

released a report detailing their analysis of 4,500 research projects on diet and cancer. Their findings point to a definite role in choosing appropriate foods to support the treatment and prevention of cancer. Our registered dietician specializes in educating and guiding you through various food choices and preparations.

ORIENTAL HERBAL MEDICINE

Oriental herbal medicine combines thousands of years of experience with today's research and expertise. Though it began as folk medicine, today's practice of Oriental medicine is the result of a sophisticated blend of knowledge between nature and science. With our current understandings of individual herbs and how they act on the chemistry of the body, a formula can be custom made to fit your needs. Herbs are chosen from hundreds of possibilities to be combined into a formula to address your particular needs. Herbal medicine can be extremely effective at helping you to optimize your health following chemotherapy or radiation. Always consult with your physician before starting an herbal medicine program during cancer treatment.

HOMEOPATHY

Homeopathy is a system of medicine that is based on finding a diluted substance as a catalyst for the body's healing. Homeopathic medicines are made by pharmacies in accordance with the Homeopathic Pharmacopoeia of the U.S., recognized by the FDA. Delivery systems include pellets that dissolve in the mouth, or liquid that is administered by teaspoon or eyedropper.

Patients at *FirstHealth of Andover* use homeopathic medicine to treat a vast range of complaints during cancer care including:

- Anxiety
- Arthritis and Joint Pain
- Back Pain
- Constipation
- Cough
- Depression

- Fatigue
- Headache
- Insomnia
- Menopausal Symptoms
- Nausea
- Nerve Pain
- Panic Attacks
- Sinusitis
- Stress

ACUPUNCTURE REFERENCES

Antiemetic treatment secondary to cancer chemotherapy (Dundee JW, Ghaly RG, Fitzpatrick KTJ, Abram WP and Lynch GA (1989b).

Acupuncture prophylaxis of cancer chemotherapy-induced sickness, J. Roy Soc Med 82:268-271.)

Antiemetic treatment secondary to cancer chemotherapy (Aglietti L, Roila F, Tonato M, Basurto C, Bracarda S, Picciafuoco M, Ballatori E and Del Favero A (1990); a pilot study of metoclopramide, dexamethasone, diphenhydramine and acupuncture in women treated with cisplatin, Cancer Chemother Pharmacol 26:239-240.)

Effects of acupuncture on T-lymphocyte and its subsets from the peripheral blood of patients with malignant neoplasm (Chen Tzu Yen Chiu Acupuncture Research, 1993, 18(3):174-7. Chinese. Wed., Sep. 13, 1995.)

QIGONG REFERENCES

Source: Robert W. Woodruff Health Sciences Center, Emory University, The Emory Clinic.

Sancier KM (1999) *Therapeutic benefits of qigong exercises in combination with drugs*, J Altern Complement Med 5:383-389.

Loh SH (1999) *Qigong therapy in the treatment of metastatic colon cancer*, Altern Ther Health Med 5:112.

Coker KH (1999) *Meditation and prostate cancer: integrating a mind-body intervention with traditional therapies*, Semin Urol Oncol 17.

Learn more about all our services and the dynamic practitioners by visiting our website at

www.FirstHealthofAndover.com

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TREATMENT OPTIONS TO COMPLEMENT YOUR CARE



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Celebrating Hope,
Health, and Wellness

THE CHALLENGE OF BALANCE

Patients share with us the fine line they walk with undergoing the most physically and emotionally challenging period of their lives during the diagnosis and treatment of cancer. Their worlds are weighted by caring family and friends, new techniques, and hope on one side while their symptoms of doubt, fear, and uncertainty of treatment tugs on the other. Balancing becomes a full-time job.

Our bodies are amazing in the way trillions of cells are made and distributed throughout a complex network of systems. Normal cells grow, reproduce, and die in response to internal and external signals from our body. When normal cells mutate or change into cancer cells, then the problem begins.

COMPLEMENTING CONVENTIONAL CARE

At FirstHealth of Andover, your complementary health practitioners have compiled several therapies to assist your body and mind during the challenging days ahead. We work in concert with your physicians as we share information and insights. What we do is not really alternative since so many patients are choosing to use these therapies in conjunction with their conventional medical treatments. We complement the care that is already being given by adding treatments that are designed to reduce side effects and aid your body and mind in staying strong.

MASSAGE AND BODYWORK

The massage treatment for the pre-operative phase includes preparation of soft tissue for surgery utilizing myofascial release, stretching, and range of motion exercises. Swedish massage serves to relieve pre-op stress and to help prepare mentally. Patients have reported less traumatic experiences with surgery and quicker recovery times. Following surgery our team is activated to help you maximize your body's ability to heal.



We have been able to make significant changes in postoperative recovery times and in regaining strength and flexibility. Massage, myofascial release, and scar tissue management are used for incision sites and surrounding tissue. Active isolated stretch and range of motion exercises are effective in reorganizing flexibility and minimizing further scarring. Post-operative phase office-care includes instruction with our certified trainers in strength training and home self-care techniques to assist in reintegration into active lifestyles with sound knowledge, support, and guidance.

ACUPUNCTURE

Acupuncture describes a family of procedures involving stimulation of anatomical locations on the skin by a variety of techniques.



During chemotherapy, acupuncture is used to help reduce chemotherapy-induced nausea or vomiting. This area is recognized by the National Institutes of Health as being effective. We have used non-needle,

bio- and electro-magnetic acupuncture techniques to reduce pain and the swelling of lymphedema.

Potential benefits associated with acupuncture include:

- Reducing chemotherapy-induced nausea or vomiting
- Stimulating your immune system through T-lymphocyte count
- Decreasing pain
- Treating anxiety or depression

QIGONG

- Chinese therapeutic meditation
- Qigong, pronounced 'chee gong' and sometimes seen as Chi Kung or Chi Gong, is quickly gaining popularity in the West. Qigong's wide range of health benefits, both physical and emotional, and the simplicity of the practice, makes it appealing to all ages and mobility levels.



- There is growing attention to the health benefits of mind/body interventions, particularly relaxation and medication.
- The field of psychoneuroimmunology has defined the role of stress in reducing effectiveness of the immune system in combating infection and growth of malignant tumors.
- Learn to calm your mind and relax the tension in your body.
- Enjoy the benefits of building strength while releasing pain and stress.

NUTRITION

The National Academy of Sciences produced a landmark report on diet and cancer in 1982, which made a clear link between cancer and food choices. In 1997, the American Institute for Cancer research