

Massage therapy against pain in cancer treatments

Physiotherapist Çağıl Ertürk stating that cancer treatment decreases the quality of life of patients and their families, said: “According to Oxford University's research, massage can reduce pain perceptions up to 60 percent of adult cancer patients.”

Physiotherapist from Istanbul Gelisim University Lect. Çağıl Ertürk emphasized that pain is the most common and debilitating symptom among cancer patients and evaluated the results of Oxford University's research on ‘the effect of massage therapy on pain’.

“USEFUL TO REDUCE PAIN AND ANXIETY”

Ertürk stating that massage can reduce pain perceptions of adult cancer patients up to 60 percent, said: “Massage by the physiotherapist appears to be useful in reducing pain and anxiety.”

Ertürk stated that after cancer treatment, effects such as fatigue, pain, neuropathy, lymphedema, sleeping difficulty, weight loss, cognitive dysfunction, sexual dysfunction and fear of recurrence may occur in the long term and added: “Cancer and its treatment are stressful and reduce the quality of life for cancer patients and their families. Pain is the most common and debilitating symptom among cancer patients. Pain affects 50 percent of patients receiving cancer treatment and 90 percent of patients with advanced cancer experience.”

“EFFECTIVE IN NAUSEA”

Noting that breast cancer patients experience nausea and vomiting due to the treatments they receive, Ertürk said: “Uncontrolled nausea and vomiting may cause physical disturbances such as fluid electrolyte imbalance, dehydration, anorexia and weight loss. In addition, these symptoms may prevent patients from having active social lives and from performing basic daily activities. It may adversely affect psychological well-being. In addition, nausea and vomiting are a critical factor affecting patient compliance.”

BERGAMOT AND GINGER ARE RECOMMENDED

Ertürk emphasizing that the results of the research were remarkable, said: “Massage therapy, acupuncture, music therapy and progressive muscle relaxation have been found to be effective on nausea. In addition, aromatherapy essential oils include bergamot, British mint and ginger inhalation to reduce nausea in cancer patients.”

Stem cell therapy can be effective even in advanced calcification

The most important causes of muscle and joint diseases are trauma ie hit, inflammation and infectious diseases. In recent years, the stem cell method is used as an effective treatment for muscle and joint diseases. Assoc. Prof. Dr. Aydın Arslan from Istanbul Gelisim University stated that stem cell therapy can be used even in patients with advanced calcification.

Assoc. Prof. Dr. Aydın Arslan stating that everything that causes wear and tear in the muscles and joints and stimulation of pain receptors causes pain said: “It usually causes trauma, infectious diseases, and inflammation musculoskeletal pain. These pains often occur as a result of calcification that develops after age, genetic causes, weight gain or injuries. Sometimes pain can be caused by diseases of the nerve tissues. Even psychological disorders are known to cause pain in the musculoskeletal system without any organic cause. In addition to the above, the musculoskeletal system has painful conditions in the deficiencies of the minerals in our body.”

“MINERAL DEFICIENCY CAN ALSO CAUSE PAIN”

Assoc. Prof. Dr. Aydın Arslan said, “Anything that causes muscle wear and joints and stimulation of pain receptors can cause pain. It usually causes trauma, infectious diseases and inflammation (inflammation) musculoskeletal pain. These pains often occur as a result of calcification that develops after age, genetic causes, weight gain or injuries. Sometimes pain can be caused by diseases of the nerve tissues. Even psychological disorders are known to cause pain in the musculoskeletal system without any organic cause. In addition to these, the musculoskeletal system has painful conditions in the deficiencies of the minerals in our body.”

“OUR GOAL IS TREATMENT WITH NATURAL METHODS”

Assoc. Prof. Dr. Aydın Arslan stated that it is essential to perform a good physical examination and to take a history of disease for muscle and joint pain. Arslan stressed that the diagnosis of the disease should be fully established for an effective treatment, and made statement as follows: “It should be borne in mind that pain is actually a signal like a fire alarm, so it is our main goal to eliminate the disease that causes the pain rather than treat it. As a result, pain-causing diseases can range from simple muscle fatigue to very malignant cancers. After determining the disease causing pain, our primary goal is to treat the disease with natural methods and even without medication. The first thing to do in natural treatment methods is to eliminate any causative agent. Examples of these natural treatment methods include vitamins and mineral supplements with life modifications such as preventing weight problems, interrupting if there is a sports activity, changing or alleviating the work if the patient is doing heavy work, providing nutrition and sleep order, reducing stress. A suitable exercise program can then be started. In addition to these treatments, combination of PRP, prolotherapy, stem cell injection and intraarticular injections can be applied together with hot and cold compresses for pain control and pain relievers with low side effects if pain control is not achieved. Treatment processes are specific to each patient.”

Arslan added: “While some patients can be cured with only a precautionary measure, some patients benefit from the injection treatments listed above. In case of a metabolic or rheumatologic disease in musculoskeletal pain that cannot be controlled by natural methods, appropriate drug treatments should be planned and in cases that require surgery, damaged tissues should be treated with closed or open surgeries. Sometimes even prosthetic surgeries can be applied.”

WHAT IS THE IMPORTANCE OF STEM CELL TREATMENT IN MUSCLE AND JOINT DISEASES?

Arslan stated that stem cells are miraculous cells that have the potential to be transformed into other tissues and provide healing in damaged tissue, and continued as follows:

“It is found in bone marrow and fatty tissue in our body. With the advancement of technology, stem cell therapy is now used frequently in diseases affecting musculoskeletal system. Muscle and joint diseases in which stem cell therapy is applied; musculoskeletal injuries, tendinitis, meniscal tears, ligament lesions, calcifications, waist, knee, hip, elbow,

shoulder, wrist and all other joint diseases can be counted as heel spurs. Even in advanced knee calcification, pain reduction can be achieved with stem cell therapy. Stem cell therapy can be used in addition to fracture and arthroscopic surgeries.”

HOW STEM CELL THERAPY IS APPLIED?

Stating that stem cell therapy is performed by surgeons, bone marrow aspiration or the most common methods are applied in the form of fat aspiration from the abdominal region Faculty Member of Istanbul Gelisim University Assoc. Prof. Dr. Aydın Arslan added: “Both procedures must be performed under sterile conditions. Generally, the patient is not anesthetized and local anesthesia is applied. In stem cell treatment, there are two different application methods in which the stem cells are prepared and applied immediately in fresh form or sent to the laboratory and injected to the damaged tissue in a second session, usually multiplied every 2 weeks. However, because of financial problems, discussions of efficacy and ethical rules, it is more preferable method to be taken from bone marrow or fatty tissue and passed through various processes and prepared during the procedure in the same session. The patient can walk immediately after the procedure and go home on the same day.”

“CHANCE OF SUCCESS IS HIGH”

Arslan said: “The main thing in stem cell therapies is to diagnose the disease and to tell the patient what to expect. In recent years, there have been great improvements in stem cell therapies and stem cell therapies are being applied more widely. Successful results are reported in recent scientific studies. As a result, if the surgeon is convinced that the patient will benefit from stem cell therapy, the chance of success is very high.

A method from the specialist to prevent weight gain after New Year Party

Food and entertainment planning continues as year-end approaches. Quality Life Specialist Dr. Haluk Saçaklı warned those who enter the new year by consuming too much food: “If the next day is applied the necessary steps, not even 1 gram of weight is taken.”

On special occasions like New Year, everyone can eat more than their body needs. Stating that in this case, the important thing to know the next day is to know how to behave, Faculty

member of Istanbul Gelisim University, Quality Life Specialist Asst. Prof. Dr. Haluk Saçaklı shared the secret of not gaining weight after meals consumed more. Saçaklı said: “The energy taken into the body needs 24 hours to convert into fat. If the next day is applied, not even 1 gram of weight is taken. When you exceed this period, the excess calories in the food you eat are directed to fat stores. Fat is more difficult to dissolve”.

“FAT STORE CAPACITY IS UNLIMITED”

Saçaklı indicating that fat stores grow by eating and swell as they grow, said: “They have unlimited capacity for storage. Of course, there is a great need for fats in healthy life. We carry 30 to 40 billion fat cells. If we didn't have fat depots and we had to use carbohydrates only as depots, we'd be three feet tall and 300 pounds. No problem our fat depots matches our need”.

“DRINK 12 - 18 CUPS OF WATER”

Saçaklı providing information about the things to be done in order not to overfill the fat storage, said: “The body needs a balanced amount of carbohydrates and protein to prevent your meals from becoming fat. The next day, increase your daily water consumption. Normally 8 - 12 glasses of water should be consumed per day, you should increase this measure to 12 - 18 glasses. On the same day, you should increase your daily protein consumption, but choose as low fat as possible” diye konuştu.

Stating that it is necessary to increase the amount of water and protein taken 1.5 times, said: “Increased protein during the day, accelerates metabolism with water. This allows you to get rid of what you eat without turning into fat.”

“UNLIMITED ‘SÖĞÜŞ’ SALAD”

Noting that the bread should definitely not exceed 3 servings Quality Life Specialist Dr. Haluk Saçaklı, said: “Bread can be consumed at breakfast and as a snack. For lunch and dinner, you should definitely not have bread and cereal products. After waking up in the morning with a glass of water, 1 cup of coffee prepared with diet milk can be consumed. For breakfast,

choose 1 lean cheese, 1 slice of brown bread, unlimited cold cuts and salad, prefer apple juice instead of tea.”

“OIL AND SUGAR PROHIBITED ALL DAY”

Saçaklı noting that carrot juice should not be forgotten in snacks, added: “Increase boiled and raw vegetables consumption, prefer lean one of milk and yoğurt. Meat can be consumed above the limit provided that it is grilled and steamed. Fat and sugar are forbidden all day long.”

“GORGE FREELY 3 TIMES A MONTH”

Stating that this system can be applied at most 3 times a month and at most once a week, Saçaklı added: “If applied more frequently, metabolism does not respond. That means you can gorge 3 times a month. Eating 3 times a month without thinking will be enough for everyone”.