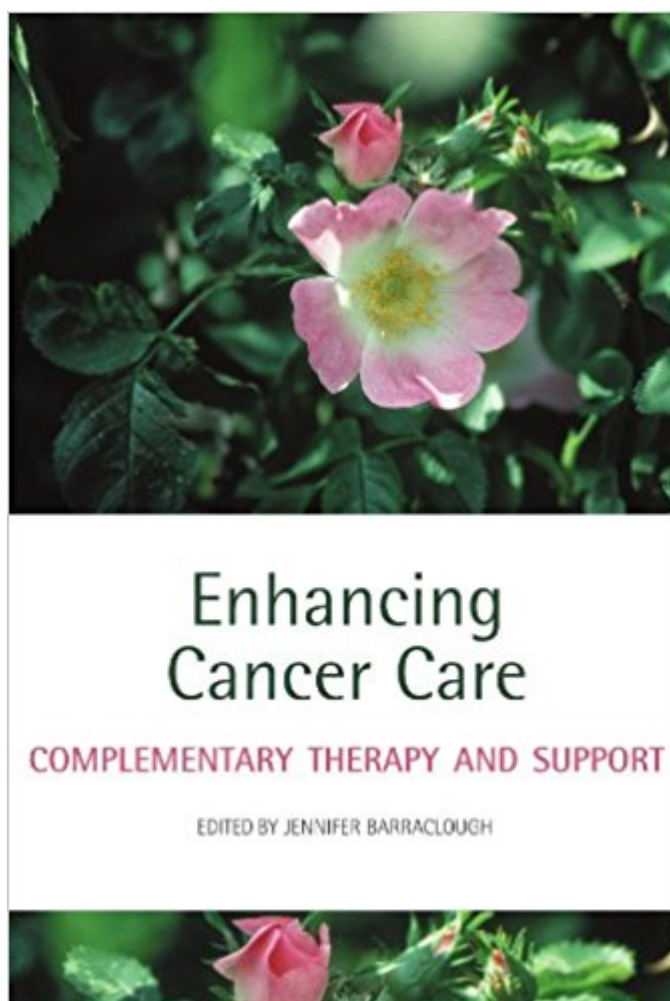


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# Enhancing Cancer Care: Complementary Therapy And Support



## Synopsis

Around one in three people in the western world will develop cancer at some stage in life and complementary therapies are increasingly being used alongside orthodox treatments as part of the 'integrative' approach to cancer care. *Enhancing Cancer Care* is a practical, evidence-based guide to complementary cancer therapies, also described as natural or holistic therapies. More and more patients are turning to these therapies as there is now considerable evidence that they can help with symptom-control and quality-of-life, and that some may also extend survival. Complementary therapies can also provide the patient with a greater sense of control regarding the management of their illness. The first part of the book deals with the general principles behind complementary therapies and the factors driving their growing popularity, the challenges of evaluating their benefits and unwanted effects, and experience of using them in oncology units, hospices, the private sector and primary care. The second part includes chapters on specific interventions, including complementary therapies such as acupuncture and aromatherapy massage; lifestyle modifications through diet and exercise; creative therapies using art and music; and psychological and spiritual support for individuals and groups. These chapters provide descriptions of the therapies, a summary of the evidence for their benefits in cancer care, and illustrative case histories. The emphasis throughout this book is on enhancing practice; that is, using the therapies alongside conventional medicine, rather than as alternatives to it.

## Book Information

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## Customer Reviews

...this book provides a clear and honest account of the role of complementary therapies, although this field of medicine is still in its scientific infancy. This book would be a worthy addition to both oncology and palliative care libraries. \* Roger Woodruff, \* As more and more patients use or ask about complementary therapies, there is a need for doctors and other health care professionals in oncology and palliative care to be informed or at least have access to a resource like this. \* Roger Woodruff, \*

Jennifer Barraclough qualified in medicine from Somerville College, Oxford, in 1970 and over the next 30 years held various clinical and academic posts in the UK, gaining experience in radiation oncology, family medicine, general psychiatry and palliative care settings. During the 1990s she carried out MRC-funded research in psycho-oncology; one project revealed a high frequency of unrecognised depression among patients with lung cancer, and another indicated that stressful life events did not significantly influence prognosis for patients with breast cancer. From 1991 to 2000 she was Consultant in Psychological Medicine and Director of Psycho-oncology at the Churchill Hospital, Oxford, involved with teaching and staff support as well as direct patient care. During this time she undertook training in various methods of complementary healing. She now lives in Auckland, New Zealand with her husband, and works part-time as a Bach Flower practitioner, life coach and seminar presenter.

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