

Complementary Therapies



What are Complementary Therapies?

Complementary therapies are supportive treatments, used alongside conventional medical care, to help manage the physical and emotional side effects of cancer and its treatment. They are not a substitute for conventional medical treatment but can play an important role in enhancing overall wellbeing.

Before starting any complementary therapy, it's essential to discuss your plans with your healthcare team, to ensure it is safe and appropriate for your specific situation.

For people diagnosed with Neuroendocrine Cancer (NETs), the impact can be both physical and emotional. Complementary therapies can provide additional support and relief, focusing on the whole person – mind, body, and spirit.



Support



Education



Research



Awareness



Advocacy



Complementary Therapies

Types of Complementary Therapies

There are a wide variety of therapies that support both mental and physical health. Many have been studied for their benefits in cancer care. Depending on your individual needs, some options to consider include:



Counselling and
Dietitian services



Yoga



Physiotherapy



Mindfulness practices



Relaxation
techniques



Exercise physiology



Music and art
therapy



Acupuncture



Massage therapy



Nutritionist
guidance



Tai Chi



Meditation



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Why Do People Use Complementary Therapies?

Cancer and its treatment can take a toll on both mental and physical health. Emotional stress and anxiety can negatively affect the body, making it even more important to care for both mind and body during this time.

Complementary therapies may help by:

- Managing symptoms and treatment side effects such as fatigue, pain, or sleep disturbances
- Reducing anxiety and emotional distress
- Improving overall quality of life
- Helping people feel more in control of their health and recovery
- Incorporating traditional, cultural, or spiritual practices into care

These therapies are designed to support – not replace – your medical treatment. Their goal is to improve your overall sense of wellbeing and quality of life.

Complementary therapies can be a valuable part of holistic cancer care.

However, it's **vital** to consult with your medical team before starting any new therapy to ensure it aligns with your medical treatment plan.



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