

compounds, in minor concentrations. Guarana has been used as a stimulant since pre-Columbian times.¹⁶² In the oncology setting, guarana is often used to decrease fatigue.

Healing touch

Healing touch (also known as therapeutic touch) is based on the belief that vital energy flows through and around the human body and may be transferred or modified.^{93,94} A healing touch practitioner (often a nurse trained in the practice) passes his/her hands over, or gently touches, a patient's body to balance or increase their energy. Healing touch is often used in patients with cancer to improve QOL, pain, fatigue, and depression.

Hyaluronic acid cream

Hyaluronic acid cream is a topical cream containing hyaluronic acid that is used to heal wounds through repair-promoting, skin-moisturizing, and potential radioprotective properties.¹⁵³ When the cream is applied, the hyaluronic acid adheres to injured tissue, provides hydration to the skin, and protects against dehydration and chemical and mechanical irritation. Hyaluronic acid cream is often used by patients with cancer to prevent and treat radiation-induced dermatitis.

Hypnosis

Hypnosis is facilitated by a specially trained therapist or is practiced on one's own (self-hypnosis). It is characterized by a trance-like state, which allows a patient to be more aware, focused, and open to suggestion. A person in a hypnotic state can concentrate more clearly on specific feelings, thoughts, images, sensations, or behaviors without distraction.¹⁶⁴ The hypnotic state is obtained by first relaxing the body and then shifting attention toward a narrow range of objects or ideas given by the hypnotist or hypnotherapist. A person under hypnosis may feel more calm and relaxed. In patients with cancer, hypnosis is often used to help relieve stress, anxiety, and pain.

Laser therapy

Low-level laser therapy has been cleared by the FDA to treat lymphedema after breast cancer surgery¹⁶⁵ and should be administered by trained users. It is believed that low-level laser therapy stimulates macrophages and the immune system and breaks down scar tissue, thus improving lymphatic flow.¹⁶⁶

Manual lymphatic drainage and compression bandaging

Manual lymphatic drainage and compression bandaging are used individually and in combination for the treatment of lymphedema after breast cancer surgery.¹⁶⁶ Manual lymph drainage is a specific type of therapeutic massage that ideally is delivered by a health professional who is certified in the technique. Manual lymph drainage can decrease lymphedema when administered early, before symptoms advance.¹⁶⁶

Compression bandages or garments, including sleeves, stockings, bras, compression shorts, gloves, bandages, or neck compression wraps, are also used to treat lymphedema and can be worn during the day or night, depending on the garment and the individual.¹⁶⁶

Massage

There are many different forms of this type of physical therapy, which involves a therapist stroking, kneading, applying friction, and stretching specific muscles and other connective tissues at an even tempo with various levels of pressure.¹⁶⁷ In patients with cancer, the goal of massage is to promote relaxation, address muscle stiffness and pain, and resolve musculoskeletal complaints. There are multiple forms of massage, including, but not limited to, Swedish, Shiatsu, and deep-tissue massage. Massage therapists should take precautions with all patients who have cancer and to avoid massaging specific vulnerable areas of the body, including open wounds, bruises, skin breakdown, a blood clot in a vein, a tumor site, areas near a medical device (eg, drain), or sensitive skin after radiation therapy.¹⁶⁸ In addition, certain patients with multiple bone metastases may be at risk for fracture during deep massage. The practice of massage therapy in North America is regulated by some US states and Canadian provinces and territories (Table 2).

Meditation

Meditation is a group of self-regulation practices focused on training attention and awareness to bring mental processes under greater voluntary control.¹⁶⁹ In patients with cancer, these practices are intended to foster general mental well being, calmness, clarity, and concentration. The ultimate goal of meditation varies, depending on the type of practice, its history, and its application. Most meditation practices have 4 elements in common: a quiet location with few distractions; a specific, comfortable posture achieved by sitting or lying down; a focus of attention; and an open attitude of letting thoughts come and go naturally without judgment.¹⁷⁰ The focus of attention may be on a specific target, such as the breath or a repeated sound or mantra (known as *concentration meditation*); on all experiences that enter the field of awareness (called *open awareness* or *mindfulness meditation*); or a combination of both. There has been growing interest in cancer care on the practice of a secular form of mindfulness meditation called *mindfulness-based stress reduction* (MBSR), which is based on the work of Jon Kabat-Zinn.¹⁷¹ MBSR is typically delivered in an 8-week, structured group program consisting of a range of meditation practices, including a sensate focus body scan, sitting meditation, walking meditation, loving-kindness practice, and gentle Hatha yoga postures. All formal practices are designed to cultivate increasing levels of mindfulness in day-to-day life. Participants engage in home practice daily