them, but I also want to be safe. Can we talk about how to use them safely?
- 4 My friend told me complementary therapies are a good way to keep your mind clear of fear and anxiety. What do you think? Can you recommend therapies for me to try?
- 5 I want to try complementary therapies. Do you think they help? Why or why not?





## Paying for CIM

The cost of complementary therapy will vary based on the rates set by the practitioner, where you live and whether or not your health insurance covers the services.

There is no standard for whether CIM will be covered by health insurance. Sometimes, insurance may help pay for complementary therapy if a doctor recommends it to treat side effects. Contact your insurance provider and a plan representative can help you understand your benefits.

Many providers offer services on a **sliding scale**, basing the cost of classes or therapy on your income. They will work with you to find a fee that you can comfortably pay. In some cases, you may find free classes.

If your hospital offers classes in your treatment center, ask the center's staff if there are extra fees. Some may allow your family or caregivers to attend classes with you. To read more about paying for breast cancer treatment, read our *Guide to Understanding Financial Concerns*.

### CERTIFICATIONS BY PRACTICE

*Providers who have a certificate, registration or license have special training in CIM practices, but standards for earning them vary by the group that offers training. Look for these common terms to identify experienced practitioners:*

#### Acupuncture.

- Licensed Acupuncturist, **L.Ac.**, is usually given by state regulatory boards.
- Diplomate of Acupuncture, **Dipl. Ac.**, is given by the National Certification Commission for Acupuncture and Oriental Medicine.

#### Art Therapy.

- Registered Art Therapist, **ATR**.
- Board-Certified Registered Art Therapist, **ATR-BC**.

#### Expressive Writing or Poetry Therapy.

- Certified Applied Poetry Facilitator, **CAPF**.
- Certified Poetry Therapist, **CPT**.
- Registered Poetry Therapist, **PTR**.
- training in other writing styles.

#### Guided Imagery.

Certificate showing completed training.

#### Hypnotherapy.

Certificate for medical hypnosis.

#### Massage Therapy.

- Licensed Massage Therapist, **LMT**.
- Licensed Massage Practitioner, **LMP**.
- Certified Massage Therapist, **CMT**.

#### MBSR.

Teacher certificate.

#### Music Therapy.

Music Therapist—Board Certified, **MT-BC**.

#### Qigong.

Certificate showing completed level of training.

#### Registered Dietitian.

**RD**, Certified Specialist in Oncology, **CSO**.

#### Reiki.

Certificate, through different training programs. Sometimes called **Reiki Master**.

#### Therapeutic or Healing Touch.

- Healing Touch Certified Practitioner, **HTCP**.
- Qualified Therapeutic Touch Practitioner, **QTTP**.

#### Yoga.

Registered Yoga Teacher, **RYT**.

# Resources

*Below is a select list of resources available on complementary therapies and integrative cancer care. Information is current as of November 2016, but may change.*

## Finding a Practitioner or Therapist

### ACUPUNCTURE

- National Certification Commission for Acupuncture and Oriental Medicine: [nccaom.org/find-a-nccaom-certified-practitioner](http://nccaom.org/find-a-nccaom-certified-practitioner)
- People's Organization of Community Acupuncture: [pocacoop.com](http://pocacoop.com)

### ART THERAPY

- American Art Therapy Association: [arttherapy.org](http://arttherapy.org)

### DIET AND NUTRITION

- American Cancer Society: [cancer.org/healthy/eathealthygetactive/acsguidelinesonnutritionphysicalactivityforcancerprevention/index](http://cancer.org/healthy/eathealthygetactive/acsguidelinesonnutritionphysicalactivityforcancerprevention/index)
- American Institute for Cancer Research: [aicr.org](http://aicr.org)

### HYPNOSIS/HYPNOTHERAPY

- American Society of Clinical Hypnosis: [asch.net](http://asch.net)
- American Hypnosis Association: [hypnosis.edu/aha](http://hypnosis.edu/aha)
- National Board for Certified Clinical Hypnotherapists: [natboard.com](http://natboard.com)
- National Guild of Hypnotists: [ngh.net/referrals/request-form/](http://ngh.net/referrals/request-form/)



## MASSAGE THERAPY

- American Massage Therapy Association: [amtamassage.org](http://amtamassage.org)
- Associated Bodywork and Massage Professionals: [massagetherapy.com](http://massagetherapy.com)
- National Certification Board for Therapeutic Massage and Bodywork: [ncbtmb.org](http://ncbtmb.org)
- Society for Oncology Massage: [s4om.org](http://s4om.org)

## MEDITATION AND GUIDED IMAGERY

- Center for Mindfulness at the University of Massachusetts Medical School: [umassmed.edu/cfm](http://umassmed.edu/cfm)
- Health Journeys: [healthjourneys.com](http://healthjourneys.com)
- Jefferson University Hospital Mindfulness Institute: [hospitals.jefferson.edu/departments-and-services/mindfulness-institute/](http://hospitals.jefferson.edu/departments-and-services/mindfulness-institute/)
- Penn Program for Mindfulness: [pennmedicine.org/mindfulness](http://pennmedicine.org/mindfulness)

## MUSIC THERAPY

- American Music Therapy Association: [musictherapy.org](http://musictherapy.org)
- The Certification Board for Music Therapists: [cbmt.org](http://cbmt.org)

## QIGONG

- National Qigong Association: [nqa.org/find-member](http://nqa.org/find-member)

## REIKI

- The International Center for Reiki Training: [reiki.org](http://reiki.org)

## THERAPEUTIC TOUCH

- Healing Touch Program: [healingtouchprogram.com](http://healingtouchprogram.com)
- Therapeutic Touch International Association: [therapeutic-touch.org](http://therapeutic-touch.org)

## WRITING THERAPY

- International Federation for Biblio/Poetry Therapy: [ifbpt.org](http://ifbpt.org)

## YOGA

- Breast Cancer Yoga: [breastcanceryoga.com](http://breastcanceryoga.com)
- YCat, Yoga Therapy in Cancer and Chronic Illness: [yogaforpeoplewithcancer.com](http://yogaforpeoplewithcancer.com)
- Yoga Alliance: [yogaalliance.org/yogaregistry](http://yogaalliance.org/yogaregistry)

## General CIM Information

- Academic Consortium for Integrative Medicine & Health: [imconsortium.org](http://imconsortium.org)
- American Cancer Society: [cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/index](http://cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/index)
- Cochrane Collaboration: [Cochrane.org](http://Cochrane.org)
- National Center for Complementary and Integrative Health, NCCIH: [nccih.nih.gov](http://nccih.nih.gov)
- National Cancer Institute Office of Cancer Complementary and Alternative Medicine, OCCAM: [cam.cancer.gov](http://cam.cancer.gov)
- University of Texas MD Anderson Cancer Center Complementary/Integrative Medicine Education Resources: [mdanderson.org/treatment-options/complementary-and-integrative-medicine.html](http://mdanderson.org/treatment-options/complementary-and-integrative-medicine.html)

## Diet and Physical Activity

### GENERAL

- 📌 American Institute for Cancer Research: [aicr.org](http://aicr.org)
- 📌 National Cancer Institute: [cancer.gov/about-cancer/treatment/side-effects/appetite-loss/nutrition-pdq#section/\\_125](http://cancer.gov/about-cancer/treatment/side-effects/appetite-loss/nutrition-pdq#section/_125)
- 📌 Penn Medicine Nutrition Blog: [pennteam.org/cancer/about/focus-on-cancer/focus-on-cancer?topic=Nutrition&nutrition-focus-on-cancer.html](http://pennteam.org/cancer/about/focus-on-cancer/focus-on-cancer?topic=Nutrition&nutrition-focus-on-cancer.html)

## Integrative Oncology

- 📌 National Cancer Institute, Physician Data Query Complementary and Alternative Medicine (NCI PDQ CAM): [cancer.gov/cancertopics/pdq/cam](http://cancer.gov/cancertopics/pdq/cam)
- 📌 Society for Integrative Oncology: [integrativeonc.org](http://integrativeonc.org)

## Supplements

- 📌 ConsumerLab: [Consumerlab.com](http://Consumerlab.com)
- 📌 Memorial Sloan-Kettering Cancer Center Integrative Medicine Service: [mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products](http://mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products)
- 📌 Natural Medicines Comprehensive Database: [naturaldatabase.com](http://naturaldatabase.com)
- 📌 Natural Medicines: [naturalmedicines.com](http://naturalmedicines.com)
- 📌 U.S. Food and Drug Administration: [www.fda.gov/Food/Dietarysupplements](http://www.fda.gov/Food/Dietarysupplements)
- 📌 Patient Advocate Foundation: [patientadvocate.org](http://patientadvocate.org), (800) 532-5274

## Words to Know

**Acupoints.** Acupuncture points. Specific points on the body where a practitioner places needles or pressure during an acupuncture session.

**Alternative medicine.** Therapies, practices or supplements used in place of conventional medical treatment.

**Biofield energy therapy.** A therapy, such as healing touch, believed to promote well-being by interacting with the biofield, energy that surrounds the human body.

**CAM.** Complementary and Alternative Medicine. An older but common term that refers to complementary therapies used alongside medical treatment. This term is slowly being replaced with complementary and integrative medicine, or CIM.

**CIM.** Complementary and Integrative Medicine. The term used to describe complementary therapies used to ease side effects, such as anxiety and fatigue, caused by conventional cancer treatment.

**Cognition.** Brain function.

**Complementary therapy.** A therapy or practice used to ease the effects of cancer treatment.

**Dietary supplements.** Vitamins, minerals, herbs, amino acids or enzymes that you can buy in pill form.

**Energy field.** Energy that Therapeutic Touch practitioners believe surrounds and flows throughout the human body.

**Essential oils.** Oils taken from roots, herbs, flowers and trees. Often used during aromatherapy.

**Health-related quality of life.** How satisfied people are with their lives in relation to their physical and mental health.



**Herbal products.** Also called herbal supplements (see page 34).

**Integrative medicine centers.** Centers in some hospitals or cancer treatment facilities that use both conventional medicine and complementary therapies to treat cancer and its effects.

**Integrative medicine.** Medical treatment plans that use both conventional medicine and complementary therapies to treat cancer and its effects.

**Life energy.** Also called qi. A person's vital energy. The energy of the mind, body and spirit needed to move through life, which is central to the practice of qigong.

**Lymphedema.** Swelling in tissues under the skin of the hand, arm, breast or torso caused by extra lymph fluid building up on the same side that breast cancer was treated. Fluid can build up after lymph nodes are removed through surgery or following radiation therapy that may injure lymph tissue.

**MBSR.** Mindfulness-based Stress Reduction. A meditation program that uses body scan, sitting meditation, and gentle and mindful yoga, to help ease stress and anxiety.

**Metastasized.** Cancer that has traveled to a distant part of the body.

**Metastatic breast cancer.** Cancer that began in the breast and traveled to other organs of the body, such as the lungs, liver, bones or brain. Also called stage IV disease.

**Meridians.** In some Eastern therapies, such as acupuncture, the paths that travel through the body carrying necessary life energy.

**Mind therapy.** A therapy that uses the mind to affect the body.

**Modify.** Make slight changes to poses or exercises to safely make them easier on your body.

**Pressure points.** Specific areas of the body a practitioner presses or massages to relieve stress or pain.

**Qi.** Central to acupuncture. Refers to a person's vital energy. The energy of the mind, body and spirit needed to move through life.

**Range of motion.** How well you are able to move a joint, including how far you can flex or extend it.

**Self-hypnosis.** Hypnosis performed on your own, without a practitioner to guide you.

**Shiatsu.** Also called acupressure, which is a form of acupuncture that does not use needles.

**Sliding scale.** A fee scale based on your income or ability to make payments.

**Whole-foods.** Food that is unprocessed and does not have artificial ingredients or additives. Fruits, nuts and vegetables are examples of whole foods.

*Many thanks to the individuals who contributed their time and expertise for this guide:*

#### **AUTHOR**

**Nicole Katze, MA**

#### **EDITORS**

**Michelle Bielko**

**Eric Fitzsimmons**

#### **LIVING BEYOND BREAST CANCER REVIEWERS**

**Arin Ahlum Hanson, MPH, CHES**

**Lynn Folkman Auspitz**

**Amy Grillo**

**Janine E. Guglielmino, MA**

#### **LEAD REVIEWER**

**Lorenzo Cohen, PhD**

Director, Integrative Medicine Program,  
University of Texas MD Anderson Cancer Center  
Houston, Texas

#### **MEDICAL ADVISORY COMMITTEE REVIEWERS**

##### **Integrative Oncology**

**Donald I. Abrams, MD**

San Francisco General Hospital and  
UCSF Osher Center for Integrative Medicine,  
University of California San Francisco  
San Francisco, California

**Steven Rosenzweig, MD**

Drexel University College of Medicine  
Philadelphia, Pennsylvania

##### **Mindfulness Meditation**

**Michael J. Baime, MD**

Penn Program for Mindfulness,  
Perelman School of Medicine,  
University of Pennsylvania  
Philadelphia, Pennsylvania

#### **Music Therapy**

**Michael Richardson, MT-BC**

Private Practice

Dallas, Texas

#### **Nutrition**

**Debra DeMille, MS, RD, CSO**

Joan Karnell Supportive Care Program of the  
Abramson Cancer Center, Pennsylvania Hospital,  
Philadelphia, Pennsylvania

#### **Expressive Writing Therapy**

**Sharon Bray, EdD**

writingthroughcancer.com

#### **CONSUMER ADVISORY COMMITTEE MEMBERS**

**Judy Arroyo**, Jacksonville, Florida

**Charmaine Chan**, Philadelphia, Pennsylvania

**Ilana Cohen**, Chicago, Illinois

**Ronda Walker Weaver**, Orem, Utah

*We dedicate this guide to the memory of Laurel Macartney, who contributed to an earlier edition.*

#### **CREATIVE DEVELOPMENT**

**BECK Photography**

**Masters Group Design**

## More Resources

Visit [LBBC.ORG](http://LBBC.ORG) or call (855) 807-6386 to order our other *Understanding* publications:

- Guide for the Newly Diagnosed**
  - Clinical Trials
  - Fear of Recurrence
  - Financial Concerns
  - Genetics and Family Risk
  - HER2-Positive Breast Cancer
  - Hormonal Therapy
  - Intimacy and Sexuality
  - Lymphedema
  - Treatment Decisions
  - Triple-Negative Breast Cancer
  - Yoga & Breast Cancer
  - Your Emotions
- 

Guides in our *Metastatic Breast Cancer Series*:

- Guide for the Newly Diagnosed**
  - Managing Stress and Anxiety
  - Treatment Options for Today and Tomorrow
  - Understanding Palliative Care
  - Understanding Symptoms and Treatment Side Effects
- 

Guides in our *Breast Cancer InFocus Series*:

- Breast Cancer During Pregnancy
- Breast Cancer in Men
- Getting the Care You Need as a Lesbian, Gay or Bisexual Person



With you, for you.

This brochure is designed for educational and informational purposes only, as a reference to individuals affected by breast cancer. The information provided is general in nature. For answers to specific healthcare questions or concerns, consult your healthcare provider, as treatment for different people varies with individual circumstances. The content is not intended in any way to substitute for professional counseling or medical advice.

©2016 Living Beyond Breast Cancer, 2nd Edition.



**LIVING BEYOND  
BREAST CANCER®**

With you, for you.

(855) 807-6386 • [LBBC.ORG](http://LBBC.ORG)

This guide was supported by the Grant or Cooperative Agreement Number 1 U58 DP005403, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.