

You can manage
your cancer
related
pain.



Researchers
at the Tom Baker
Cancer Centre and
University of Calgary are
conducting a pilot study examining
two alternative therapies to determine
if they have different effects on pain,
quality of life, fatigue and mood. All
services are free. Intake is ongoing.



Department of Psychosocial Resources

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PAIN CONTROL *for* BREAST CANCER PATIENTS



Meditation &
Acupuncture to
Help Control
Pain

A Research
Program

1
2
3



MINDMAP

A Research program
conducted by
Psychosocial
Resources

Tom Baker Cancer Centre



If you would like to participate in this study, you will be randomly assigned to one of three treatment groups:



Usual Care

Participants will receive standard treatments for breast cancer.



Mindfulness Meditation

Participants receive standard treatments plus four 90 minute sessions of mindfulness meditation and yoga instruction.



Acupuncture

Participants will receive standard treatments plus eight 45 minute acupuncture treatment sessions.



Eligibility Criteria

- 1 Diagnosis of Breast Cancer
- 2 Experiencing some pain
- 3 Completed Treatment or Between Treatments
- 4 Able to attend weekly appointments in Calgary

**FOR MORE INFORMATION
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