



Doctors, oncologists and patients please be sure to use only an accredited Oncology Massage Therapist. Check the National Therapists Listing on our website.

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

## 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 our website for course information.

We hold the only contract with a public hospital (Austin Health and the Olivia Newton-John Cancer Wellness & Research Centre) to provide in-hospital training in Australia.

“Happiness is 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.”

Bruce Hopkins, S4OM Founding Director

OML is a not-for-profit training organisation with tax charity and deductible gift recipient status. 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.



OML's oncology massage training program is recognised by the US Society for Oncology Massage (S4OM), and is respected world-wide.

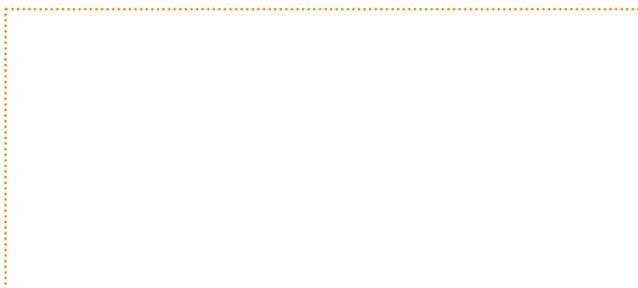


**ONCOLOGY**MASSAGE  
TRAINING

For further information go to  
[www.oncologymassagetraining.com.au](http://www.oncologymassagetraining.com.au)

Mail: PO Box 109, Deakin West 2600

Email: [info@oncologymassagetraining.com.au](mailto:info@oncologymassagetraining.com.au)



**ONCOLOGY**MASSAGE

## What is *Oncology Massage?*



### Vital Information for:

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

# Oncology Massage – What you should know...



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 et al, 2004).

Oncology Massage Limited (OML) Founder Eleanor Oyston progressively developed OML's four-module oncology massage program based on a program that had been running in the US for more than 10 years. It has been successfully delivered across Australia & New Zealand since 2006.

OML is dedicated to training fully qualified massage and Bowen therapists to safely and effectively treat those with a diagnosis or history of cancer. It aims to ensure national benchmarks and standards of care are met by its therapists.



## 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 was the most effective form of massage therapy offered in this study.



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 2004 1:3*