



# Medicine Hands: Massage Therapy for People with Cancer

*Gayle MacDonald MS LMT*

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## **Medicine Hands: Massage Therapy for People with Cancer** Gayle MacDonald MS LMT

A practical book written for both health professionals and the layperson, this revised guide deconstructs common myths about the use of massage in cancer treatment. Reviewing literature that shows cancer to be caused by genetic mutation and the influence of hormones, the opening discussion emphasizes that mechanical action such as massage does not break tumors open or cause them to spread. The book purports that the real medical issues for massage therapists center on ameliorating the discomfort of treatments such as chemotherapy, radiation, and surgery. The topics covered include massage in hospitals, in respite care, for the dying, and for exhausted caregivers, with appendices summarizing research on oncology patients and massage. Charts for the adjustment of massage techniques according to the treatment a patient is undergoing are also included.

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