

# Aromatherapy and Reflexology Ease Side Effects for Cancer Patients

Study shows 60 percent reduction in reported pain for women undergoing brachytherapy

The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute

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## NEWS PACKAGE


<b>SUGGESTED TEASE</b>	A NEW THERAPY IS DRAMATICALLY REDUCING PAIN FOR PATIENTS DURING CANCER TREATMENTS, AND IT ISN'T A PILL OR PROCEDURE. MORE ON THE HOLISTIC APPROACH WITH CLINICAL BENEFITS, COMING UP IN HEALTH NEWS.
<b>ANCHOR LEAD</b>	MEDICAL TREATMENTS ARE CONTINUALLY IMPROVING PATIENTS' ODDS OF BEATING CANCER. BUT THESE TREATMENTS OFTEN COME WITH DIFFICULT SIDE EFFECTS THAT HAVE BOTH PHYSICAL AND PSYCHOLOGICAL EFFECTS. BARB CONSIGLIO HAS THE DETAILS ON AN UNCONVENTIONAL METHOD DRAMATICALLY REDUCING SIDE EFFECTS FOR SOME CANCER PATIENTS.
<b>(PACKAGE START) -----</b>	
<b>CG: Courtesy:</b> The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute <b>:00 - :03</b>	(Nats - Sound) :02
Shots of Jaimee in park	JAIMEE BIBLE (BYE-ble) HAD ALREADY BEEN THROUGH SIX WEEKS OF CHEMOTHERAPY AND SEVERAL RADIATION TREATMENTS BEFORE HAVING BRACHYTHERAPY (BRAKE-ee-THAIR-uh-pee) TO TREAT HER CERVICAL CANCER. :07
<b>CG: Jaimee Bible</b> <b>Study participant</b>	<i>“The anxiety and stress level was pretty high leading up into that very first brachytherapy session.”</i> :08
Shots of patient in brachytherapy suite	IT'S A TYPE OF RADIATION THAT TARGETS A TUMOR FROM INSIDE THE BODY, AN EFFECTIVE BUT INVASIVE THERAPY THAT CAN BE UNCOMFORTABLE AND PAINFUL. :08
<b>CG: Lisa Blackburn, MS, APRN</b> The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute	<i>“Patients who receive brachytherapy frequently have to receive pain medications and sometimes anxiety medications to help them get through those treatments.”</i> :10

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<p>Shots of Lisa talking to Jaimee, showing essential oils</p> <p>Shots of nurse prepping essential oils, putting diffuser in exam room</p> <p>Shots of reflexologist giving treatment</p>	<p>LISA BLACKBURN, AN ONCOLOGY CLINICAL NURSE SPECIALIST AT THE OHIO STATE UNIVERSITY COMPREHENSIVE CANCER CENTER–JAMES CANCER HOSPITAL AND SOLOVE RESEARCH INSTITUTE, LED A STUDY AIMED AT MAKING TREATMENT LESS STRESSFUL FOR PATIENTS.</p> <p>NOT ANOTHER PILL OR PROCEDURE, BUT AN INTEGRATIVE APPROACH.</p> <p>BRACHYTHERAPY PATIENTS RECEIVED AROMATHERAPY WITH ESSENTIAL OILS AND THIRTY MINUTES OF FOOT REFLEXOLOGY.</p> <p>:22</p>
<p><b>Lisa Blackburn (CG'd earlier)</b></p>	<p><i>“The experienced reflexologist actually uses pressure points in the foot to treat specific symptoms and to generally relax the patient.” :09</i></p>
<p><b>Jaimee Bible (CG'd earlier)</b></p>	<p><i>“During that time I could definitely feel my anxiety decreasing and my tension in my body just kind of relaxing.” :11</i></p>
<p><b>Graphic:</b>  <b>Reported pain reduced by more than half</b>  <b>Pain medication reduced by 40%</b></p>	<p>THE RESULTS WERE ASTOUNDING. PATIENT-REPORTED PAIN WAS CUT BY MORE THAN HALF, AND THEY REQUIRED FORTY PERCENT LESS PAIN MEDICATION TO MANAGE IT. :09</p>
<p><b>Lisa Blackburn (CG'd earlier)</b></p>	<p><i>“It’s kind of a win-win. You know, patients may get effect from these, and in our study they certainly have so far, they synergize the effect of the medication and decrease their pain and anxiety with little or no side effects.” :14</i></p>
<p>Shots of reflexology</p>	<p>AT THE OHIO STATE UNIVERSITY COMPREHENSIVE CANCER CENTER–JAMES CANCER HOSPITAL AND SOLOVE RESEARCH INSTITUTE, THIS IS BARB CONSIGLIO REPORTING.</p> <p>:05</p>
<p><b>(PACKAGE END) -----</b></p> <p><b>ANCHOR TAG</b></p>	<hr/> <p>EXPERTS HOPE TO USE THE POSITIVE RESULTS FROM THE STUDY TO EXPAND THE PROGRAM TO OTHER PATIENTS EXPERIENCING PAIN OR ANXIETY.</p> <p>BY MAKING AROMATHERAPY AND REFLEXOLOGY A STANDARD OPTION FOR PATIENTS IN THE FUTURE, HOSPITALS MAY ALSO BE ABLE TO REDUCE THE AMOUNT OF PAIN MEDICATION ADMINISTERED.</p>

**SOCIAL MEDIA**

<p> <b>Share it! Suggested tweet:</b></p>	<p>Brachytherapy is an effective treatment for cervical cancer, but it can also be painful and uncomfortable. A new study <a href="https://twitter.com/OSUCCC_James">@OSUCCC_James</a> finds that aromatherapy</p>
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**Suggested post:**

and foot reflexology drastically reduce patients' pain and anxiety during treatment. <http://bit.ly/2NKMOb3>

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A new method of reducing pain and anxiety for cervical cancer patients during a difficult treatment is having major clinical results. But it isn't a pill or procedure – The study at [The Ohio State University Comprehensive Cancer Center– Arthur G. James Cancer Hospital and Richard J. Solove Research Institute](#) offers patients aromatherapy and 30 minutes of foot reflexology during brachytherapy sessions, nearly cutting their pain levels in half. <http://bit.ly/2NKMOb3>

**EXTRA BITES**

**CG: Lisa Blackburn, MS, APRN**  
The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute

Blackburn says it's helpful to have options to help patients cope with anxiety and pain that aren't medication:  
*"It's really nice to have a treatment option that isn't medication related, or one that can actually synergize the medication, make it more effective."*

Blackburn lists some of the clinical benefits of aromatherapy:  
*"Aromatherapy, for example, has shown to decrease nausea, insomnia, anxiety, depression in some patients, and again, with little or no adverse effect."*

Blackburn states the study results for reducing pain medication:  
*"In our study we found about a 40 percent reduction in the use of pain and anxiety medications when the patients were receiving aromatherapy and foot reflexology."*

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Jaimee describes the reflexology therapy session:  
*"She dimmed the lighting; she had the aromatherapy scents started, and then it was about 30 minutes of the reflexology, and it was basically targeted to the feet."*

**CG: Jaimee Bible**  
Study participant

Jaimee says the treatments relaxed her before brachytherapy:  
*"The session of reflexology and aromatherapy put me in a more relaxed state so that going into the brachytherapy session I was more relaxed. I definitely felt that I didn't need as much pain medication."*

Jaimee says reducing symptoms without side effects is good:  
*"Anything that can decrease pain and anxiety but not have significant negative side effects is always a benefit."*

**References**

<sup>1</sup>*The Effect of Aromatherapy and Foot Reflexology on Pain and Anxiety During Brachytherapy for Cervical Cancer, Oncology Nursing Society 43rd International Congress, May 18, 2018.*  
Online: <https://ons.confex.com/ons/2018/meetingapp.cgi/Paper/2143>

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