“The truth is that within each of us lies the power to cast all misery aside and to KNOW complete Peace and Oneness-to BE that beautiful creation of perfect harmony-to truly KNOW (help) MYSELF.” - Mary Burmeister
Lexington Cancer Foundation Goals for the 2011 Jin Shin Jyutsu Program

- Create a nurturing space for patient therapy.
- Generate interest at Markey and in the community.
- Engage patients from all areas of Kentucky and varied economic backgrounds.
- Keep detailed records of the Jin Shin Jyutsu program and patient response.
Create a Nurturing Space for Patients

- Markey Meditation Room transformed into the Jin Shin Jyutsu Treatment Suite.

- Extra wide therapy table with fleece and memory foam padding, blankets.

- Relaxing music.

- Appointment includes time for relaxation after session. No rushing.
Jin Shin Jyutsu Practitioner Lends a Healing Hand to Markey Patients

When it comes to treating cancer, there is rarely just one definitive solution or prescribed course of action. The medical practitioners at UK Markey Cancer Center use a team-based approach to provide patients with the most effective care possible. The collaborative efforts of Markey faculty, staff and volunteers further our mission to eliminate the morbidity and mortality of cancer.

After trading in her career in the jewelry business, Jennifer Bradley became a practitioner of Jin Shin Jyutsu, an energy-harmonizing practice similar to acupressure, and she is one of the newest members of Markey’s team. When her own sister was diagnosed with breast cancer, Jennifer gained an interest in the ancient technique. She witnessed its positive effects on her sister’s comfort level and ability to physically deal with her chemotherapy treatments.

Previously one of Markey’s acclaimed volunteers, Bradley has now come on board as a staff member thanks to a generous grant from the Lexington Cancer Foundation. She devotes her time to working with patients, free of charge, in an effort to alleviate the stress that comes with their often-aggressive treatment schedules.

The gentle touch of her Jin Shin Jyutsu treatments opens blocked energy pathways so the body can return to its natural state of harmony, resulting in a relief of symptoms, a feeling of deep relaxation and an overall increase in the patient’s quality of life.

“People often feel such a lack of control when dealing with an illness, and my role is to listen to and play off of their bodies’ cues,” says Bradley. Her simple but effective approach to healing is a prime example of the many ways that Markey is working to give patients the most well-rounded and integrative approach to cancer treatment possible. She sees patients in a Jin Shin Jyutsu treatment suite that is located on the first floor of the Ben Roach Building, as well as in the Kentucky Children’s Hospital, the Markey Cancer Center and the chemotherapy suite.

“I don’t view my Jin Shin Jyutsu practice as an alternative medicine solution,” says Bradley. “Rather, it is a complementary practice involving a deep relaxation of the body and mind that works in tandem with a patient’s clinical treatments. When the mind rests, the body can follow.”
Cancer is stressful; we can help

We know the stress of battling cancer can be overwhelming. That’s why Markey Cancer Center provides a well-rounded and integrative approach to treatment. To help our patients cope with stressful treatment schedules, we offer Jin Shin Jyutsu sessions free of charge. Call today to learn more about how patients are utilizing this energy-harmonizing practice.

Toll Free 1-800-333-8874 | ukhealthcare.uky.edu
Please call for more information or visit us online.

Advertisement in the Lexington-Herald Leader
Generate Interest at Markey and in the Community

Markey Website
Online Presence

Jin Shin Jyutsu Practitioner Calls Markey Cancer Center Home

Jennifer Bradley, Jin Shin Jyutsu® practitioner

When it comes to treating cancer, there is rarely just one definitive solution or prescribed course of action. The doctors and other medical practitioners at UK Markey Cancer Center utilize a team-based approach to provide patients with the most effective care possible. The collaborative efforts of Markey faculty, staff, and volunteers further our mission to eliminate the morbidity and mortality of cancer.

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Previously one of Markey's acclaimed volunteers, Jennifer has now come on board as a staff member thanks to a generous grant from the Leukemia and Lymphoma Society. She devotes her time to working with our patients, free of charge, in an effort to alleviate the stress that comes with their often-aggressive treatment schedules. The gentle touch offered by Jin Shin Jyutsu treatments opens blocked energy pathways so the body can return to its natural state of harmony, resulting in a relief of symptoms, a feeling of deep relaxation and an overall increase in the patient's quality of life.

"People often feel such a lack of control when dealing with an illness, and my role is to listen to and play off of their bodily cues," says Bradley. "Jin Shin Jyutsu helps to alleviate so much emotional stress that it truly can combat that initial, anxious feeling of helplessness that most people experience when they are first diagnosed with an illness."

Jennifer's simple but effective approach to healing is a prime example of the many ways that Markey is working to give patients the most well-rounded and integrative approach to cancer treatment possible. She sees patients in a Jin Shin Jyutsu treatment suite that is located on the first floor of the Bill Roach Building, as well as in the UK Children's Hospital, the Markey Hospital, and the chemotherapy suite.

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Jennifer Bradley may be contacted at 1-800-333-8974 (toll free), 859-323-1797 or via e-mail at jbradley@uky.edu.

More from Markey Cancer Center stories...
April 2011 -
In print and online
Lexington-Herald Leader

Ancient form of massage offers new hope for healing

By Mary Meehan — mmeehan1@herald-leader.com
Posted: 1:45pm on Apr 4, 2011; Modified: 2:16pm on Apr 4, 2011

Jennifer Bradley performed Jin Shin Jyutsu massage on Moonyeon Colville at the Lucille Parker Markey Cancer Center. Colville is receiving radiation for a recurrence of breast cancer. Jin Shin Jyutsu is being researched at UK to determine whether it helps cancer patients who have pain and nausea. CHARLES BERTRAM | STAFF

The room has the familiar trappings of a healing massage space — low lights, gentle music, soft white sheets on a cushioned table.

But what is different is the near-absence of movement.

Jennifer Bradley sits quietly for minutes at a time, barely touching her patient, Moonyeon Colville, who lies silently, breathing deeply.
Generate Interest at Markey and in the Community


- Cancer Support Groups Talks - Lexington area and outside counties.


- NAWBO - Luncheon and Health & Wellness Seminars - September 20th and October 4th 2011

- UK Medical Alumni Weekend - CEU Accredited Panel Discussion - October 2011
Engage Patients From All Income Levels and Areas of the State

Fayette - 31
Unreported - 21
Anderson, Madison - 5 ea.
Clark, Scott, Woodford - 4 ea.
Franklin, Pulaski, Out of State - 3 ea.
Bourbon, Floyd, Harrison, Jessamine, Mason - 2 ea.
Bell, Boone, Boyd, Carter, Clay, Estill, Garrad, Greenup, Laurel,
Leslie, Lincoln, Mercer, Perry, Powell, Rowan, Shelby,
Washington, Whitley - 1 ea.
Keep Detailed Records of the Jin Shin Jyutsu Program

- Patient Demographics
- Physician Information
- Pre & Post Distress 0-10 for Pain, Stress, Nausea
- Patient Interest
- Patient Comments

### Jin Shin Jyutsu Treatment Assessment

<table>
<thead>
<tr>
<th>Patient Name:</th>
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<tbody>
<tr>
<td>Date of birth:</td>
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<tr>
<td>Sex:</td>
</tr>
<tr>
<td>Physician:</td>
</tr>
<tr>
<td>Notes:</td>
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<td>Referred by:</td>
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<tr>
<td>Contact Info:</td>
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<tr>
<td>Phone:</td>
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<td>Email:</td>
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### Patient Pain Level: 0 for the LEAST pain to 10 for the MOST pain

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<th>Prior to Treatment:</th>
<th>Prior to Treatment:</th>
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<tbody>
<tr>
<td>0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</td>
<td>(Non-verbal pain scale)</td>
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</table>

### Immediately After Treatment

<table>
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<tr>
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<td>0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</td>
<td>(Non-verbal pain scale)</td>
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### Patient Stressed/Anxiety Level:

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<th>Prior to Treatment:</th>
<th>Prior to Treatment:</th>
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<tbody>
<tr>
<td>0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</td>
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### Patient Nausea Level:

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</tr>
</tbody>
</table>

### If offered another session, patient would:

- Definitely Want One: 
- Be Happy to Receive One: 
- Be Neutral to Receive One: 
- Would Not Want One: 
- Did not like the experience: 
- Patient felt asleep/noreactive: 

### Patient Comments:

<table>
<thead>
<tr>
<th>Notes:</th>
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Keep Detailed Records of the Jin Shin Jyutsu Program

- Practitioner’s Treatment Protocol.
- Practitioner’s Observation

<table>
<thead>
<tr>
<th>Treatment Notes:</th>
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<tr>
<td><strong>Flows Used:</strong></td>
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<td>1.</td>
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**Observations:**

Practitioner Signature: ________________________________
Jin Shin Jyutsu Program Data 1-17-11 to 9-1-11
111 Individual Patients Seen

- Male - 37
- Female - 74
Jin Shin Jyutsu Program Data 1-17-11 to 9-1-11

267 Sessions Given

- Treatment Room - 172
- Oncology Outpatient - 37
- UK Hospital/ICU - 3

- Markey Hospital - 49
- UK Children's Hospital - 6

Pie chart showing distribution of sessions: 64% Treatment Room, 18% Oncology Outpatient, 14% UK Hospital/ICU, 2% Markey Hospital, 1% UK Children's Hospital.
How Patients Came to the Program

- Physicians & Staff Referred: 55 (49.5%)
- Self Referred: 21 (18.9%)
- Friends/Caregivers: 18 (16.2%)
- Publicity/Brochures: 14 (12.6%)
- Didn’t Answer: 3 (2.7%)
Jin Shin Jyutsu Program Data 1-17-11 to 9-1-11
Average % Change in Tracked Symptoms

Before Session
Immediately After Session

Pain: -51.0%
Stress: -61.8%
Nausea: -66.7%

(Using only fully completed pre and post responses - 206 sessions. Does not include patients who fell asleep or who failed to complete form)
Jin Shin Jyutsu Program Data 1-17-11 to 9-1-11

Patient Interest in Receiving Further Treatment

- Definitely want to return: 193 (72.2%)
- Happy to return: 19 (7.1%)
- Neutral: 0
- Would not return: 0
- Disliked the experience: 0
- Asleep or didn’t respond: 55 (20.6%)
"I've slept better this week than I have in months!"

"I still can’t believe how this helps so much."

"I feel like I’m completely well!!"

"This really works!"

"Pain gone - energy level high. Wonderful!"

"Amazing results - a luxury to feel decrease in pain and stress."

"Thank you SO much! I’m feeling the positive energy that is coming from our session."

"I can tell things (energy) are shifting/moving around. I believe we are just beginning to see a difference."

"I feel very calm, at peace."

"Could breath much easier!"

Awesome! Before session my nerves were jumping. I feel so relaxed. I sleep better after this treatment. Thanks so much."

"Better than last time. Yes!"

Not all written comments shown. Does not reflect verbal comments.
The patients that you have treated with Jin Shin Jyutsu have uniformly praised the program and you, in particular. They have been helped in many ways, including improvement in pain, increased appetite and energy, improved overall feelings of well being and ability to function. I am personally grateful for the wonderful care you give. The fact that our Cancer Center has this program makes us unique in the area and makes the Markey Cancer Center a better place to come for cancer treatment.

Thanks you!

Susanne

Susanne M. Arnold, MD
Associate Professor of Medicine
Division of Hematology and Oncology
... I give you my highest recommendation to my patients and I know that many have found it helpful.

There is much that medicine and technology can do to help heal the physical maladies that cancer can bring. However, patients must be in a position of trust and comfort in order to be willing to pursue and receive these treatments. Too often, medical practice has pursued that biological at the expense of the spiritual and emotional. For many patients, stress and distress may be so overwhelming that it prevents a person from pursuing helpful conventional care. I believe our Jin Shin Jyutsu program has real value for our patients and I am glad that representatives from the LCF will get to learn more about how we are shepherding the resource that they have made available to us and our patients.

John W. Hayslip, M.D.
Clinical Faculty
Hematology, Blood, and Bone Marrow Transplantation
I have been frankly amazed at the positive impact the Jin Shin Jyutsu program has had on my patients who have been referred to you. I very much would like to see your efforts continue. I am fast becoming a convert! I believe in results!

Edward H. Romond, M.D.
Professor of Medicine
Division of Medical Oncology
I'm not good with recalling specific comments - but the gestalt is that patients LOVE this. What has surprised me is how well it has been received by patients with such a spectrum of life experiences. Some in KY fear what is unknown and aren't willing to go outside what is familiar; you have broken through that barrier with some patients because what they experience is so meaningful.

Our more sophisticated patients come to us expecting that a cancer center of the caliber we aspire will have components of complimentary medicine that eases their physical & emotional discomfort - you have helped us meet their expectations. I've not had one patient report anything other than a positive experience. You were such a gift to our Amish patient who unfortunately did not survive, but whose very long stay in the hospital was the source of a lot of anxiety that you helped reduce.

Dianna S. Howard, M.D.
Associate Professor of Medicine
Lymphoma/Leukemia/Pediatric & Adult Blood/Marrow Transplantation
I have found Jin Shin Jyutsu to be very beneficial to our patients and the feedback they have given me has been so positive. It helps their pain levels as well as their stress levels so much. It is wonderful to have this resource here for our patients. Jennifer is always so wonderful with our patients and she is always willing to see a patient whenever I call her. I appreciate her so much and this wonderful service to our patients!! I hope this resource is here for a long time!

Angie Pennington, MSW
Social Services
The nurses have had tremendous feedback from the patients and families from the work you have done with them. One of our patients was a young adult who was utterly miserable (which is a true understatement). He had frequent admissions for symptom management. He stayed “holed up” in his apartment otherwise. He became a walking skeleton. When all of our efforts were only providing minimal relief we referred him to you. You were amazing!! After his first session, he was tremendously better.

He was taught things he could do on his own for his relief. You and your efforts played a HUGE part in his efforts for cure. He was able to finish his treatments with minimal discomfort. The most important thing that he received from you and your teachings was that he got control over his situation and disease again. He was able to make contact with the outside world and his friends again.

I am unsure if he would have continued had we not had you to help him. The nursing staff here are very interested in alternative therapies. We are believers as we have seen the difference it provides to the patients. If there were any doubters, all they had to do to change their mind was to see the difference in Max. Thank you.

Mary M. Ryles, R.N., B.S.N.
Interim Manager
Chemotherapy Infusion and Gill Pheresis Infusion Centers
After learning about the program through the Patient Advisory Group introduction, I spoke to two families with members currently in differing stages of treatment, suggesting they avail themselves of your expertise.

The experience for the patients was positive, and the family members felt empowered by being able to offer an integrated option that, because the patient stress was diminished, benefited the whole family. The positive results of your program are exponential. I thank the Foundation for their support of such a beneficial program.

Marta Surgener
Patient Advisory Group Member
Markey Cancer Center
Markey Physician and Staff Comments

There have been 3 patients whom I observed the response and I was blown away ....one a young mother with colon rectal cancer thrashing and rating her pain a level 10 +++++, Jennifer stayed and provided treatment for her and before she went home that day her pain was at a 1..not only was the patient and the family thankful, I was thankful for the relief my patient obtained while getting chemo.

One of my in patients developed sciatic pain radiating down his left leg this pain had never displayed chronic uncontrolled pain until this flare up and Jennifer worked with him and the response was absolutely tremendous.

A prisoner with neuropathy who came in begging for Jennifer to work with him he told me it was the only time he felt like he could feel his feet. Many patients ask to have her return and many patients verbalize decreased pain, relaxation and a calming effect.

As a nurse both working in-patient and out-patient, I feel that Jennifer’s services have added to our oncology program and have found her very helpful and a good listener.

Lisa Kellogg, R.N.
Oncology Outpatient Clinic & Markey Hospital, 3rd Floor