

# Chiropractic & Oncology

## Cancer Treatment Centers of America



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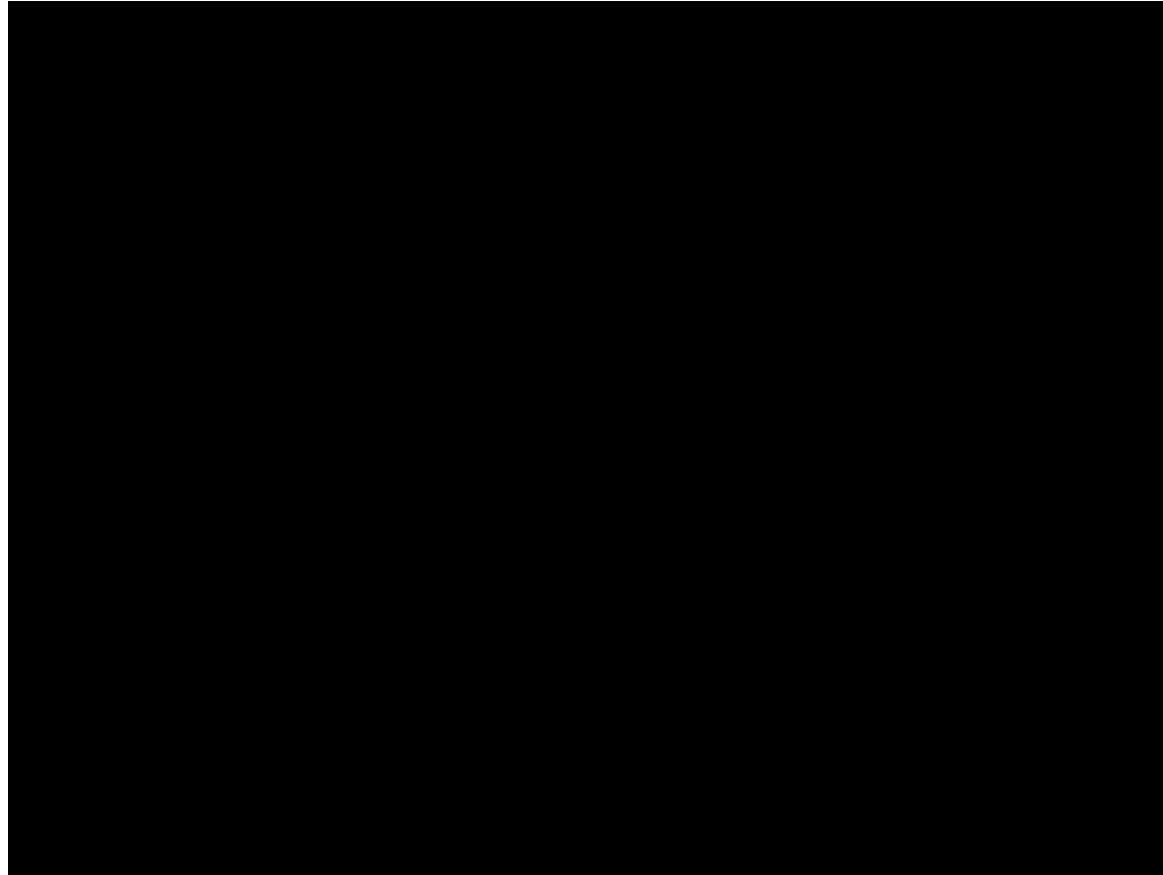
Cancer Treatment Centers of America

Philadelphia, PA

# CBS Philadelphia QOL



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# What is Chiropractic?



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Chiropractic is a form of holistic medicine that focuses on the body's ability to heal itself. Chiropractors evaluate joints and muscles throughout the body in search of areas that may be restricted in motion. After determining the area of concern, chiropractic adjustments are performed. The objective is to improve mobility in areas that are restricted whether the restrictions are within joint, connective tissues, or in skeletal muscles. There are several goals to treatment:

# Goals of Chiropractic



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- Improve posture
- Improve movement, walking bending lifting,etc...
- relief of pain and discomfort
- the improvement of overall function in the body
- enhancement of well-being.

# Most Common Conditions



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- Low back/Neck/Shoulder/Hip Pain
- Limited joint motion
- Headaches
- Sciatica
- Pain while walking
- Neuropathy/Radiculopathy-numbness, tingling, sharp shooting pain
- Carpal Tunnel Syndrome

# Specific Needs of CTCA Patients



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## Cancer Treatment Side Effects

- Chemotherapy can cause neuropathy:
  - Sensation of wearing an invisible glove or sock
  - Burning, freezing, or electric-like
  - Extreme sensitivity to touch
  - Imbalance during walking
- Radiation can cause:  
Stiff joints and muscles
- Stress and Anxiety  
muscles can tighten up just from stress and anxiety  
tension can create discomfort and an inability to relax

# Specific Needs of CTCA Patients

- Pre-existing Conditions
  - Often people have flare ups of different forms of muscular and skeletal pain they have had some time ago
- Care Givers
  - Part of the Mother Standard
  - Care givers sometimes have issues that need to be addressed

# Studies of Chiropractic Effectiveness



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Nearly 25% of patients report visceral improvements just two weeks after receiving chiropractic care

Study by Leboeuf-Yde, Pedersen, Bryner, Cosman, Hayek, Meeker, Terrazas, Tucker and Walsh  
25% of patients reported an improvement in circulation, digestion, hearing, allergies, vision or sinus function

*Journal of Manipulative Physiologic Therapy, 2005 Jun; 28(5): 294-302.*



# Effectiveness of Chiropractic



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Patients experiencing muscular tightness and spasm, joint stiffness, nausea and peripheral neuropathy have seen a reduction in these symptoms with use of chiropractic services

# How Can Chiropractic Help CTCA Patients?



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- Reduction of pain
- Reduction in the number of pain medications needed – decreased likelihood of interaction and side effects
- Improvement of mobility
- Increase the body's ability to heal itself
- Benefits the :
  - Immune system
  - Digestive system
  - Neurological system
  - Vascular system
- Reduction of stress and anxiety associated cancer diagnosis and treatment

# What are the techniques used in Chiropractic Care?



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- Flexion distraction
- Diversified/Merrick
- Instrument adjusting
- Sacro-occipital
- Non-force techniques

# Role of Nutrition in Cancer Treatment

## Goals for every patient:

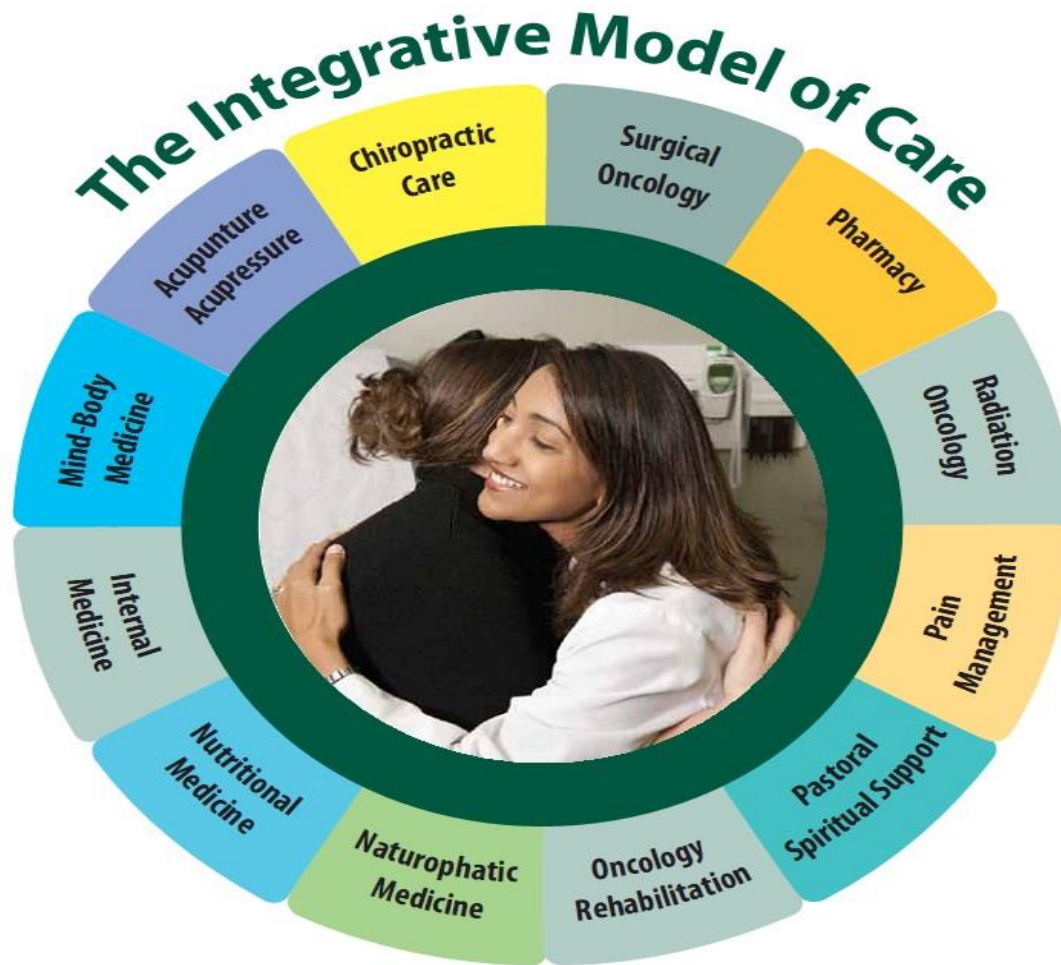
- Prevent and/or reverse malnutrition
- Maintain and/or replenish body cell mass
- Improve tolerance and response to treatment
- Reduce side effects
- Maintain or improve quality of life

# What Is Integrative Oncology Care?



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- Team approach to patient care
- Leading edge conventional oncology treatments
- Broad array of complementary and alternative therapies
- Offered under one roof
- Individualized to meet the needs of each patient – mind, body and spirit
- Delivered in a seamless manner by a single team



# Patient Centered Care



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## Core Concepts

- Dignity and Respect
- Information Sharing
- Participation
- Collaboration

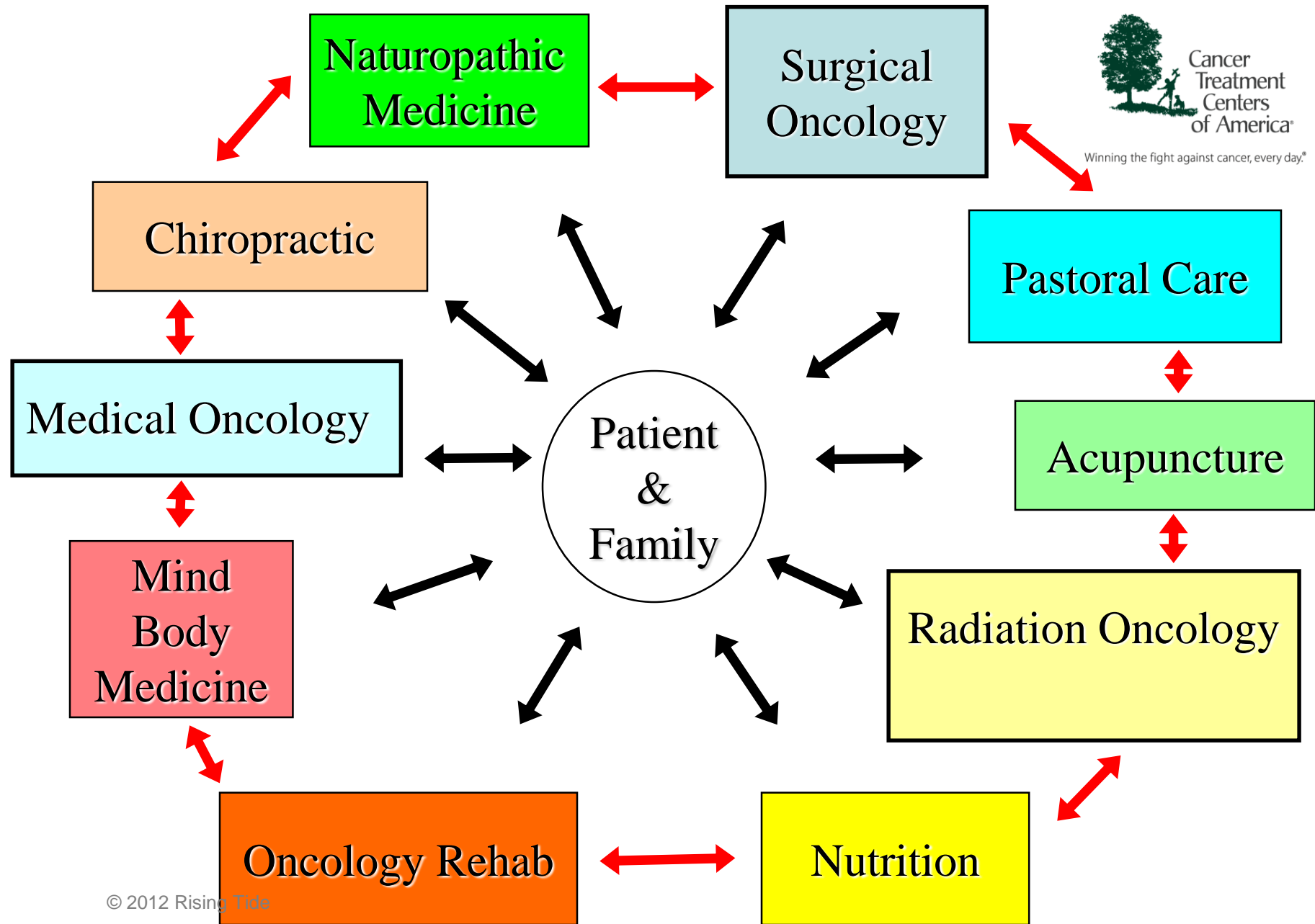
# Patient Empowered Care



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- [What Is Patient Empowered Care®?](#)
- [Why Does This Approach Improve My Cancer Care?](#)
- [How Does Patient Empowered Care Work?](#)
- [Hear How Maria Watson Benefitted from](#)



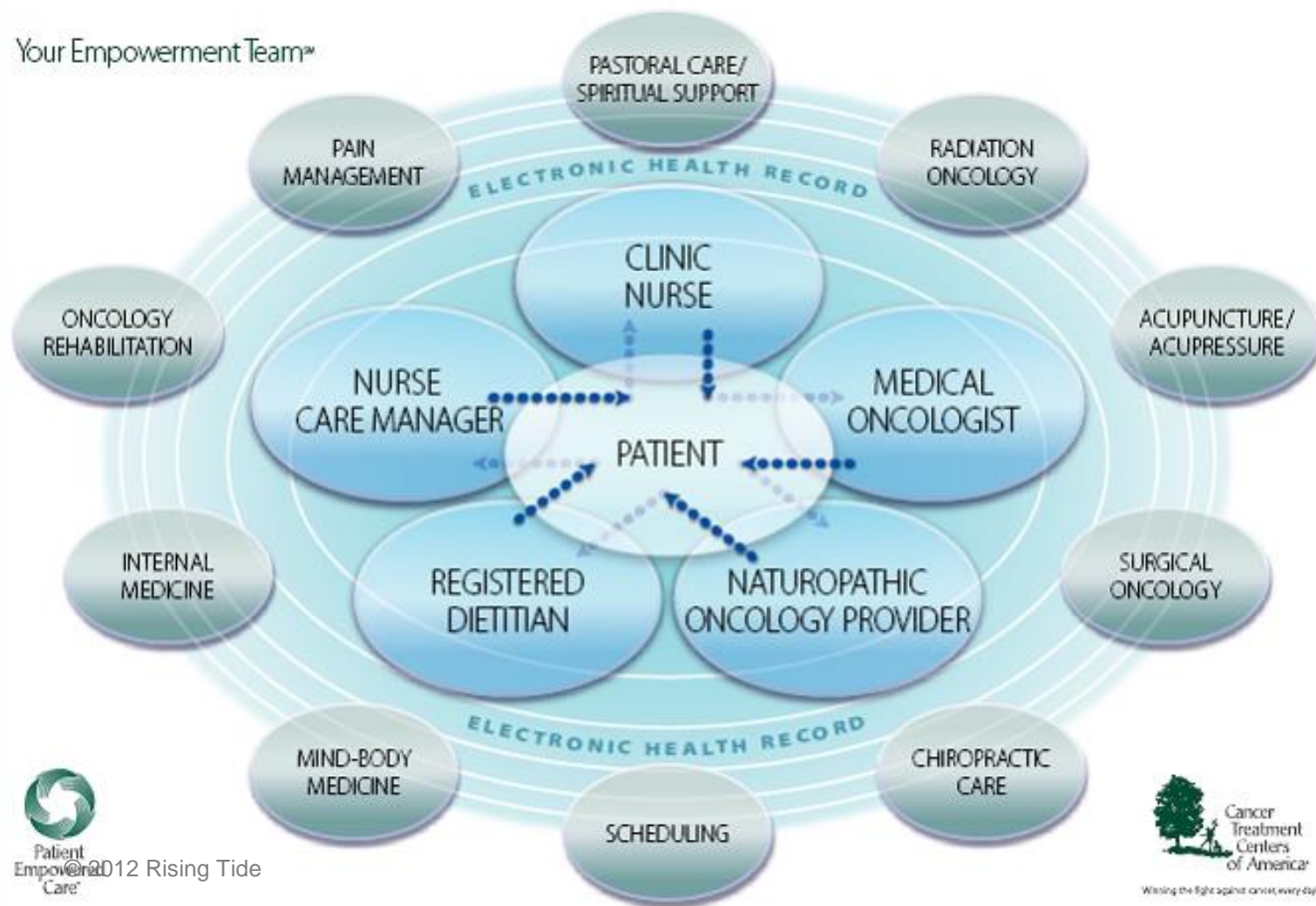


# Patient Empowered Care



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Your Empowerment Team™



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Patient Empowerment Care



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# Chiropractic & Cancer



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## Chiropractic Care Can Help With:

- Pre-existing conditions
- Anxiety and stress from a cancer diagnosis
- Side effects of chemotherapy and radiation
- Acute pain
- Pain from gait abnormalities or other functional deficits
- Post surgical trauma to connective tissues and joints

# The Mother Standard



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*“to treat our patients as we would want our own Mother to be lovingly cared for and treated”*

*“It is...and always will be...about the patient.”*

*Richard J Stephenson*

# Contact Information



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# Resources



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- *Definitive Guide to Cancer: An Integrated Approach to Prevention, Treatment and Healing – Alschuler & Gazella*
- *How to Prevent and Treat Cancer with Natural Medicine – Murray, Birdsall, Pizzorno, Reilly*
- *Anticancer; A New Way of Life - David Servan-Schreiber, MD, PhD*
- *Integrative Oncology - Donald Abrams, MD and Andrew Weil, MD*
- *Oncology Association of Naturopathic Physicians*  
[www.oncanp.org](http://www.oncanp.org)



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# Thank you