Integrative Medicine

As part of our focus to care for the total person living with cancer and their families, the Eastern Connecticut Cancer Institute offers integrative medicine including as acupuncture, massage and Reiki. These services may be used to manage symptoms, increase quality of life, help to manage stress or to work in collaboration with conventional medicine.

Acupuncture: a form of mind-body medicine. Acupuncture is part of traditional Chinese medicine, which utilizes fine needles to stimulate specific parts on the body. The goal is to restore and maintain health.

Massage: a well known form of manipulative and body-based practice. The therapist will press, rub and manipulate the muscles and soft tissues of the body. The session will be individualized according to the person's needs. Massage has been used to decrease stress and anxiety, reduce pain and increase relaxation.

Reiki: originated in Japan and is a form of energy medicine. The Reiki practitioner places their hands lightly on or just above the person who is receiving treatment. The person is fully clothed during a Reiki session. Reiki may be used for relaxation, stress reduction and help to promote overall health and well-being.

Music Therapy: a form of mind-body medicine. Music therapy is used by trained professionals to enhance well-being. Music therapy is used to relieve symptoms, promote social interaction and encourage emotional expression. Music therapy may be active, where the person participates such as with a drum circle, or passive.

Art Therapy: a form of mind-body medicine. Art therapy is the process of using various mediums such as paint and chalk to allow individuals to express themselves through art. It is believed that the creative process of creating art helps the person resolve conflicts and problems and assists in reducing stress.

Pet Therapy: provided by handlers and pets who are specially trained to be pet therapy dogs. The pet therapy dog and handler will visit all areas of the cancer center and spend time with anyone who would like a visit. People are encouraged to pet and interact with the pet therapy dog. Pet therapy promotes well being, decreases stress and allows the person to focus on something else.

ECHN Eastern Connecticut Cancer Institute
at the John A. DeQuattro Cancer Center

For more information call 860.533.2929

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