

# FACTS ABOUT

## COMPLEMENTARY THERAPIES IN CANCER



Non-mainstream health approaches that are used alongside conventional medical treatment are called "complementary therapies". Mind-Body Therapies and Natural Products are the two domains of therapies approved by the National Center for Complementary and Integrative Health (NCCIH).



Up to 50% of cancer patients in active treatment use some form of complementary therapies.



The amount of money Americans spend out-of-pocket on complementary therapies every year.

## MIND-BODY THERAPIES



UP TO 77%

Mind-body therapies (MBTs) are based on the belief that physical functioning can be improved by focusing on interactions between the mind, body, and behavior. Some of the most common MBTs are massage, acupuncture, and exercise.

The percentage of oncology patients that do not disclose their complementary therapy usage to their doctors. Despite the beneficial nature of these therapies, potential interactions between complementary and conventional medicine can have severe and harmful effects if not properly managed by an oncologist.

## CAN EXERCISE CURE CANCER?



Exercise, such as yoga, is the only complementary therapy that has the potential to increase survival for cancer patients. Exercise helps the body to increase cytokine and lymphocyte production, which are able to strengthen the immune system. Studies have also shown that exercise can lead to long-term significant improvements in overall health and quality of life in as little as 12 weeks for patients in active treatment for cancer.

## WHAT ELSE CAN THEY DO?



Acupuncture has been proven to reduce the amount of hot flashes by up to 60%, as well as reduce nausea, vomiting, and pain in cancer populations.



Studies show that one hour of massage therapy per week can significantly reduce pain, fatigue, and anxious depression in cancer patients.



Cancer patients who engaged in gentle yoga for 8 weeks saw significant improvements in mental composite, general health, mental health, social functioning, and vitality.