

- Introduction
- What are complementary therapies?
- How might complementary therapies benefit me?
- Are complementary therapies effective, are they safe?
- How do I choose a complementary therapy?
- Types of complementary therapies
- Accessing complementary therapies
- Palliative care
- Useful contacts

Complementary Therapies and Multiple System Atrophy

Introduction

The MSA Trust Nurse Specialists are often asked if complementary therapies would be beneficial in multiple system atrophy (MSA). As there is little evidence based research to show how effective they are, we have produced this leaflet to give you a general overview of the types of therapies that are available. We hope this will assist you in deciding what might be right for you.

What are complementary therapies?

A complementary therapy can be described as a treatment that uses a holistic approach, aiming to treat the whole person, including mind, body and spirit, rather than treating symptoms alone.

Complementary therapies can be used alongside conventional medicine (this being the treatment of symptoms and diseases using drugs, radiation or surgery). They can be used for symptom management and to enhance a sense of physical, mental and spiritual well-being. Complementary therapies are promoted not as cures, but as a means to enhance a person's quality of life.

Sometimes they may be used to relieve symptoms or the side effects of conventional medical treatments. Complementary therapies are in no way meant as an alternative to the prescribed medications or treatments that your Doctor recommends.

N.B. It is important to note that there exists another area of treatment called Alternative Therapies, and that such treatments are not equivalent to, nor related to, Complementary Therapies. Alternative Therapies are based on historical or cultural traditions. None have been proven to cure MSA or slow its progression and some may be harmful. Therefore we do **NOT** advocate the use of Alternative Therapies. They do not work as a replacement to any prescribed medication you may be taking. Most importantly you should not stop any prescribed medication without discussing this with your specialist first.

How might complementary therapies benefit me?

Benefits you may experience include;

- Easing muscle tension or rigidity
- Feeling more relaxed with better emotional balance
- Improved circulation (you need to inform your therapist if you have low blood pressure)
- Pain relief
- Helping with anxiety or low mood
- Improved sleep.

Are complementary therapies effective and are they safe?

Some complementary therapies are based on principles and an evidence base that are not recognised by the majority of independent scientists.

However, some complementary therapies have been tested in the same way as conventional medical treatments. This is to see how effective and safe they are, and to see if they have side effects. In a few cases, certain complementary treatments have been proven to work for a limited number of health conditions. For example, there is good evidence that osteopathy, chiropractic and acupuncture are effective at treating persistent low back pain.

Whilst there may be no hard scientific evidence to prove that many of these therapies work, some people do find them to be beneficial. As MSA is so individual our Nurse Specialists are very happy to discuss the options with you.

The Department of Health in England recommends that you should consult a therapist registered with the Complementary and Natural Healthcare Council, where appropriate.

To find out more information and to see the full list of therapies regulated by the Council, visit their website www.cnhc.org.uk and see our Useful Contacts section at the end of this leaflet.

How do I choose a complementary therapy?

When choosing a complementary therapy, you may wish to consider:

- how you might expect to benefit from it
- whether there are any safety issues (some therapies can be contraindicated with certain prescribed medications)
- how much it will cost.
-

Some therapies aim to relax you or to improve your sense of wellbeing whilst others may help you cope with symptoms such as muscle rigidity, emotional fluctuation, or poor sleep.

Types of complementary therapies

As there are numerous complementary therapies we are unable to cover them all in this leaflet, but we have included the most common ones. To try to make this easier to understand we have divided them into:

- Active movement therapies e.g. Alexander Technique, Conductive Education, Pilates, Tai chi.
- Passive hands on therapies e.g. aromatherapy, massage, chiropractic.
- Invasive therapies e.g. acupuncture, homeopathy and herbal remedies.
- Activity based e.g. art therapy, music therapy

Active movement therapies

Alexander Technique

The Alexander technique is a way of learning how you can get rid of harmful tension in your body. It is a simple and practical method for improving ease and freedom of movement, balance, support and coordination. This technique teaches the use of the optimum amount of effort for a particular activity, giving you more energy for all your activities. It is not a series of treatments or exercises, but rather a re-education of the mind and body.

Pilates

Pilates is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle-strength, flexibility and posture. It incorporates elements of yoga, martial arts and Western forms of exercise.

Tai Chi

Tai chi, which originated in China as a martial art, is sometimes referred to as moving meditation+ practitioners move their bodies slowly, gently and with awareness while breathing deeply. Tai chi incorporates the Chinese concepts of yin and yang (opposing forces within the body) and qi (a vital energy or life force). Practicing Tai chi is said to support a healthy balance of yin and yang, thereby aiding the flow of qi.

Passive hands-on therapies

Aromatherapy

Aromatherapy, also referred to as Essential Oil therapy, can be defined as the art and science of utilising naturally extracted aromatic essences from plants to balance, harmonise and promote the health of body, mind and spirit. It seeks to unify physiological, psychological and spiritual processes to enhance an individual's innate healing process. It is commonly used in massage but can be used in other ways, such as diffusing oils for inhalation.

Massage

Massage can be applied with the hands, fingers, elbows, knees, forearm, feet, or a massage device. It can promote relaxation and well-being, improve circulation and alleviate pain.

Chiropractic

Chiropractic is a form of complementary therapy in which a therapist diagnoses, seeks and prevents any problems of the musculoskeletal system which may be affecting the wider nervous system and therefore the health of the whole body. He/she uses their hands to treat the joints and muscles through spinal manipulation.

Reflexology

Reflexology works by applying pressure, using special finger and thumb techniques, to specific areas on the feet that relate to the body's organs, glands, muscles and bones. The areas on the foot are thought to correspond to the map of the body, and by working on the feet, the related area within the body is targeted.

Reiki

Reiki is said to help release physical, emotional and mental blockages by using "life energy". This energy is used to help the body balance and heal itself. It involves the therapist putting their hands in different positions either on or above the body over the seven "chakra" points. Healing energy is then said to flow, allowing the life energy to flow again.

Invasive therapies

Acupuncture

Acupuncture is a form of complementary medicine in which a therapist inserts fine needles into specific areas of the body to help with a variety of ailments. Acupuncture works on the body's motivating energy, known as qi, to help it to move smoothly through the pathways in our body. The needles go into these channels under the skin and help the body to restore its balance. When the flow of qi is not smooth, acupuncturists believe it can result in ill health, so acupuncture aims to redress the balance of the qi to help the body to balance itself again.

Homeopathy

A central principle of the homeopathy is that "like cures like" . based on the premise that a substance that causes certain symptoms can also help to remove those symptoms. A second central principle is based around a process of dilution and shaking, called succussion. Practitioners believe that the more a substance is diluted in this way, the greater its power to treat symptoms. Many homeopathic remedies consist of substances that have been diluted many times in water until there is none or almost none of the original substance left. There is no proven evidence and much debate about the effectiveness of this therapy.

Herbal therapies

Therapies using herbs and plants can be available as a tea or taken as a tablet, cream or ointment. Some common therapies that use herb and plant extracts include:

- Aromatherapy -using natural oils extracted from plants.
- Flower remedies -using the essence of flowers.
- Homeopathy -using plant and mineral extracts diluted many times.
- Herbal medicines -using plants or mixtures of plant extracts.

It is important to speak to your GP, Neurologist or Parkinson's nurse before taking any herbal medicines or supplements, even if purchased at a local chemist or health store.

This is because some of them may have serious side effects or may interfere with your usual medication. For example, the herbal remedy St John's Wort, which can be used for depression, is not recommended for people with certain health problems.

Activity based therapies

Art therapy

Art allows people to openly express their feelings, reducing anxiety and a sense of isolation. It promotes attention, provides pleasure, nurtures social behaviours and a sense of self-esteem. Many hospices now offer art therapy.

Conductive education

Conductive Education originated in Hungary in the late 1940s as a unique form of education and rehabilitation for people with neurological movement disorders. It is based on a belief of human potential where people with neurological motor disorders have the capacity to learn and develop skills through structured teaching and learning programmes designed and delivered by trained conductors.

Music therapy

Music can help to reduce anxiety and depression. It connects both mind and body. Music encourages us to move our bodies which can improve balance and gait. In particular Dance to Music can improve rigidity, hand movements and facial expression for people living with Parkinson's and there is currently much interest in this subject.

Creative writing therapy

Creative writing can be used as a therapeutic tool in palliative care and some hospices are now offering this type of therapy. It can enhance well-being and self-awareness. It can be used as a form of stress management and source of enjoyment; to enhance quality of life and to encourage self-esteem.

Accessing complementary therapies

The availability of complementary treatments on the NHS is limited. Some, such as acupuncture, may be offered by the NHS.

Always tell your doctor if you are thinking about using complementary therapies. Although many complementary therapies are safe to use alongside conventional treatment, some may not be suitable. Ask your doctor or nurse if there are complementary therapies at your hospital and whether they can refer you for free treatment.

Therapies that aren't provided by the NHS can be expensive. The organisations at the end of this information leaflet should be able to give you an idea of the usual costs of certain complementary therapies.

Many day hospices offer complementary therapies for the person living with MSA and sometimes these are also available for their partner.

Palliative care

Palliative care is treatment that is aimed not at curing illness but rather alleviating the symptoms of illness and enabling the person affected to live the best possible life they can.

Complementary therapists work holistically acknowledging all of their patients' needs - physical, mental, emotional, social and cultural. Complementary therapies are often used in palliative care for the beneficial effects on the body, mind and spirit - both aiming to control pain and other symptoms and to optimise quality of life for people with MSA and their families.

In palliative care, the people caring for a person, such as friends and family, may also have heightened health issues, particularly stress and fatigue. Therapists will often work with these carers too. They may use therapies such as acupuncture, aromatherapy, massage, reflexology, hypnotherapy, Reiki, sound therapy and Tai Chi.

In order to access a complementary therapy service at your local hospice or palliative care unit you usually have to be under their care. Ask your GP, or specialist nurse to refer you to your local hospice or palliative care unit.

Useful contacts

For more information and to find a registered practitioner please refer to the following list:

National Institute of Medical Herbalists
01392 426 022 www.nimh.org.uk

Alliance of Registered Homeopaths
01825 714 506 www.a-r-h.org

British Homeopathic Association
01582 408 675 www.britishhomeopathic.org

Complementary Therapies and Multiple System Atrophy

International Register of Consultant Herbalists and Homeopaths
01594 368 443 www.irch.org

General Council for Massage Therapies
0870 850 445 www.gcmt.org.uk

British Association for Music Therapy
020 7837 6100 www.bamt.org

General Osteopathic Council
020 7357 6655 www.osteopathy.org.uk

The Complementary and Natural Healthcare Council
020 3178 2199 www.cnhc.org.uk

British Reflexology Association
01886 821207 www.britreflex.co.uk

Tai Chi Union for Great Britain
07774 985411 www.taichiunion.com

British Acupuncture Council
020 8735 0400 www.acupuncture.org.uk

Therapy Directory www.therapy-directory.org.uk
Alexander Technique International
01727 760 067 www.ati-net.com

The Complementary and Natural Healthcare Council
020 3178 2199 www.cnhc.org.uk

The International Federation of Professional Aromatherapists
01455 637 987 www.ifparoma.org

Do not hesitate to contact the MSA Nurse Specialists if you would like further information or have any questions.

The MSA Trust's Contact Details:

MSA Trust, 51 St Olave's Court, City Business Centre, Lower Road, London SE16 2XB
T: 0333 323 4591 | E: support@msatrust.org.uk | W: www.msatrust.org.uk

Complementary Therapies and Multiple System Atrophy

NURSE KEY

KATIE RIGG
JILL LYONS
SAMANTHA PAVEY
EMMA SAUNDERS



Samantha Pavey: T: 0203 371 0003 | E: samantha.pavey@msatrust.org.uk

Katie Rigg T: 01434 381 932 | E: katie.rigg@msatrust.org.uk

Jill Lyons T: 01934 316 119 | E: jill.lyons@msatrust.org.uk

Emma Saunders T: 0330 221 1030 | E: emma.saunders@msatrust.org.uk



REVISION DATE: 03/16 | REVIEW DATE: 01/18 | VERSION: 1.0



Disclaimer

We have taken every care to ensure the accuracy of the information contained in this publication. It is produced independently, is not influenced by sponsors and is free from endorsement. The information should not be used as a substitute for the advice of appropriately qualified professionals, if in any doubt please seek advice from your doctor or legal professional.

References for this information sheet are available by contacting support@msatrust.org.uk.

Feedback

Your feedback helps us ensure we are delivering information to the highest standard. If you have any comments or suggestions please complete a short survey by following the links from our website: www.msatrust.org.uk or by contacting us at support@msatrust.org.uk.

