

Massage Can Help Revitalize Women Who Are Battling Breast Cancer

(NAPSA)—A massage can do more than relax and revitalize you. A growing body of research recognizes the recuperative value of massage as part of a wellness routine—and the ability of massage to improve overall well-being, especially when experiencing a serious health condition such as breast cancer.

Health Benefits

A recent study published in the Archives of Women's Mental Health showed a reduction in anger, anxious depression and tiredness in women diagnosed with breast cancer when they received biweekly 30-minute massages compared to those who did not. And massage therapy is increasingly being applied to symptoms experienced by cancer patients such as nausea, pain and muscle tension.

Research has also shown that massage can relieve symptoms associated with a variety of conditions including back pain, migraines, anxiety and high blood pressure, in addition to cancer.

“Massage therapists understand how physical activity can impact the body and how to alleviate tension and restore balance,” said Kathleen Miller-Read, national president of the American Massage Therapy Association (AMTA), a nonprofit, professional association with more than 56,000 members serving massage therapists, students and schools.

Walking For The Cure

That's why AMTA member massage therapists are partnering with *Energizer* and volunteering their time at the 2010 Susan G. Komen 3-Day for the Cure® events.

The 3-Day for the Cure is a series of 15 walks nationwide where participants commit to walk 60 miles over the course of three days to raise money to help Susan G. Komen for the Cure accomplish its promise to end



Participants in the 3-Day for the Cure walks are treated to a massage.

breast cancer. When the long day of walking is over, participants can enjoy a complimentary 10-minute chair massage, courtesy of the events' presenting sponsor, *Energizer*.

“Our members also believe in a culture of caring and are thrilled to be volunteering their time to help these walkers recharge for the next day,” said Miller-Read.

Miller-Read offers the following tips on getting the most out of your next massage.

Getting More Out Of Your Next Massage

1. Talk to your massage therapist. Provide accurate health information and let the therapist know about your expectations and the reasons for the massage. Tell your massage therapist what you prefer in the way of lotions and oils and whether you have any allergies.

2. Don't forget to breathe normally, as this will help you relax.

3. Drink lots of water after your massage.

4. Rest for a minute after the massage and allow for some quiet time. Don't get up too quickly. If you feel dizzy and light-headed after the massage, don't get up.

To Learn More

For more information about breast health or breast cancer, visit www.the3day.org or call (877) GO-KOMEN. For information on *Energizer's* support of Komen, visit www.energizer.com/komen.

For an extra dose of energy, visit the *Energizer Bunny*® Facebook page at www.facebook.com/energizerbunny. Follow the AMTA at www.facebook.com/AMTAmassage. Find a professional massage therapist at www.findamassagetherapist.org.