



Doctors, Oncologists and patients please be sure to use only an accredited Oncology Massage Therapist. Check www.oncologymassagetraining.com.au

Clinics and groups please feel free to contact us if you would like to arrange a presentation to your staff. Our state facilitators will be pleased to present current research and the science behind Oncology Massage to your practice or group where possible.

Post graduate training

If you are a massage therapist, qualified Bowen or other tactile therapist and would like to specialise in Oncology Massage please check the website for course information.

OMT is a not for profit organisation, training massage therapists to work safely with people with cancer. We hold the only contract with a public hospital (Austin Health and the Olivia Newton John Cancer Wellness Centre) to provide in-hospital training in Australia.



Happiness is a not a destination, but the journey. Dealing with cancer is both destination and journey. Medicine focuses on the quality of the destination. Oncology Massage focuses on the quality of the journey.



Oncology Massage Training is an internationally recognised course with the Society for Oncology Massage.

Oncology Massage Ltd was awarded charity status in July 2013 and is a not for profit training organisation. All donated funds are used to assist with providing training in regional areas, course development work and maintaining the standards of training for massage therapists nationally.



ONCOLOGYMASSAGE
TRAINING

Contact details



ONCOLOGYMASSAGE

What is *Oncology Massage?*



Vital Information for:

- Doctors • Oncologists • Nurses
- Massage and Tactile Therapists
 - Carers • Patients
- Anyone on a Cancer journey

Oncology Massage – What you should know...



Why Oncology Massage?

For symptom management, research has shown Oncology Massage improves the quality of life for people with a history or diagnosis of cancer.

It reduces the side effects experienced from conventional treatment of cancer and the symptoms of the disease process itself (Cassileth and Vickers, 2004).

- Pain improved 47%
- Fatigue improved 42%
- Anxiety improved 59%
- Nausea improved 51%
- Depression improved 48%
- Other (including shortness of breath, memory problems, dry mouth or disturbed sleep) improved 48%

Light touch massage, as taught by Oncology Massage Training (OMT), was the most effective form of massage therapy offered in this study.

A comparative study examining the benefits of massage versus meditation found both groups showed immediate positive effects on mental health parameters. Only the massage group showed significant improvements in qualitative measures of wellbeing and increased levels of dopamine, serotonin, natural killer cells and lymphocytes after 5 weeks of treatment (Hernandez-Reif, Field, Ironson, Beutler, Vera, Hurley, Fletcher, Schanberg, Kuhn, Fraser, 2005).

Oncology Massage Training is a nationally and internationally accredited non profit organisation. It is dedicated to training fully qualified massage and Bowen therapists to treat those with a diagnosis or history of cancer effectively and safely. It aims to ensure national benchmarks and standards of care are met by its therapists. The four module program is based on a program that has been running for more than 10 years in the United States.



Importantly, formal training in this specialised area provides the therapists with awareness and expertise to modify and adjust a conventional massage for the client with a history or diagnosis of cancer while being mindful of any contraindications for massage. This ensures the provision of a safe and effective treatment for the client.

Medical Research:

Cassileth BR, Vickers AJ, 2004, Massage Therapy for Symptom Control: Outcome Study at a Major Cancer Centre, Journal of Pain and Symptom Management, 28:3:244-250.

Oyston E, McGee M, 2012, Oncology Massage Research and Training Update, Journal of Australian Traditional Medicine Society, 18:1: 11-14

Hernandez-Reif M, Ironside G, Field T, Hurley J, Katz G, Diego M, Weiss S, Fletcher MA, Schanberg S, Kuhn C, Burman I, 2004, Breast cancer patients have improved immune and neuroendocrine functions following massage therapy, Journal of Psychosomatic Research 57:45-52

Smith GR and Missailidis S, 2004, Cancer, inflammation and AT1 and AT2 receptors, Journal of Inflammation 1:



**For further information go to
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