

## **The Healing Power of Touch**

May is National Cancer Research Month. This May we can celebrate a real breakthrough for family caregivers in improving the lives of loved ones with cancer. Sponsored by the National Cancer Institute, the study produced and evaluated a new DVD program called **Touch, Caring and Cancer: Simple Instruction for Family and Friends.**

I've seen this award-winning program produced by someone whose work I respect, Dr. William Collinge, and it is truly a beautiful and inspiring production. The 78 minute video gives viewers expert, step-by-step guidance in safe and simple techniques of touch and massage that bring comfort and relaxation to loved ones at home. Eleven caregivers and patients were filmed receiving the instruction and practicing together. Along with the outstanding instruction, the couples share their personal stories of how their newfound skills have raised their confidence and satisfaction in caregiving. Attention is given to safety precautions so viewers can fully enjoy this powerful form of support without inhibition.

This study had impressive results: Simply following the DVD, caregivers were able to reduce patients' pain, nausea, fatigue, depression and anxiety by up to 44 percent. Users also reported feeling closer and more intimate than before. Accompanied by beautiful music, the program is available in English, Spanish and Chinese versions, and comes with an illustrated manual.



I can't think of a more satisfying form of caregiving than touch. And what can be more healing for you and your loved one?

To learn more and see previews, visit [partnersinhealing.net/dvd](http://partnersinhealing.net/dvd)

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