



Integrative Therapies at the UVM Cancer Center

Integrative oncology refers to the use of complementary therapies in collaboration with conventional cancer treatment to enhance wellness, improve quality of life, and relieve the symptoms and side effects of conventional treatments. All services are free thanks to generous philanthropic support.

MASSAGE

What it is: Massage used to address muscle stiffness and pain, and to promote relaxation.

When & Where: Mondays & Fridays, 11am-2pm, Hematology/Oncology Infusion
Wednesdays, 11am-2pm, Inpatient Hematology/Oncology

How to Access: Tell your nurse if you are interested in receiving massage during your treatment

ACUPUNCTURE

What it is: Thin needles placed at specific points in the body to treat pain, nausea/vomiting, hot flashes, fatigue, stress, anxiety, and sleep disorders.

When & Where: Wednesdays 10am-2pm, Hematology/Oncology Infusion

How to Access: Tell your nurse if you are interested in receiving acupuncture during your treatment

REIKI

What it is: A healing technique based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing processes of the patient's body and restore physical and emotional well-being.

When & Where: Tuesdays & Thursdays, 11am-2pm, Hematology/Oncology Infusion

How to Access: Tell your nurse if you are interested in receiving Reiki during your treatment

HEALING TOUCH

What it is: An energy therapy in which practitioners use their hands in a heart-centered and intentional way to enhance, support and facilitate the physical, emotional, mental and spiritual health and self-healing.

When & Where: By appointment, Radiation Oncology

How to Access: Ask your Radiation Oncology doctor, nurse, or social worker for a referral

YOGA

What it is: A mind-body practice used for increasing mobility, balance, and strength, and decreasing stress, anxiety, depression, and fatigue.

When & Where: Various weekly drop-in classes and multi-week series, view website below

How to Access: Must create an account and preregister: uvmhealth.org/medcenter/movementclasses

More Information or help registering: Contact Julia at julia.o'shea@uvmhealth.org or (802) 847-4525

MINDFULNESS

What it is: 8 week class that teaches mindfulness meditation and relaxation tools to reduce stress and anxiety, relieve symptoms, and encourage wellbeing for patients and caregivers.

When & Where: Varies, contact for information

How to Access: Contact Donna at donna.smith@med.uvm.edu or (828) 450-4250

STEPS TO WELLNESS ONCOLOGY REHABILITATION

What it is: 12 week medically based, supervised exercise program (cardio and strength training). Through this program you will regain strength and stamina and decrease fatigue.

When: 2 days/week (Monday/Wednesday or Tuesday/Thursday) for 12 weeks

Where: 62 Tilley Drive, South Burlington

Cost: Program is free, but your insurance will be billed for the initial evaluations. You will not be charged for any portion of the evaluation that your insurance does not cover. You will be responsible for the co-pay associated with your plan.

How to Access: Call (802) 847-9852 or ask your doctor for a referral

More Information: <https://www.uvmhealth.org/STW>

HEALTH COACHING

What it is: Support and education around nutrition, exercise, and other healthy lifestyle behaviors. Our health coach will help you create a wellness plan with realistic goals that are tailored to you.

When & Where: By appointment, Hematology/Oncology Clinic or by phone

How to Access: Email kristie.grover@uvmhealth.org

WEIGHT LOSS

What it is: 12 week class to promote weight loss and to learn tools to maintain a healthy lifestyle. Includes individualized calorie goals and feedback from a registered dietician.

When & Where: Varies, contact for information

How to Access: Email kristie.grover@uvmhealth.org

For more information:

UVMHealth.org/CancerCenter/Integrativethapies

(802) 847-9935



UVMHealth.org/CancerCenter