



Integrative complementary care for oncology patients

Complementary medical services for past or present oncology patients
and ongoing care after completing treatment



מנבוי טבעי

The therapists at Maccabi Tivi clinics are skilled providers of integrative medicine, to patients undergoing cancer treatments or recovering. Their expertise has been honed over years of professional study and clinical experience in integrated cancer treatment.

Maccabi Tivi operates at dozens of service centers nation wide ready to assist and accompany you along this journey.

What do we offer?

- Integrated complementary and conventional medicine
- Professional staff under medical supervision
- Solutions for a variety of medical conditions
- Through Maccabi Health services
- Locations nationwide
- Accessible clinics
- Accommodating hours
- Wide range of therapies



We can help

Complementary and integrative medicine can greatly contribute to the quality of life of patients who are currently moving through or have previously walked through all phases of the journey -- from discovery, and the unbearable wait for a precise diagnosis, and learning about various treatment options, through the surgery and the subsequent treatments.

Studies and clinical experience show that complementary medicine can significantly alleviate a variety of side effects from conventional cancer treatment, and reduce the risk of recurrence.

Acupuncture, naturopathy, shiatsu, massage therapy, reflexology, biofeedback, homeopathy, herbs and mindfulness workshops can go a long way towards supporting your recovery and relieving stress, tension and anxiety.

To learn about related research:



Fatigue and weakness

Various cancer treatments are associated with considerable fatigue and weakness. Weakness throughout the body may result in different symptoms such as poor nutritional absorption during digestion, lesions in mucous membranes – (mucositis), low blood counts due to bone marrow damage, fatigue and lethargy.

Regular herbs therapy supplements and nutritional adjustments, as well as homeopathy, acupuncture and shiatsu during and following treatments help to preserve energy, reducing fatigue and weakness.

Pains and neuropathy

Patients vary in how their nervous systems respond to the high levels of absorbed toxicity. Phenomena include pain reduced sensation, prickling, and burning sensations. Pain mostly appears in the limbs however sometimes it is experienced in organs. Pain may stem from pressure applied on the vertebrae and on various joints. Treatments like acupuncture, reflexology, shiatsu and nutritional supplements given regularly throughout the treatment period and after can provide some relief from pain and neuropathy.

Psychological stress

A patient's cancer journey is often accompanied by significant emotional stress, including anxiety, sadness, moodiness, fears and guilt. This may lead to a poor quality of life, sleeping problems, digestive problems and difficulty functioning at home or at work. Therapies such as acupuncture, shiatsu, herbs and biofeedback, administered throughout the treatment period and after can provide some relief from the stress and quality-of-life improvement.

Digestive discomfort

Symptoms like ulcers in the mouth, dryness in the mouth, nausea, vomiting, diarrhea, constipation, stomach aches, loss of appetite and weight loss may be part of the disease itself or treatment treatment side effects. Acupuncture, touch therapy and other complimentary medicine approaches have been proven effective in coping with these symptoms.

Neurological effects

Prickling, nerve pain, or reduced sensation in the palms are possible side effects of chemotherapy. Acupuncture, reflexology and shiatsu may provide relief from these side effects.

More about complementary therapies



Acupuncture:

Chinese acupuncture (along with Japanese and/or Korean acupuncture): can treat and prevent various diseases and pain. This therapy uses fine, thin, sterile and disposable needles. The therapist's choice of acupuncture points is based on a diagnosis of a patient's body-mind balance, according to Chinese medicine and / or disciplines deriving from it.


 **Session length:**
up to 30 minutes.

Medicinal herbs:

Medicinal herbs are a complementary treatment with mental and physical benefits. The patient may purchase common herbal formulas at Maccabi Tivi clinics for an added cost, to save time and avoid waiting for a delivery.

Biofeedback:

Biofeedback is a non-invasive experiential learning method without side effects. The patient learns how to improve regulation, balance and control of various body and mind functions, which have previously been considered uncontrollable.

 **Session length:**
up to 45 minutes. Subsequent session lengths: up to 30 minutes.


Shiatsu:

A touch method developed in Japan based on the principles of traditional Chinese medicine. Shiatsu emphasises the energy (Qi) flowing between the skeletal and muscular systems along the Qi meridians. Stationary or poorly flowing Qi may lead to discomfort, pain and different illnesses. Shiatsu therapy helps balance Qi in the meridians and organs, providing relief. Shiatsu therapies at Maccabi Tivi are done on a mat or a bed.

 **Session length:**
up to 30 minutes.

Naturopathy:


A method based on personalized nutritional counseling, Western medicinal herbs and nutritional supplements. Balanced nutrition can be foundational to the overall healing process. A individual diet must suit the individual's lifestyle, their needs and personal desires. Western medicinal herbs are an important therapeutic tool in the naturopath's toolbox. Using medicinal herbs in the West has a longstanding therapeutic tradition taught in naturopathy schools.

 **First session length:**
up to 45 minutes. Subsequent session lengths: up to 30 minutes.



Reflexology:


A hands-on therapy method originating from several cultures such as ancient Egypt, India, China and South America. Reflexology is mostly done on the feet and some times on the palms, affecting the human body mind as a whole. The purpose of this method is to boost the body and mind's natural healing abilities by bringing body and mind to a relaxed and balanced state.

 **Session length:**
up to 40 minutes.

Homeopathy:

A therapy method based on the concept of "like cures like". That is, a substance capable of eliciting particular symptoms in a healthy person, might in its homeopathic state trigger healing processes in a person exhibiting the exact same symptoms. For example, drinking coffee may cause extreme wakefulness, a rapid heartbeat increased intestinal activity, and so forth. The homeopathic solution Coffea (coffee in its homeopathic diluted form) can help with insomnia.

Homeopathy views the person as a whole in whom the body and the mind are integrated and unified. The symptoms for which one seeks therapy are merely manifestation of a disruption of mind-body harmony. Homeopathy can help support body and mind for oncology patients.

 **Session length:**
up to 45 minutes. Subsequent session lengths: up to 30 minutes.

Medical massage

The purpose of medical massage is to improve bodily system functioning including stimulating blood flow in the limbs, reducing muscle tension, relieving muscle pain and headaches, improve range of motion in the joints and providing calm. Massage techniques are customized for each patient according to their needs.

Session length:
 up to 45 minutes.

Mindfulness workshops:

Exercising mindfulness helps patients deal better with pain, tension and anxiety. this exercising help train the mind to cope with the oncology patient's complex reality by learning and exercising different techniques of guided imagery, meditation and therapy. Mindfulness is a tool to help patients manage their lives.

- In-person and online workshops are offered by professional instructors.
- Each workshop encompasses six sessions lasting up to two hours.



To sign up for
mindfulness
workshops



Maccabi member **benefits**

Maccabi Sheli:

A discount up to 68% for Maccabi members on prices as listed on the Maccabi Tivi and Maccabi websites.

The discount applies to the first 20 treatments (including medical consultation) each calendar year, for complementary therapies on the Maccabi Sheli list.

Beyond 20 treatments, is 10% of the listed prices (except for therapies not included in the Maccabi Sheli plan).

Upon joining Maccabi Sheli there is a 3-month waiting period before discount eligibility.



Maccabi Gold:

A discount up to 41% members on prices as listed on the Maccabi Tivi and Maccabi websites.

The discount applies to the first 20 treatments (including medical consultation) in each calendar year, for complimentary medicine therapies included in the Maccabi Gold list.

Beyond 20 treatments, the discount is at 10% of the listed prices.



* Therapy prices are in accordance with Maccabi Tivi's price list, subject to Maccabi Health Services' regulations and index adjustments | EO&E | Therapy is available following a medical consultation | Last updated September 2022.

How can I begin treatment?

Treatment at Maccabi Tivi begins with a medical consultation. That meeting will include a survey and diagnostic test to build a treatment plan customized for you.

Bring any relevant medical materials to the consultation:

- ✓ A summary letter from the oncologist
- ✓ Recent results of blood tests
- ✓ A pathology report
- ✓ Imaging results
- ✓ A treatment plan (chemotherapy/ radiotherapy / hormonal therapy / biological therapy / immunotherapy, etc.)



For more information and appointments | *6395

