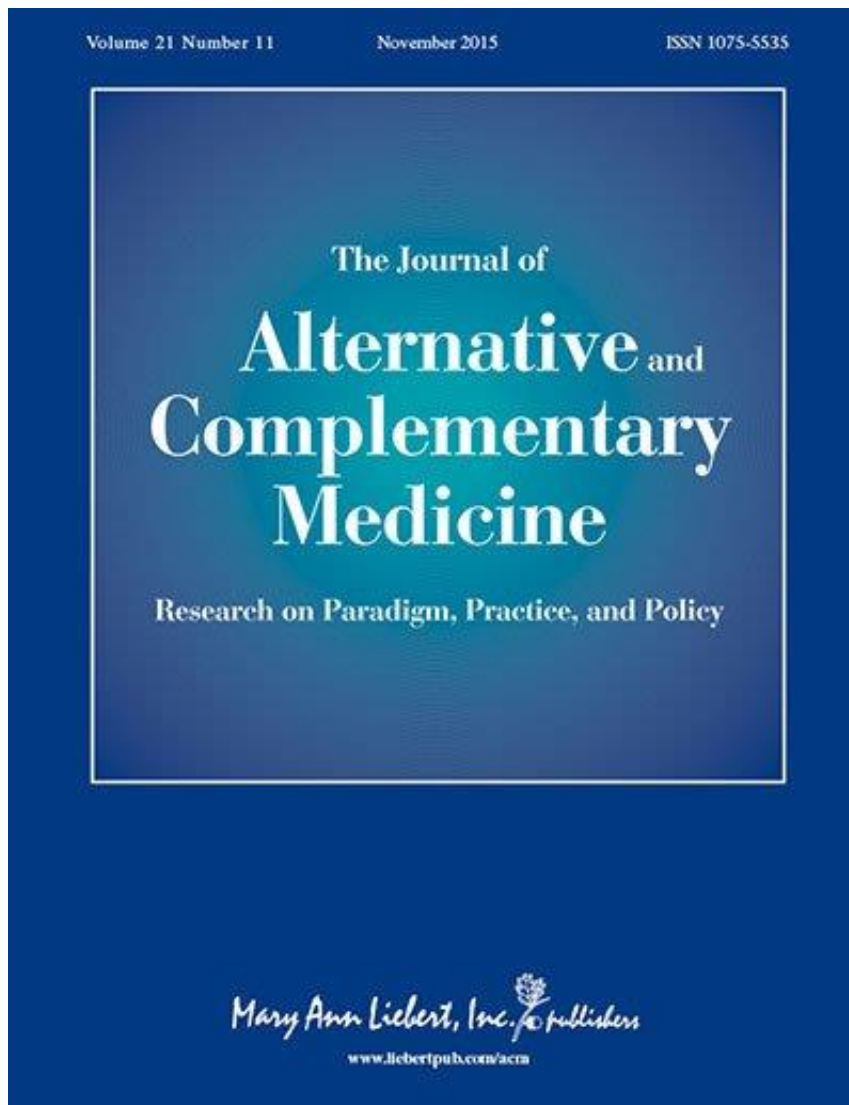


# New study shows high use of complementary therapies by cancer inpatients

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Patients hospitalized for cancer treatment commonly use complementary and integrative health (CIH) approaches such as nutritional supplements, special diets, and massage according to a new study. More than 95% of patients expressed interest in at least one of these types of therapies if offered during their hospital stay, as reported in the article published in *The Journal of Alternative and Complementary Medicine*.

In the article ["Improving Patient-Centered Care: A Cross-Sectional Survey of Prior Use and Interest in Complementary and Integrative Health Approaches Among Hospitalized Oncology Patients"](#), Rhianon Liu and Maria Chao, DrPH, University of California, San Francisco, Osher Center for Integrative Medicine evaluated the use of 12 different CIH approaches by patients in a surgical oncology ward. The most commonly used were vitamins/[nutritional supplements](#) (67%), a special diet (42%), and manual therapies such as massage or acupressure (39%).

The study also assessed patient interest in seven different CIH approaches if they were offered, and more than 40% of [patients](#) expressed interest in each treatment, including nutritional counseling (77%) and [massage](#) (76%). About half of participants were interested in acupuncture, biofeedback, and mindfulness meditation.

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**More information:** The article is available to download for free on [The Journal of Alternative and Complementary Medicine](#) website until January 2, 2016.

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