

# Download Complementary Therapies In The Care Of Older People

Complementary and alternative therapies (CAM) may be used as part of an individual's choice within the process of cancer treatment, to seek to promote health, improve quality of life or encourage healing. Complementary Health Approaches for Cancer Symptoms and Treatment Side Effects. Some complementary health approaches, such as acupuncture, massage therapy, mindfulness-based stress reduction, and yoga, may help people manage cancer symptoms or the side effects of treatment. These other websites have been compiled and evaluated by BC Cancer librarians. For BCCA information about complementary and alternative therapies see Complementary & Alternative Therapies. Massage therapy dates back thousands of years. References to massage appear in ancient writings from China, Japan, India, and Egypt. In general, massage therapists work on muscle and other soft tissue to help you feel better.