

HC  
marbella

Complementary Medicine Unit

Personalized support for your  
conventional treatment



## What is complementary medicine?

It is a set of practices and products that are a complement to conventional medicine.

At HC Marbella, we include in complementary medicine, specific aspects of Nutrition, Psychology, Acupuncture, Yoga, "Mindfulness", Physiotherapy through consultation with a Medical Coordinator and Advisor.



# What is the benefit for us?

It has been scientifically proven the beneficial effects for certain processes: rheumatic diseases, fibromyalgia, back pain, cardiovascular, urologic, gynecologic, oncological diseases... and in the field of fertility, some of these practices may also be proposed by specialists.

In the cases of oncological diseases, we want to make it clear that in no way replaces your cancer treatment: they complement it. Conventional cancer treatments (chemotherapy, radiotherapy, and immunotherapy) remain indispensable for proper management of the disease but, like all drugs, sometimes have uncomfortable side effects these new proposals of complementary therapies aim to alleviate.

Complementary medicine can help you live better with the disease, often relieving the side effects of conventional treatments, but also helping to physically recover from the sometimes aggressive treatment.

With this Complementary Medicine Unit, we intend to prevent patients of making the mistake of looking for other alternative medicine treatments without a scientifically proven benefit, always offering options with strict medical criteria.





## A continuous dialogue is essential

It is very important that your doctor has complete information on all products available on the market that perhaps you are taking (food supplements, herbal extracts, vitamins, “special” diets), etc. They may contain active ingredients modifying (increasing or decreasing) the effects (both beneficial and adverse) of conventional treatment.

Our medical coordinator will conduct a detailed initial visit for information on your situation and define objectives, designing a customized plan supportive care.

We want to thereby form a solid doctor-patient team through a fluid dialogue to coordinate our therapeutic proposals and achieve the greatest possible comfort, controlling physical but also emotional effects that arise at each stage of cancer treatment.



## Medical Coordinator

The coordinator will define specific goals to be achieved through a personalized plan of complementary care. Also review all medications and other supplements (herbs, vitamins, buffers, etc.) that each patient is taking to ensure that no negative impact on cancer treatment or other prescribed diseases.

This doctor will accompany patients throughout the adjunctive treatment.

## Nutrition

It is one of the most important complementary treatments of any process, specifically cancer components. Eating the right foods before, during and after treatment can help you feel better and stronger.

We have an expert in nutrition and dietetics equipment offered as follows:

- A Medical and dietary consultation for nutritional advice during and after cancer treatment.
- Monthly workshops for groups, every two weeks, with training:
  - Dietary Guidelines and culinary skills for each patient.
  - Food health after cancer.



## Physiotherapy

Oncological physiotherapy focuses on improving the tolerance of different cancer treatments, decrease their side effects acute or chronic.

Also it can prevent and reduce lymph edema and maintain patient autonomy favoring their activities of daily living.

All this is done through non-invasive techniques such as manual therapy, massage, stretching, therapeutic exercise, manual lymphatic drainage, pool exercises...



## Yoga

Yoga is a tool that allows the person to have control of their body. Thus, patients increase their self-esteem and optimism a therapeutic way, and become active (rather than passive) patients. Its practice improves physical posture, breath and mind control. In our unit we have several programs:

- Yoga for a women's world: Breast cancer, fibromyalgia, menopause, pelvic floor disorders, etc.
- Yoga as rehabilitation of patients with other diseases: Back problems, arthritis, Carpal Tunnel Syndrome, Multiple Sclerosis, Sleep disorders, asthma, diabetes, headaches and migraines, stress, sexual dysfunction, symptoms of different tumors and the effects of their treatments.



## Acupuncture

Is a therapy that can be used to promote the natural healing abilities of the body, relieve pain and general welfare benefiting cancer patients at different stages of their treatment by strengthening the body, relieving unwanted side effects.

Acupuncture is used to relieve symptoms such as nausea, pain, dry mouth, digestive disorders, headaches, neuropathy, insomnia and fatigue, etc. This practice is not necessarily done with needles.



## Psychology

We also have Psychologists who can intervene at any time of the disease through scheduled consultations. The same exchange of information will be established through a conversation des-structured focused on the “physical symptoms” and soul, in terms of psychosomatic medicine, where patients and their families can explain and share with the psychologist and, if desired with other patients and families their experiences. Thus, learning together, ways to mitigate and cope better with the disease, listening to the results in each individual case and applying them to the group.



## Mindfulness

Is a practice that involves concentrating and observing what the present moment is? Usually our attention is occupied with our internal dialogue, thinking and creating unnecessary suffering. By learning to focus our attention on the present moment, a healing of our mind occurs and helps us to enjoy and appreciate the life we have.

We suggest an initial course which will teach and practice the basics of Mindfulness proposed.





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