

# Reflexology helps remove fatigue after treating breast cancer

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The method we want to mention in this article is **reflexology** . A famous form of traditional Chinese treatment by operating, affecting the acupuncture points on the female body.

## Use acupressure method in cancer treatment

A new study in the United States has demonstrated that reflexology is able to relieve fatigue symptoms for people after treating breast cancer. Specifically, reflexology is the method of using fingers to directly impact on some points of the body. And a total of 424 women agreed to participate in this new form of treatment.

All learn to reflexology, support regular reflexology, exercise, regular sleep control and regulate body energy. These women get reflexology once a day, acting and stimulating to press circular motions on acupuncture points, lasting about three minutes each time.



*Reflexology helps women reduce fatigue during breast cancer treatment (Photo: Internet)*

Just do so, after six weeks, the degree of fatigue has decreased rapidly, reaching a success rate of 66.2%. Among them, 60.9% of people only feel mild fatigue even returning to a normal healthy state.

According to *Suzanna Zick*, research author and professor at the University of Michigan, he said: "*Fatigue is a mere symptom and usually happens to people after cancer treatment, especially Breast cancer in women And this fatigue symptom in the long run is not only a common symptom, but it can become a chronic disease, so use acupressure to dispel fatigue after treatment. cancer, will significantly affect long-term, cost-effective treatment, but is very easy to practice, even patients can self-reflexology for their bodies .*"

Currently, the research group is conducting development of **acupressure method after breast cancer treatment** on Smartphone application, so that patients can easily access the lessons. In addition, the group is continuing to study whether reflexology can be applied to other types of cancer.

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