
Complementary and alternative therapies



If these therapies relate to you, use this section to:

- **record** details about any complementary and alternative therapies you use
- **store** your complementary and alternative therapy-related information
- find **questions** that you might like to ask.

It is very important to tell your doctors and care team about any complementary or alternative therapies you are using or thinking of using, and that you seek advice from your doctors/team, before commencing.

Complementary therapies

These are therapies that may be used alongside conventional or mainstream medical treatments.

These therapies are sometimes referred to as holistic therapies or natural therapies. These may help people cope better with symptoms of cancer, the side effects of conventional treatments and may enhance quality of life and improve wellbeing.

Some examples of complementary therapies are acupuncture, aromatherapy, art therapy, massage, relaxation, meditation, support groups and yoga.

Alternative therapies

These are unproven therapies that are used instead of conventional (medical) cancer treatments and may be harmful.

Some examples of alternative therapies are microwave therapy, coffee enemas and high-dose vitamin supplements.

Questions you could ask



- What does this therapy involve and how will it help me?
- What is the evidence that this therapy helps cancer patients?
- What are the possible side effects? How common are the side effects?
- How often will I need this therapy and what is the cost?
- What are your qualifications to provide this therapy?
- What is your training or experience in treating people with cancer/my cancer type?
- Will this therapy affect other treatments I am having?