



## Touch: A fundamental human need

### Hands-on-Services offered at no charge to cancer patients

**T**ouch contributes to improved healing in the body through several mechanisms. ~ Increases blood circulation by delivering oxygen to tissues for faster healing. ~ Reduces stress by lowering levels of the hormone cortisol. ~ Releases natural painkillers, endorphins and oxytocin, to promote relaxation. ~ Manages pain by activating sensory pathways that help reduce pain perception by competing with pain signals that are sent to the brain. ~ Stimulates the immune system. ~Promotes relaxation of tense muscles. ~Enhances sleep quality which allows the body to repair itself more effectively.



Sharon McGuire practices Reiki.

### REIKI — Sharon McGuire, Reiki Master Teacher

#### A COMPLEMENTARY TREATMENT FOR CANCER PATIENTS

Reiki has its roots in ancient Japanese healing practices and is considered a form of energy healing. This practice focuses on balancing the body's energy flow to promote healing and well-being. Reiki is viewed as a complementary therapy that can be used alongside conventional medical treatments, rather than replacing them.

Reiki practitioners work with the flow of energy within the body, aiming to clear blockages and promote balance. Reiki acknowledges the mind-body connection and recognizes that physical health can be influenced by mental and emotional well-being.

During a Reiki session, clients experience a deep state of tranquility and peace, helping to alleviate pain, improve sleep, and support the body's natural healing process. Anyone can learn and benefit from Reiki, regardless of their spiritual beliefs or background.

#### What Happens During a Session

Reiki is a gentle and non-invasive practice, considered safe for most people, including those with existing medical conditions. The client can choose to lay down on a traditional massage table or can be seated, whichever is most comfortable. A Reiki practitioner channels the universal “life force energy” to the client using a series of hand positions by either lightly touching or hovering just above the body.

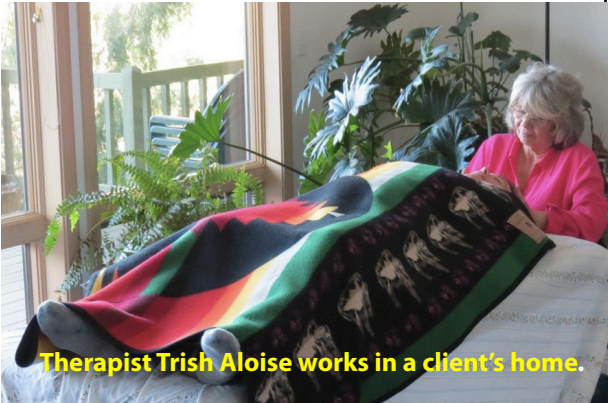
Sharon practices in her studio or will travel to a patient’s home.

### MASSAGE

In most studies of massage therapy, researchers have found that people say their overall well-being is improved. Several studies also suggest that massage makes positive changes to the body.

Massage is effective for several reasons. First, muscles and tissues are manipulated in a structured and purposeful way that helps reduce pain, align the body and improve posture. Second, massage harnesses the power of human touch.

Massage therapists who work with Cheerful Heart will practice in their studios or travel to a patient’s home.



Therapist Trish Aloise works in a client's home.



Renee Bassett

### NAILS, SKIN & HAIR

Renee Bassett, a cosmetologist and owner of Salon Envy in Polson, is a cancer survivor. She created Cheerful Touch for Cheerful Heart in 2012 when she wanted to give back by helping cancer patients with hair, skin and nails. Renee offers hair cuts, wig styling, skin care, make-up consultations, manicures/pedicures, and scalp, hand and foot massages. Renee will help patients with head coverings of all kinds.

Renee provides care at Salon Envy.

**To make an appointment call Cheerful Heart at (406) 883-3070.**  
**Patients should consult with their doctors before using the Cheerful Touch services**

# Support Group changes day & meeting location



Cheerful Heart’s Cancer Support Group will now meet on the second and fourth Tuesdays of the month from 10 to 11 a.m. in the Leahy Conference Room on the third floor at St. Joseph Medical Center. The change will hopefully make it easier for patients and family members to attend.

The group leader, Matthew Connolly, welcomes those recently diagnosed, those undergoing treatment, cancer survivors, and/or family members. The group aims to provide a safe place for members to share, learn, support, and encourage members after a cancer diagnosis; and, to conquer the fear in themselves and others. Confidentiality is practiced, anything spoken in group stays with the group.

Gatherings are informal allowing folks to drop-in when schedules and life permits.

## Latest Cancer News

**3 out of 5 liver cancer cases are preventable, study finds.** Without efforts to address some causes, including alcohol use and metabolic issues, the researchers warn that cases could nearly double by 2050.

Liver cancer kills more than 700,000 people a year. But three in five cases could be prevented, according to a comprehensive analysis published in the journal Lancet.

The research found that prevention could be accomplished by addressing the disease’s major causes: hepatitis B, hepatitis C, alcohol-associated liver disease and liver disease linked to metabolic risk factors like obesity.

With nearly 900,000 new cases globally each year, liver cancer is the sixth most common cancer and the third leading cause of death from cancer. If cases continue to rise at the current rate, the number of new annual diagnoses will almost double, rising to 1.5 million globally in 2050, the study predicted. The researchers estimated that liver disease from alcohol use and metabolic dysfunction together would account for nearly one-third of new liver cancer cases by then. [Read more.](#)

**Medicine Spares Cancer Patients from Grizly Surgeries and Harsh Therapies.** When a person develops solid tumors in the stomach or esophagus or rectum, oncologists know how to treat them. But the cures often come with severe effects on quality of life. That can include removal of the stomach or bladder, a permanent colostomy bag, radiation that makes patients infertile and lasting damage from chemotherapy.

So a research group at Memorial Sloan Kettering Cancer Center, using a drug from the pharmaceutical company GSK, tried something different. The researchers started with a group of 103 people. The trial participants were among the 2 to 3 percent of cancer patients with tumors that should respond to immunotherapy, a drug that overcomes barriers that prevent the immune system from attacking cancers. [Read more.](#)

Cheerful Heart, Inc. offers free non-medical services to Lake County cancer patients currently in treatment by using dedicated volunteers. Cheerful Heart is funded by donations from individuals, organizations and businesses. All funds are used in Lake County. We need your support, both monetarily and as a volunteer. To help us, clip and mail the form below to Cheerful Heart.

### Cheerful Heart Support

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Mailing address \_\_\_\_\_

Email \_\_\_\_\_

Receive an electronic newsletter by sending your email address to [valindy47@gmail.com](mailto:valindy47@gmail.com)

Donation amount \_\_\_\_\_

I would like to be a Cheerful Heart volunteer. Please mark volunteer services that interest you.

Transporting \_\_\_\_\_ Serving Soup at clinic on Tuesdays \_\_\_\_\_ Meal preparation \_\_\_\_\_ Running errands \_\_\_\_\_

Light house and yard work \_\_\_\_\_ Other \_\_\_\_\_

Remove me from the mailing list \_\_\_\_\_

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