Complementary therapies and blood cancer / disorder

Complementary therapies are common and widely used alongside standard care for blood cancer / disorder. They may be used before, during and after diagnosis or treatment to manage health and wellbeing e.g. yoga, massage, reflexology and aromatherapy. If you are using or thinking about a complementary therapy, discuss it with your medical treatment team e.g. GP / haematologist to make sure it is safe for you to use.

Before starting a complementary therapy:

1. Ask your GP / Haematologist

- What are the most suitable therapies to manage my symptoms and side effects?
- Where can I find reliable information about these therapies?
- How do I find a reliable therapist, or can you recommend one?

2. Check online information is trustworthy

- Tips for evaluating health information on the internet: **click here**

Remember to check how much it costs and what is covered.

Resources

Websites

Cancer Council: Complementary therapies | Cancer Council: Handbook on key questions, safety concerns and making informed decisions about commonly used complementary therapies

Cancer Council, iHeard - Cancer Myths and Facts: Internet resource for fact-checking common cancer myths and facts

National Center for Complementary and Integrative Health: Basic information about many different therapies plus tips on finding information you can trust

Cancer Research UK: Internet resource on research, information on different therapies, questions to consider when looking for and choosing a therapy / therapist

Podcasts

The Straight and Marrow: A podcast on all things related to allogeneic bone marrow transplant

YouTube

Lymphoma Australia: Presentation by specialist cancer pharmacist Dr Peter J Smith 'What complementary and alternate medicine (CAM) can I safely use with chemotherapy? Evidence based information for patients' 2013

click on each resource to follow the link

Leukaemia Foundation®