Prostate Cancer, Treatment, and Massage Therapy

A Webinar with Tracy Walton, MS, LMT

Part 5 of the More about Cancer Care and Massage Webinar Series

Background

• Author
• Educator
• Researcher
• Massage Therapist
• Specialist in massage therapy and cancer care
Things to Think about...

- Side effects of common prostate cancer treatments, and how to adjust massage techniques
- Planning massage for advanced prostate cancer
- What questions to ask clients with prostate cancer, and how should the client’s answers be used to plan the massage session?

Download and print the “Walton Side Effects Table” for this webinar...
Where it is in the body (cancer status)

Signs, symptoms

How it affects organ function

Whether it makes tissues unstable

Cancer treatments and side effects

Elements of Massage To Adjust

- Contact
- Lubricant
- Pressure
- Joint Movement
- Friction
- Position
- Site of massage
- Draping
- Speed
- Rhythm
- Session length
- Session timing
- Session intent
- Medical consultation
- Medical referral
Prostate Cancer Statistics

- Adenocarcinoma of the prostate
- Most common nondermatologic cancer in US men over 50
- 217,750 new cases each year
- 32,000 deaths each year
- Risk/incidence increases in each decade
  - 15-60% of men age 60-90 years old
  - 1 in 6 men develop over lifetime
Prostate Cancer Risk Factors

- Age 60 +
- Family history
- African-American
- Occupations: Painters, farmers, tire plant workers
- Exposure to agent orange
- Overuse of alcohol
- High fat diet
Prostate Cancer Spread
Prostate Cancer Spread

- Most commonly spread to bone and lymphatics
- Most common sites
  - Vertebrae
  - Sternum
  - Pelvis
  - Ribs
  - Femur
- Also spread to liver, lungs

Symptoms/Signs

- Difficulty starting urinary stream
- Slow stream
- Dribbling/leakage
- Incomplete emptying of bladder
- Blood in urine
- Blood in semen
Symptoms/Signs of Advanced Prostate Cancer

• Bone pain/tenderness
  often in low back, pelvis
  also thighs, shoulders, elsewhere
• Unexplained weight loss
• Fatigue

Diagnosis

• PSA – prostate-specific antigen screening
• Digital rectal exam
• Transrectal Ultrasound (TRUS)
• Biopsy with
  Gleason score
• CT scan
• Bone scan
• MRI

Source: National Cancer Institute
Gleason Score

- Indication of how aggressive cancer is
- 2-5 = Low-grade
- 6-7 = Intermediate grade
- 8-10 = High-grade
Treatment Approaches

- Active surveillance
- Definitive
- Palliative

Active Surveillance

- “Watch and wait”
- For early stage
- For many asymptomatic patients
- Age over 70
- Low- or intermediate-risk
- If other life-limiting conditions are present
Definitive Treatment

• Prostatectomy
• Cryosurgery/Cryotherapy/Cryoablation
• Radiation Therapy

Palliative Therapy

• Not designed to cure disease
• Not designed to significantly change course
• Slow progression
• Supportive care for symptoms
Who Gets What?

- **Stage I and II (Localized)**
  - Surgery
  - Radiation therapy (external beam or brachytherapy); sometimes combined with hormone therapy
  - Active surveillance

- **Stage III (Locally advanced)**
  - Surgery
  - Radiation therapy (external beam or brachytherapy)

- **Stage IV (Metastatic)**
  - Hormone Therapy
  - Secondary hormone therapy (if cancer resistant)
  - Chemotherapy
  - Immunotherapy (Vaccine: Sipuleucel-T; Provenge)
  - Radiation therapy for bone mets

---

Open Radical Prostatectomy

- Remove prostate
- Remove seminal vesicles
- Remove regional (pelvic) lymph nodes
- Incision/approach
  - Retropubic (incision over pubis)
  - Perineal (incision through perineum)
Laparoscopic Prostatectomy

- Laparoscopic radical prostatectomy (LRP)
- Commonly robotic assisted
- Shortens length of stay (LOS)
- Minimizes loss of blood
- Does not appear to change outcomes

Side Effects/Complications of Prostatectomy

- Urinary incontinence (5-10%)
- Bladder neck contracture or urethral stricture (7-20%)
- Erectile dysfunction (30-100%)
- Rectal injury (1-2%)
- Bleeding
- Blood clot
- Infection
- Lymphedema (rare, possible)
Side Effects/Complications of Prostatectomy

- Urinary incontinence (5-10%)
- Bladder neck contracture or urethral stricture (7-20%)
- Erectile dysfunction (30-100%)
- Rectal injury (1-2%)
- Bleeding
- Blood clot
- Infection
- Lymphedema (rare, possible)
Prostate Cancer

Medical Treatments

Surgery

Side Effects

Urinary incontinence
Bladder neck contracture
Urethral stricture
Erectile dysfunction
Rectal injury
Bleeding
Blood clot
Infection
Lymphedema (w/lymph node removal, rare)

Massage Therapy Guidelines

Easy bathroom access
No massage adjustments
Possible position change?
Medical referral avoid site (abdomen)
Always: DVT Risk Principle 1 for 12 wks postsurgery (see webinar 1)
Avoid general circ intent; gentle overall pressure, immediate referral

See Webinar 2
Ask if pelvic nodes removed; ask if dr. concerned about lymphedema risk; follow lymphedema risk precautions LE bilat
If swelling hx, follow lymphedema hx precautions

Medical Referral
Radiation Therapy (XRT)

- External Beam Radiation Therapy (EBRT or EBT)–uses external source (beam)
- Internal Radiation Therapy – Brachytherapy

External Beam Radiation Therapy (EBRT)

- External beam radiation therapy (EBRT), daily for 5-8 weeks
- Radiation therapy shaped to tumor
  - Intensity Modulated Radiation Therapy (IMRT)
  - Conformal 3-Dimensional Radiation Therapy
  - Better at sparing surrounding tissue than conventional EBRT
Brachytherapy – Radioactive Seeds

Low-dose rate seeds
Permanently implanted into prostate through perineum
• Left in permanently
• For 3-6 months, bursts of radiation

High-dose rate seeds
Temporarily inserted through catheter into prostate
• Left in for hours or minutes
• Removed

Prostate Cancer

Medical Treatments
Radiation therapy

Side Effects
Bowel function problems including diarrhea, urgency
Fatigue
Rectal discomfort burning, pain
Erectile dysfunction
Urinary urgency, burning, retention
Radiation implants

Massage Therapy Guidelines
Easy bathroom access; gentle session overall; avoid pressure at abdomen; consider position change; be alert for dehydration
See “Side Effects Table”
Consider possible position change
No massage adjustment
Easy bathroom access
Follow relevant contact precautions
Hormone Therapy
(Androgen Deprivation Therapy—ADT)

- Testosterone fosters prostate cancer growth
- Hormone therapy lowers testosterone levels
- Use of hormone therapy
  - When cancer continues to grow after surgery/XRT
  - Advanced at diagnosis
  - Before/during/after XRT for local spread
  - After surgery for regional (lymph nodes) spread
  - Prevention of recurrence
  - Shrink tumor before surgery/XRT

Types of Hormone Therapy

- Bilateral orchiectomy (surgical removal of testes)
- LHRH agonists (luteinizing hormone-releasing hormone agonists) – injections of leuprolide (Eligard, Lupron, Viadur), goserelin (Zoladex), triptorelin (Trelstar) injections
- Anti-androgens – bicalutamide (Casodex), flutamide (Eulexin), nilutamide (Nilandron)
- LHRH antagonists (GnRH antagonist) – degarelix
- Estrogens
Prostate Cancer

Medical Treatments
- Hormone therapy

Side Effects
- Hot flashes
- Nausea
- Enlarged breasts
- Loss of bone, loss of muscle mass
- Loss of libido, erectile dysfunction
- Metabolic syndrome
  - Hypertension
  - ↑ Risk of...
    - Heart disease
    - Diabetes
    - Stroke

Massage Therapy Guidelines
- Adjust room temperature, drape
- Position for comfort; gentle session overall; slow speeds, even rhythm; limit joint movement; avoid scents
- Consider position adjustment
- Gentle pressure overall, especially at spine; care with joint movement
- No massage adjustment
- See Chapter 17, MCMT
- See Cardiovascular webinar series

Survivorship
- Refers to treatment
- Posttreatment
- Years later

Source: National Cancer Institute, Rhoda Baer
• Prostate cancer
• Successful treatment with radiation
• 7 years survivorship
• No side effects
• Treatment well tolerated

Massage for Men with Advanced Prostate Cancer

• Prostate cancer
• Advanced
• Metastasis to bone
• Problems with voiding bladder
• Poor health overall
**Advanced Prostate Cancer**

**Where?**
- Bones
- Lungs
- Liver

**Signs, Symptoms**
- Urinary/renal problems
- Anemia and fatigue
- Other low blood cells

**Effects on Organ Function**
- Breathing difficulty
- Liver failure

**Tissue Instability**
- Risk of fracture
- Lower extremity edema

**Medical Treatments**
- Supportive care

**Side Effects**
- See Decision Tree

**Massage Therapy Guidelines**
- See below

- Follow Filter/Pump Principle
- Gentle overall; slow rise from table; extra draping
- See Side Effects Table: Low White Blood Cells, Low Platelets

- Adjust position for breathing ease (semi-reclining/seated?)
- Filter & Pump Principle

- Consult physician about best pressure; pressure limit at site = level 1; overall pressure limit usually = level 2
- Do not attempt to relieve edema with massage
- Follow DVT Risk Principles (see Webinar 1)

- See Decision Tree, next slide

---

**Medications Used in Supportive Cancer Care**

**Medical Information**

- **Medical treatment**
  - Antiemetics: dexamethasone (Decadron), ondansetron (Zofran), prochlorperazine (Compazine)
  - Colony-stimulating factors: filgrastim (Neupogen), pegfilgristim (Neulasta), epoetin alfa (Epogen, Procrit)
  - Pain relievers: NSAIDs, opioid analgesics (including transdermal patch)
  - Antiepileptics
  - Bisphosphonates: zoledronic acid (Zometa), pamidronate (Aredia)

- **Effects of treatment**
  - Headache
  - Drowsiness
  - Orthostatic hypotension
  - Diarrhea
  - Bone pain
  - Headache
  - Nausea
  - Some side effects possible, including GI disturbances (NSAIDs), sedation, hypotension (opioids)
  - Some side effects possible, see Chapter 10
  - Some side effects possible, including GI disturbances, necrosis of the jaw

- **Massage Therapy Guidelines**
  - Position for comfort, especially prone; consider inclined table or propping; gentle session overall; pressure to tolerance; slow speed and even rhythm; general circulatory intent may be poorly tolerated
  - Reposition gently, slow rise from table, gentle transition at end of session
  - Reposition gently, slow rise from table, gentle transition at end of session
  - Easy bathroom access; gentle session overall; avoid contact or pressure at abdomen that could aggravate
  - Avoid strong joint movement; use gentle pressure; holding with soft, still hands may ease pain
  - See above
  - Position for comfort, gentle session overall; pressure to tolerance, slow speeds; no uneven rhythms or strong joint movement
  - See Analgesics, Chapter 21
  - Avoid dislodging transdermal patch; avoid focused pressure and circulatory intent at site of patch
  - See Table 10-1; ask Medication Questions (see Chapter 6); follow Medication Principle (see Chapter 3)
  - Avoid pressure at jaw; see Osteoporosis, Chapter 9
Massage for Prostate Cancer Survivors
Learn about your client’s condition and treatment

Look up treatments and side effects...
Treatments and Side Effects

Patient Education—
www.cancer.gov
www.cancer.org

American Society of Clinical Oncology,
www.cancer.net

Hospital websites
(Mayo Clinic, Cleveland Clinic,
U. of MD, cancer treatment clinics)

Drug education websites, e.g.,
www.drugs.com

Find massage adjustments for the condition...
Find out massage adjustments for each side effect...

Where to look...

1. Books

2. Articles for download
(See bibliography at www.tracywalton.com)
Ask about the condition, treatments, & side effects...

Adapt massage
Questions to ask about prostate cancer...

Where is it in your body?  
Any bone involvement? 
Any organ involvement? 
Any recent or scheduled diagnostic tests? 
  If so, purpose? 
  Findings? 
  How was/is that for you? 
Has cancer or cancer treatment affected any vital organ function [liver, lungs, heart, kidneys, brain]? 
Which treatments have you undergone? 
How has treatment affected you? 
Any side effects or complications?

...and the follow-up questions for each
Ask the Activity & Energy Questions...

What is your activity level, day to day or week to week?
How well do you tolerate your activities?
What is your energy level?
Any medical restrictions on your activities?

...and the follow-up questions for each

Ask the 4 Medication [Procedure] Questions...

What medications or procedures have you had over the course of your cancer treatment?
[For each medication/procedure:]
→ Spell it?
→ Purpose of it?
→ Was it effective?
→ Side effects or complications?

...and the follow-up questions for each
Massage contraindications are different for different people

Prostate cancer
Advanced
Metastasis to bone
Bone pain, fracture
Problems with voiding bladder
Poor health overall

Prostate cancer
Successful treatment with radiation
7 years survivorship
No side effects
Treatment well tolerated
Resources in Cancer and Massage

Books & Articles

Patient Education—“Mirroring the Medical Concern”
Resources in Cancer and Massage

Articles in massage publications

DVD

Society for Oncology Massage
www.s4om.org

Resources in Cancer and Massage

The Society for Oncology Massage

www.s4om.org

References

• American Society of Clinical Oncology. “Cancer-Specific Resources.” Available at http://www.cancer.net/portal/site/patient/menuitem.59bb91e1ba9ba3fe979e730dc37a01d7yne xtoid=649903e8448d9010VgnVCM100000f2730ad1RCRD&vgnextfmt=default&selectcancer=5


• Prostate Conditions Education Council. “Prostate Cancer.” Available at http://www.prostateconditions.org/prostate-conditions/prostate-cancer

Thank you!
Questions?

CONTEST

How to enter:
• Write a review of a “More About Cancer Care and Massage” webinar on Facebook (www.facebook.com/BenjaminInstitute)
• You’re eligible for one entry per webinar

What you can win:
• Autographed copy of “Medical Conditions and Massage Therapy”
• A complete set of the “More About Cancer Care and Massage” webinar series to give to a friend or colleague

Webinars Available On Demand

Dr. Ben Benjamin
Unraveling the Mystery Series:
• Low Back Pain
• Cervical Pain
• Shoulder Pain
• Knee Pain
• Ankle Pain
• Hip & Thigh Pain

Whitney Lowe
• Orthopedic Approaches to Upper Body Disorders
• New Series Title

Tom Myers
• Anatomy Trains: Clinical Applications of Myofascial Meridians

Carole Osborne
• Pregnancy Massage 101

Tracy Walton
• Massage in Cancer Care
• Cardiovascular Conditions & Massage

And Many More...

All Webinars Available at www.BenBenjamin.com
Join Tom Myers & Ben Benjamin in Costa Rica

Two Integrated Approaches to Shoulder Pain: Anatomy Trains & Orthopedic Massage

Optional Ethics Course: Managing Challenging Conversations in Your Professional Life

January 5-12, 2013
Thank You For Attending the Seminar

Title of Webinar – Date of Webinar

Please fill out the below form to obtain your certificate

First Name: __________________________ Last Name: __________________________

How would you rate the workshop overall? 5=Excellent

How would rate the instructor? 5=Excellent

Did this workshop achieve its stated goals? • Yes • Somewhat • No

Did the workshop meet the expectations stated in the blurb? • Yes • Somewhat • No

How was the pacing? • Too Fast • Just Right • Too Slow

Post Webinar Quiz (you must answer 4 of 6 correctly)

Question 1: Possible Answer Options

Question 2: Possible Answer Options

SPECIAL OFFER

JOIN The Benjamin Institute E-Mailing List & Receive a FREE Ebook on the Low Back

Go to: www.BenBenjamin.com
And click “Join Our Mailing List”
Keep Learning