

In partnership with

**MACMILLAN**  
CANCER SUPPORT

easy  
read

# Complementary therapies





# About this easy read booklet



This booklet is about complementary therapies that might help you feel better.



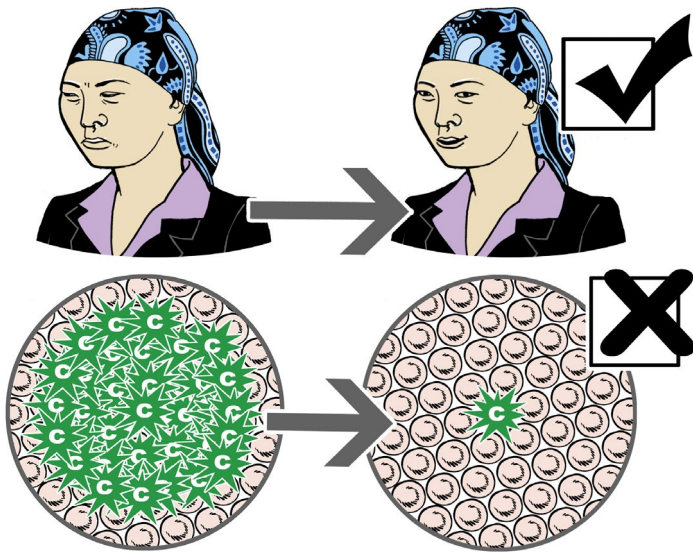
You can learn about different complementary therapies you might be able to have.



If you are worried about your health, you should talk to a doctor or nurse.



# Complementary therapies



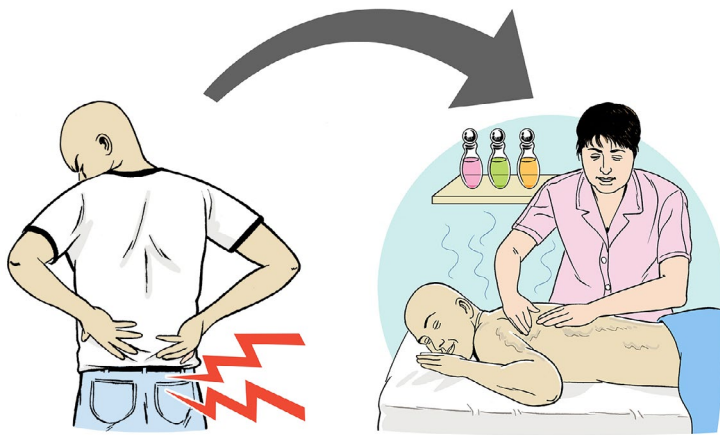
Complementary therapies are treatments that may help you feel better. They do not treat cancer.



They may help you feel more relaxed and less **stressed**.



Feeling **stressed** is when your mind and body feel bad because you are worrying about something.



Some people find that complementary therapies help them with their cancer **symptoms** and **side effects**.

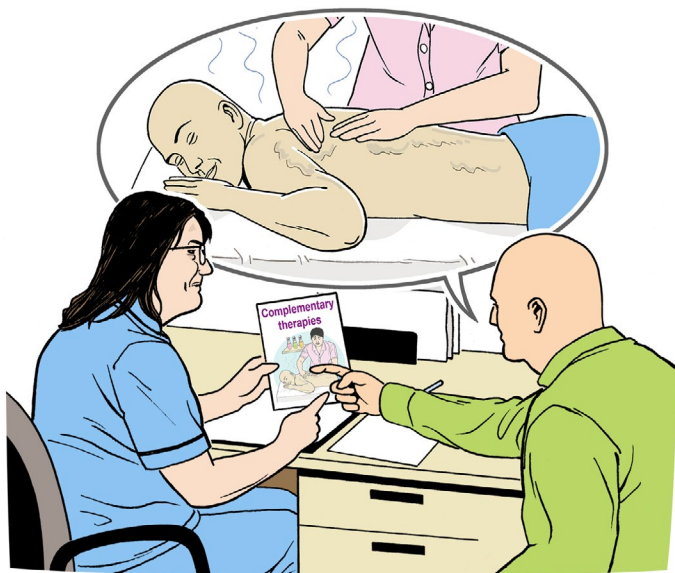


**Symptoms** are signs in your body that tell you something is wrong, like feeling tired all the time.

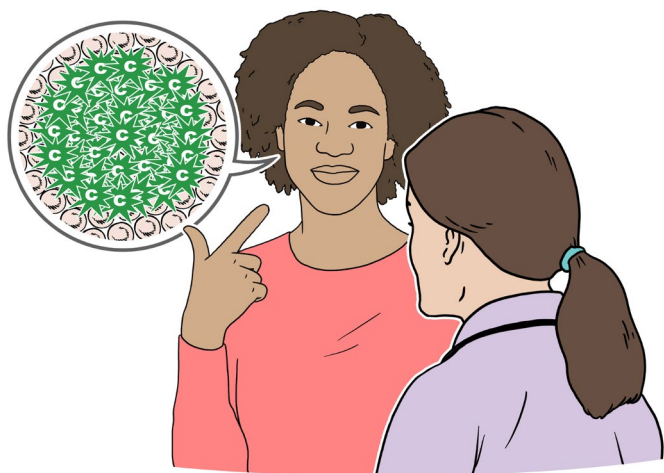


**Side effects** are unwanted effects caused by having treatment, like tiredness or feeling sick.





Before you have any complementary therapies, ask your doctor or nurse. They can tell you if it is safe for you to have them.



When you go to have a complementary therapy, tell the therapist you have cancer. This can change the treatment or advice they give you.



There are lots of different complementary therapies. Here are some complementary therapies that some people find helpful:



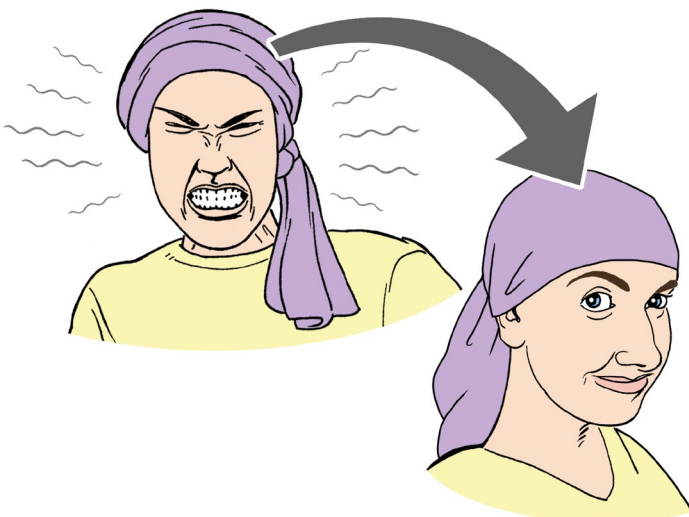
### **Aromatherapy massage**

This is being massaged with oils that smell nice. Some people find this relaxing.



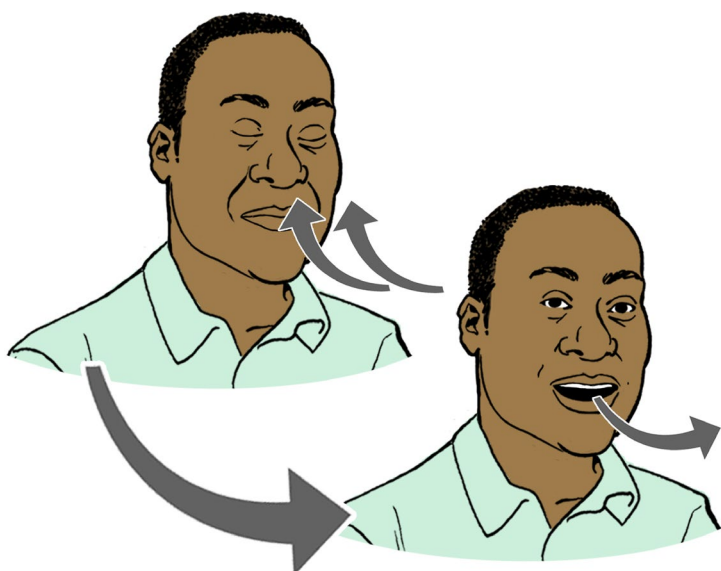
### **Reflexology**

This is massaging your hands and feet. Some people find it helps them feel relaxed.



### **Relaxation techniques**

There are things you can do to make yourself feel calm and relaxed. Relaxation can help reduce stress and anxiety.



Here are some relaxation techniques you could try:

### **Breathing exercises**

This is where you take slow deep breaths.



### **Muscle relaxation**

This is when you tense and then relax your muscles.



### **Guided imagery**

This is where you think about happy things instead of sad or scary things.



# How Macmillan can help you



You can get support from:

## The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.



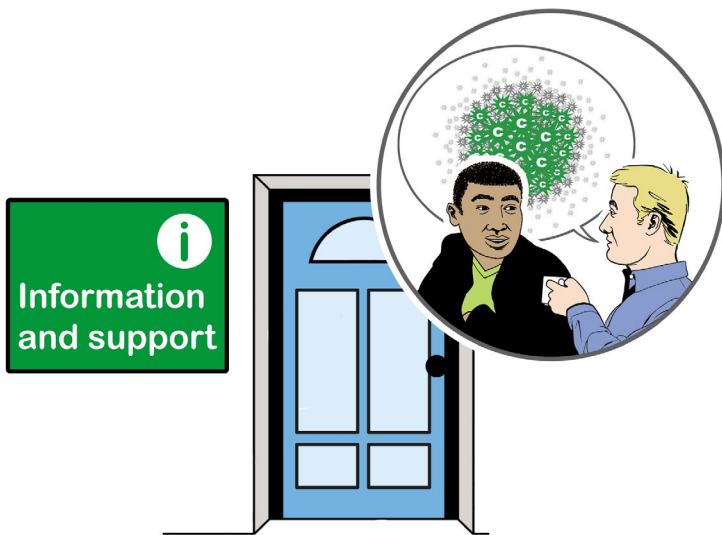
You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



## The Macmillan website

Visit **macmillan.org.uk** for information about cancer. You can also use our web chat to ask questions at **macmillan.org.uk/talktous**





## Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at

[macmillan.org.uk/informationcentres](https://macmillan.org.uk/informationcentres) or call us.



## Local support groups

Find a group near you at

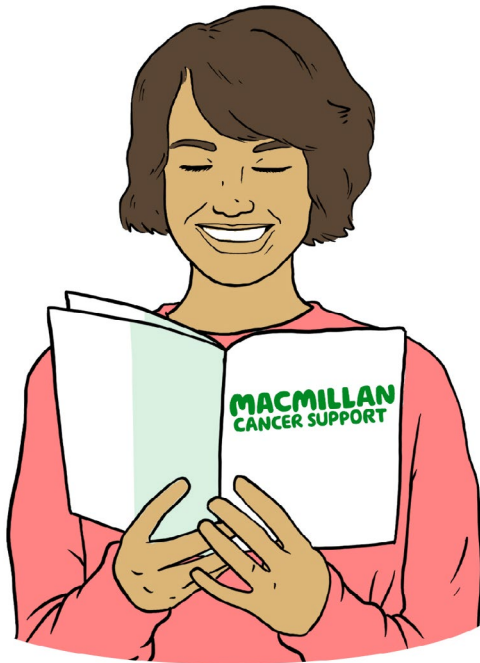
[macmillan.org.uk/supportgroups](https://macmillan.org.uk/supportgroups) or call us.



## Macmillan Online Community

You can talk to other people in similar situations at

[macmillan.org.uk/community](https://macmillan.org.uk/community)



Macmillan can give you information in different ways:

### Booklets about cancer

You can order booklets about cancer from

[orders.macmillan.org.uk](https://orders.macmillan.org.uk)



### Videos

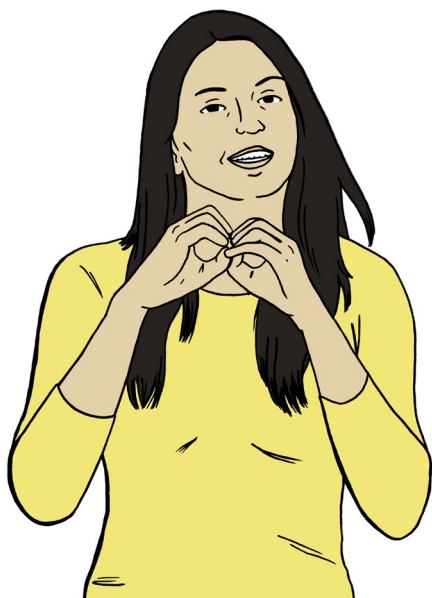
You can watch videos about cancer at

[macmillan.org.uk/videos](https://macmillan.org.uk/videos)



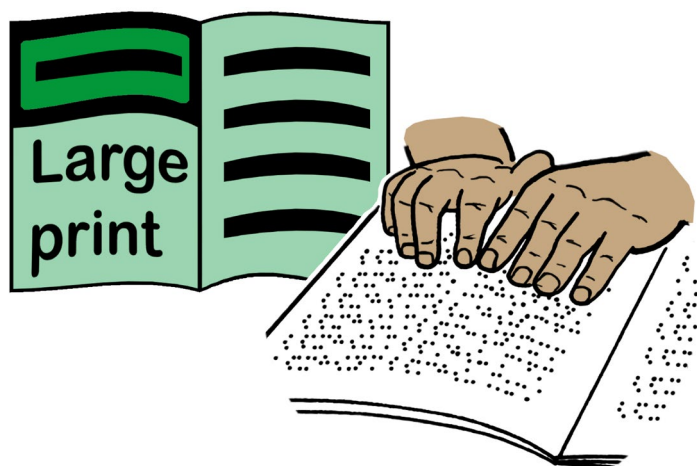
### Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://macmillan.org.uk/audio)



### British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://macmillan.org.uk/bsl)



### Large print or Braille

Tell us if you need information in large print or Braille.

Email: [informationproductionteam@macmillan.org.uk](mailto:informationproductionteam@macmillan.org.uk)



### Translations

Tell us if you need information in another language.

Email: [informationproductionteam@macmillan.org.uk](mailto:informationproductionteam@macmillan.org.uk)



# More easy read booklets



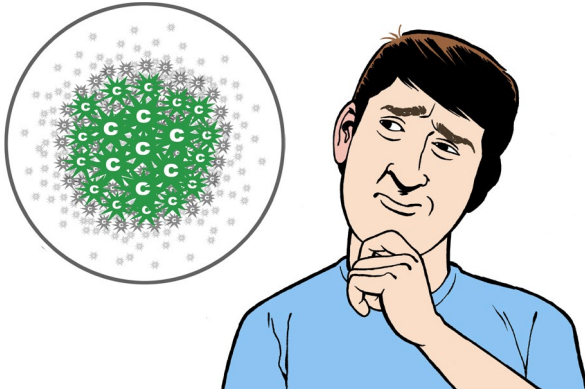
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)



## About cancer

- Lung cancer
- What is cancer?



## Signs and symptoms

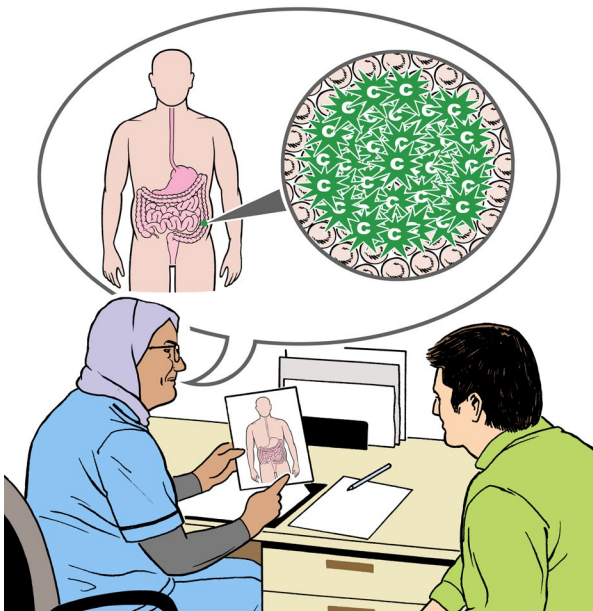
- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer





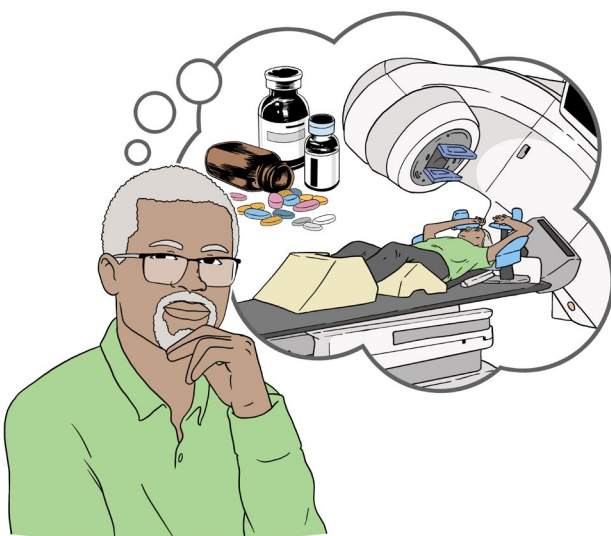
## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Deciding on your treatment

- All about me – notes for my healthcare team
- Deciding about treatment
- How to get equal healthcare
- If you are unhappy with your care



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex



## Living with cancer

- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings



## Living with cancer

- What happens after cancer treatment ends
- Work and cancer
- Your sex life and cancer
- Your social life and cancer



## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Thinking about your funeral
- Who can help if you are dying
- Your feelings when you are dying



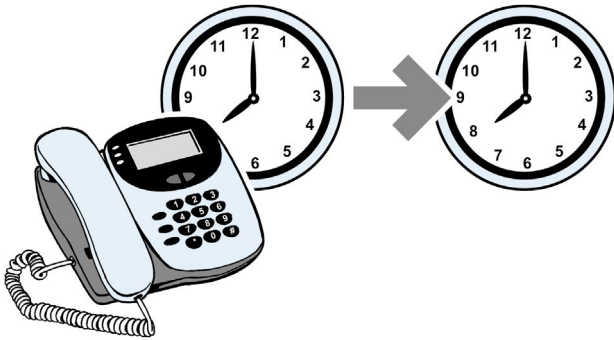
## After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about complementary therapies.

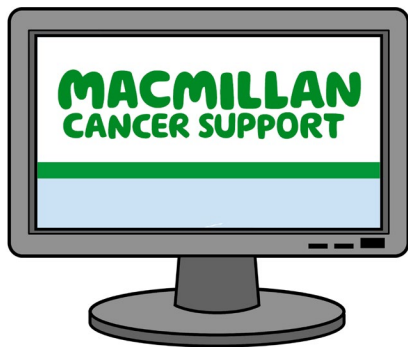
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:  
**18001 0808 808 00 00**



- Or go to the website:  
**[macmillan.org.uk](https://macmillan.org.uk)**

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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