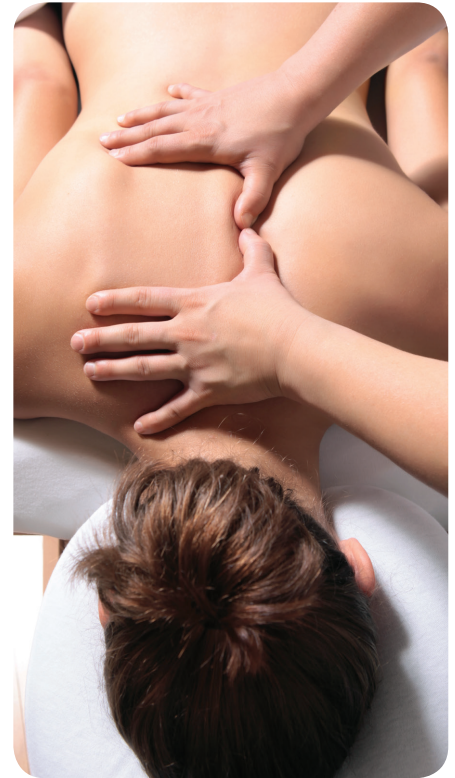




The BENEFITS of Massage Therapy for Cancer Patients



Our Mission

The *Fondation de la massothérapie* is a non-profit organisation that was established in 2010 by the *Fédération québécoise des massothérapeutes agréés* (FQM). The Foundation's mission is to contribute to the quality of life of people living with cancer through massage therapy.

With an outstanding team of dedicated employees and more than 5,600 massage therapists throughout Quebec, the Federation is a key lever for fulfilling the Foundation's mission. Each year hundreds of massages are literally given by the soothing hands of FQM's members to cancer patients and caregivers.

Why massage therapy? A global approach

Massage therapy is a unique approach that is now being considered more and more as part of a cancer patient's treatment plan. It is a global approach because of its positive physiological and psychological effects on individuals.

A quality massage performed by a FQM-certified therapist and adapted to a patient's condition can reduce various symptoms associated with cancer*, such as:

- Nausea
- Pain
- Fatigue
- Stress
- Symptoms of depression

Massage therapy not only promotes relaxation and sleep quality, it also boosts the spirits and the body's immune response. As a result the patient who is calmer can devote more time and energy to fight the disease.

Service available in these areas:

- Montréal
- Québec
- Estrie
- Outaouais
- Mauricie

Since 2015:

- Abitibi
- Laurentides
- Laval
- Lac Saint-Jean

* References: Keir SM and Saling JR (2012): Pilot study of the impact of massage therapy on sources and levels of distress in brain tumor patients, *BMJ Supportive & Palliative Care*, 2:363-36 ; Billhult A, & al. (2007): Massage relieves nausea in women with breast cancer who are undergoing chemotherapy, *J Altern Complement Med.*, Jan-Feb; 13(1):53-7; Mehling WE & al. (2007): Symptom management with massage and acupuncture in postoperative cancer patients: a randomized controlled trial. *J Pain Symptom Manage*, 33(3):258-66.



FONDATION DE LA
MASSOTHÉRAPIE

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