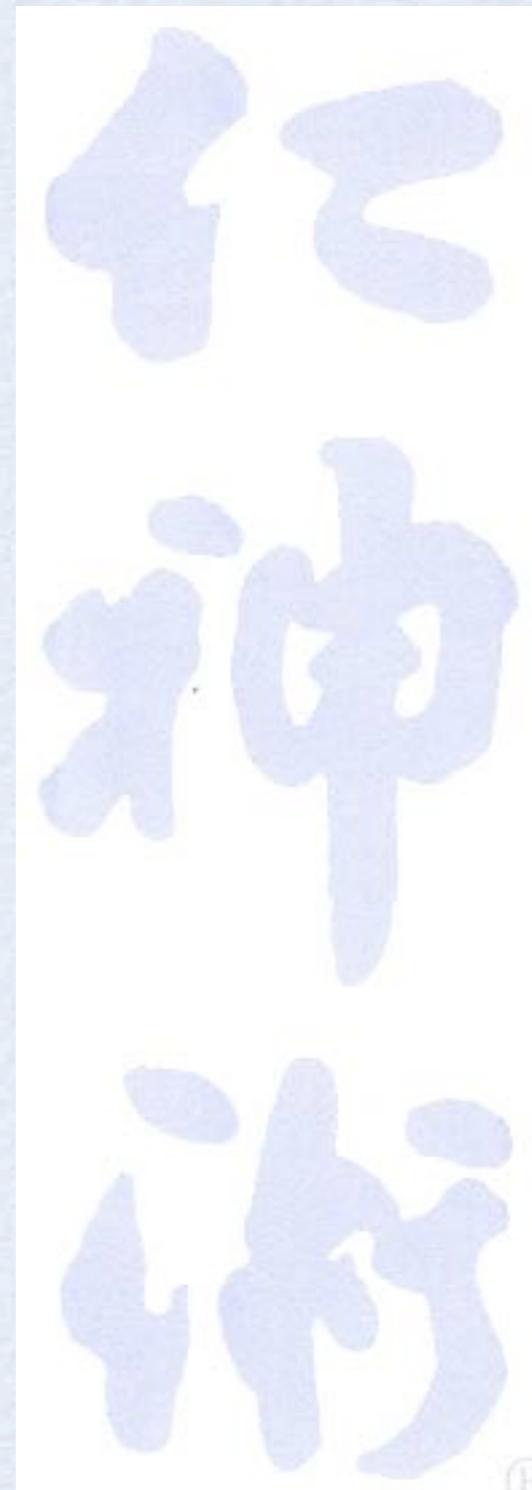


Markey Cancer Center  
Lexington Cancer Foundation  
Jin Shin Jyutsu Program 2011

“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.



# Generate Interest at Markey and in the Community

## ● Markey 2010-2011 Annual Report

### 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 acupuncture, 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."



# Generate Interest at Markey and in the Community



## 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.

**UKHealthCare**<sup>®</sup>  
Markey Cancer Center

BAZ-005

- Advertisement in the Lexington-Herald Leader

# Generate Interest at Markey and in the Community

## ● Markey Website Online Presence

**UKHealthCare**  
Markey Cancer Center

### 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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"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. "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 Ben Roach Building, as well as in the UK Children's Hospital, the Markey Hospital, 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."

*Jennifer Bradley may be contacted at 1-800-333-8874 (toll free), 859-323-1797 or via e-mail at [jmbradley@uky.edu](mailto:jmbradley@uky.edu).*

[Read more Markey Cancer Center stories...](#)

Call for an appointment or info 859-257-4488 or 1-866-340-4488

# Generate Interest at Markey and in the Community

- 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](mailto:mmeehan1@herald-leader.com)

Posted: 1:45pm on Apr 4, 2011; Modified: 2:10pm 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

- Lexington Public Library - "What is Jin Shin Jyutsu?" Free public seminars.
- Cancer Support Groups Talks - Lexington area and outside counties.
- Markey's Patient Advisory Group - Introduction to the Jin Shin Jyutsu program.
- NAWBO - Luncheon and Health & Wellness Seminars - September 20th and October 4th 2011
- UK Medical Alumni Weekend - CEU Accredited Panel Discussion - October 2011



The flyer features a stack of black stones on a reflective surface with green leaves in the background. Logos for NAWBO Lexington, Forcht Bank, and The Purple Lunchbox are displayed at the top.

**NAWBO**  
LEXINGTON  
National Association of Women Business Owners

**Forcht Bank**  
Your Future is Looking Good

**The Purple Lunchbox**  
Lunchbox

Invite You to a Free Wellness Seminar

**Finding Balance: Strategies on Getting and Staying Healthy**

Tuesday, October 4<sup>th</sup>, 8:00am until 10:00am  
Forcht Bank, 2404 Sir Barton Way, Lexington, Kentucky

As women, we are on the go, caring for our families, our businesses, and our communities, but what about us? Come meet and listen to 5 women like you who will challenge you to take care of yourself so you can feel more balanced in your daily life physically, emotionally, and energetically. Our panelists will give you information and specific tools that you can utilize to create a healthy, strong and well-functioning body and mind.

**Our Panelists:**

- Beth Wofford** – Owner, Bluegrass Wellness, Associate with ASEA  
"Sleep, Hydration, and Cell Efficiency"
- Jennifer M Bradley** – Owner of Harmony, and Jin Shin Jyutsu Practitioner at Markey Cancer Center  
"Restoring Balance Through Our Energetic System – You Can Help Yourself!"
- Paula Antonini** – Owner of Simply Nutrition, Holistic Health and Nutrition Coach  
"Sick and Tired of Being Sick AND Tired? Learn to Eat for Endless Energy!"
- Paula Gister, RN, BSN, MCS** – Director of the Neuroscience Center at Central Baptist Hospital  
"The Brain and Food Addiction"
- Susan M Adams, DC** – Doctor of Chiropractic, Owner of Summit Family Chiropractic  
"Change Your Habits to Change Your Life!"

Breakfast provided by **The Purple Lunchbox** - [www.thepurplelunchbox.com](http://www.thepurplelunchbox.com)

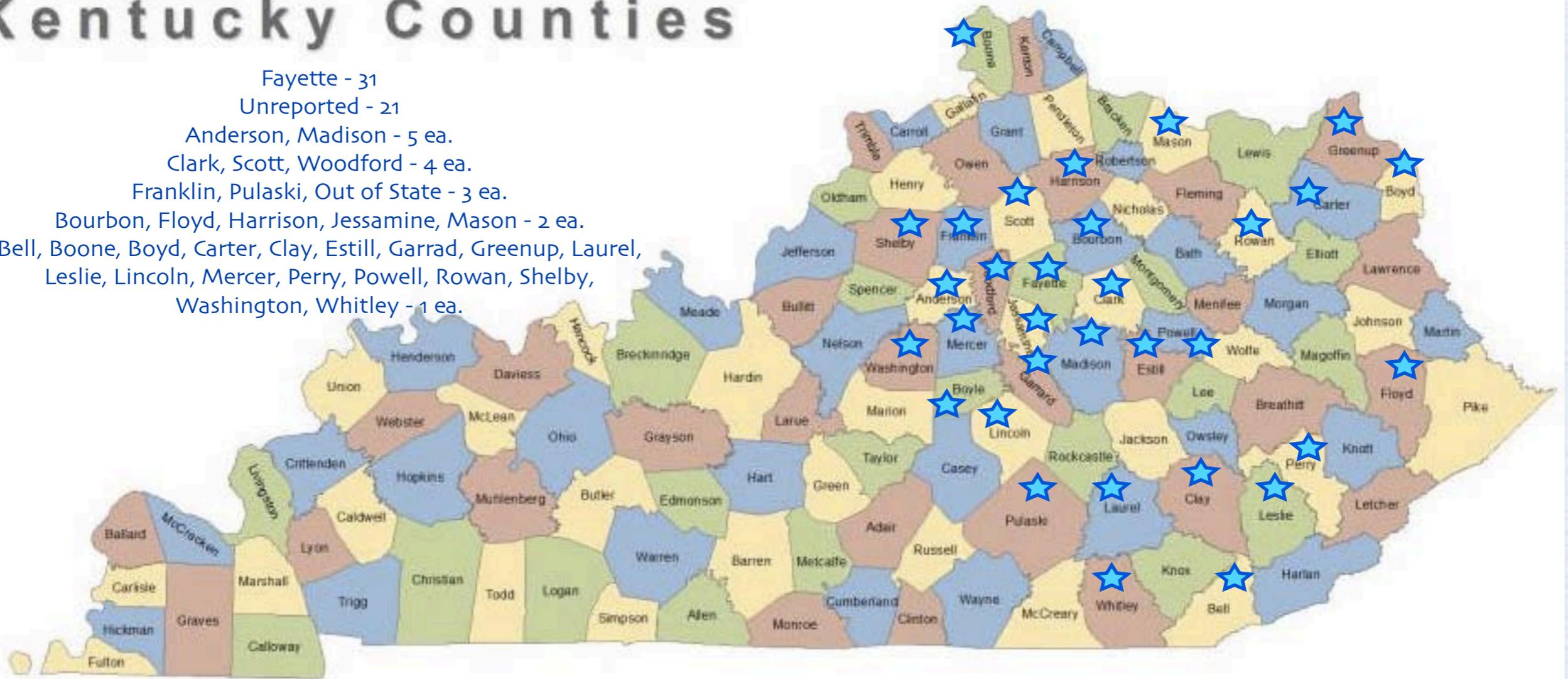
Register online at [www.lexnawbo.org](http://www.lexnawbo.org) or via email at [admin@lexnawbo.org](mailto:admin@lexnawbo.org)  
Registration deadline: Friday, September 30th

Parking available behind Forcht Bank Building. You are asked to enter bank through rear entrance.

# Engage Patients From All Income Levels and Areas of the State

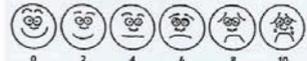
## Kentucky Counties

- 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	
Today's Date: _____ Time Start: _____ Time Stop: _____	
Treatment Location: _____	
<b>Patient Name:</b> _____	
Date of birth: _____	Sex: _____
Physician: _____	Notes: _____
Referred by: _____	_____
Contact Info: _____	_____
Phone: _____	_____
Email: _____	_____
<b>Patient Pain Level: 0 for the LEAST pain to 10 for the MOST pain</b>	
<b>Prior to Treatment:</b>	<b>Prior to Treatment:</b>
0-1-2-3-4-5-6-7-8-9-10	(Non-verbal pain scale) 
<b>Immediately After Treatment:</b>	<b>Immediately After Treatment:</b>
0-1-2-3-4-5-6-7-8-9-10 Patient Asleep: ___	(Non-verbal pain scale) 
<b>Patient Stress/Anxiety Level: 0 for NONE to 10 for HIGH</b>	
<b>Prior to Treatment:</b>	<b>Patient Nausea Level: 0 for NONE to 10 for HIGH</b>
0-1-2-3-4-5-6-7-8-9-10	<b>Prior to Treatment:</b>
<b>Immediately After Treatment:</b>	<b>Immediately After Treatment:</b>
0-1-2-3-4-5-6-7-8-9-10 Patient Asleep: ___	0-1-2-3-4-5-6-7-8-9-10 Patient Asleep: ___
<b>If offered another session, patient would:</b>	
Definitely Want One: _____	Would Not Want One: _____
Be Happy to Receive One: _____	Disliked the Experience: _____
Be Neutral to Receive One: _____	Patient fell asleep/nonverbal: _____
<b>Patient Comments:</b>	
<div style="border: 1px solid black; height: 100px; width: 100%;"></div>	

# Keep Detailed Records of the Jin Shin Jyutsu Program

- Practitioner's Treatment Protocol.
- Practitioner's Observation

## Treatment Notes:

Flows Used:	Flows Used:
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

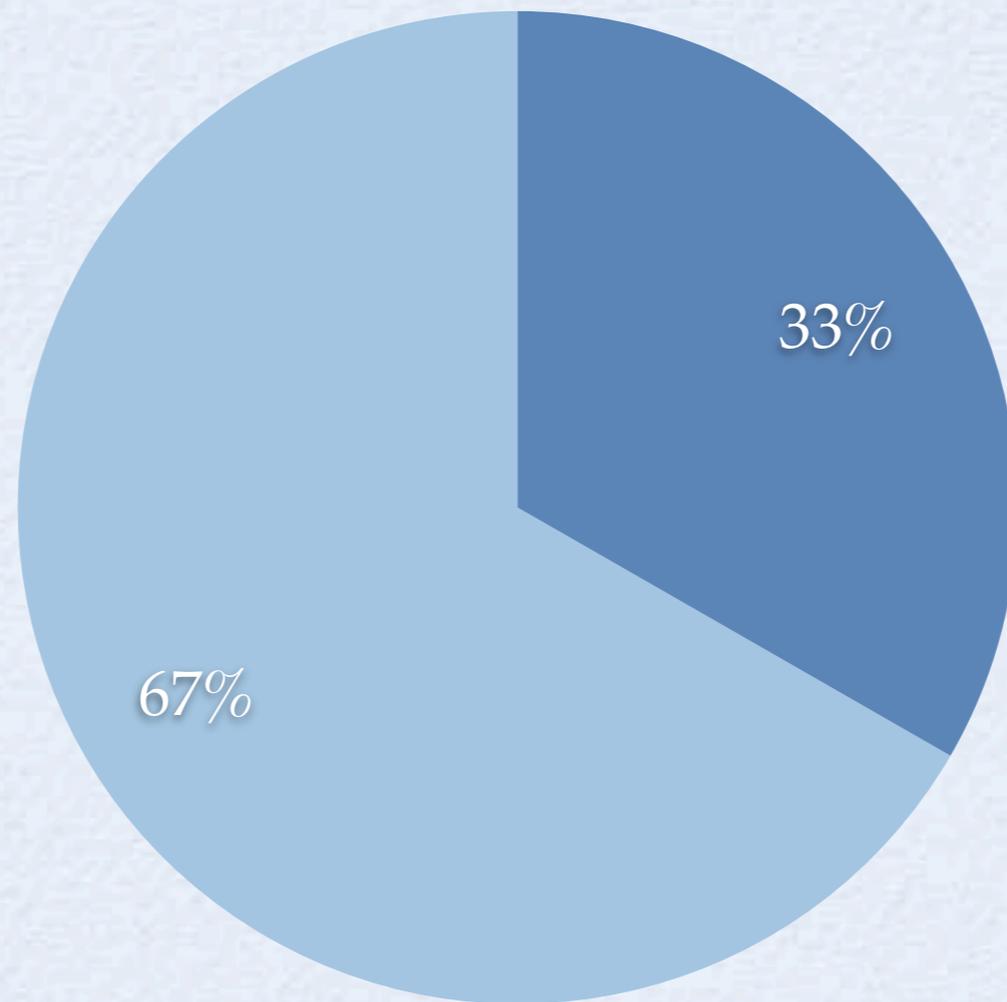
## Observations:

Practitioner Signature: \_\_\_\_\_

# Jin Shin Jyutsu Program Data 1-17-11 to 9-1-11

## 111 Individual Patients Seen

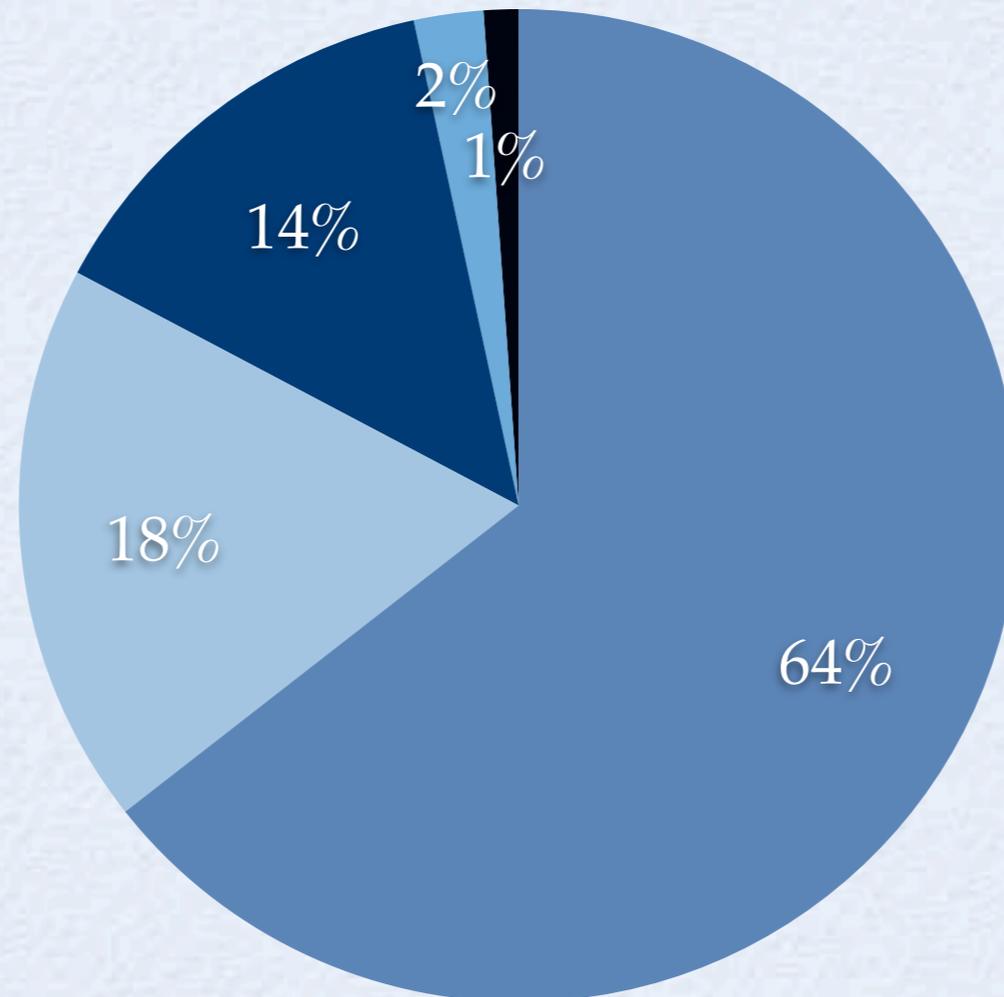
● Male - 37      ● Female - 74



# Jin Shin Jyutsu Program Data 1-17-11 to 9-1-11

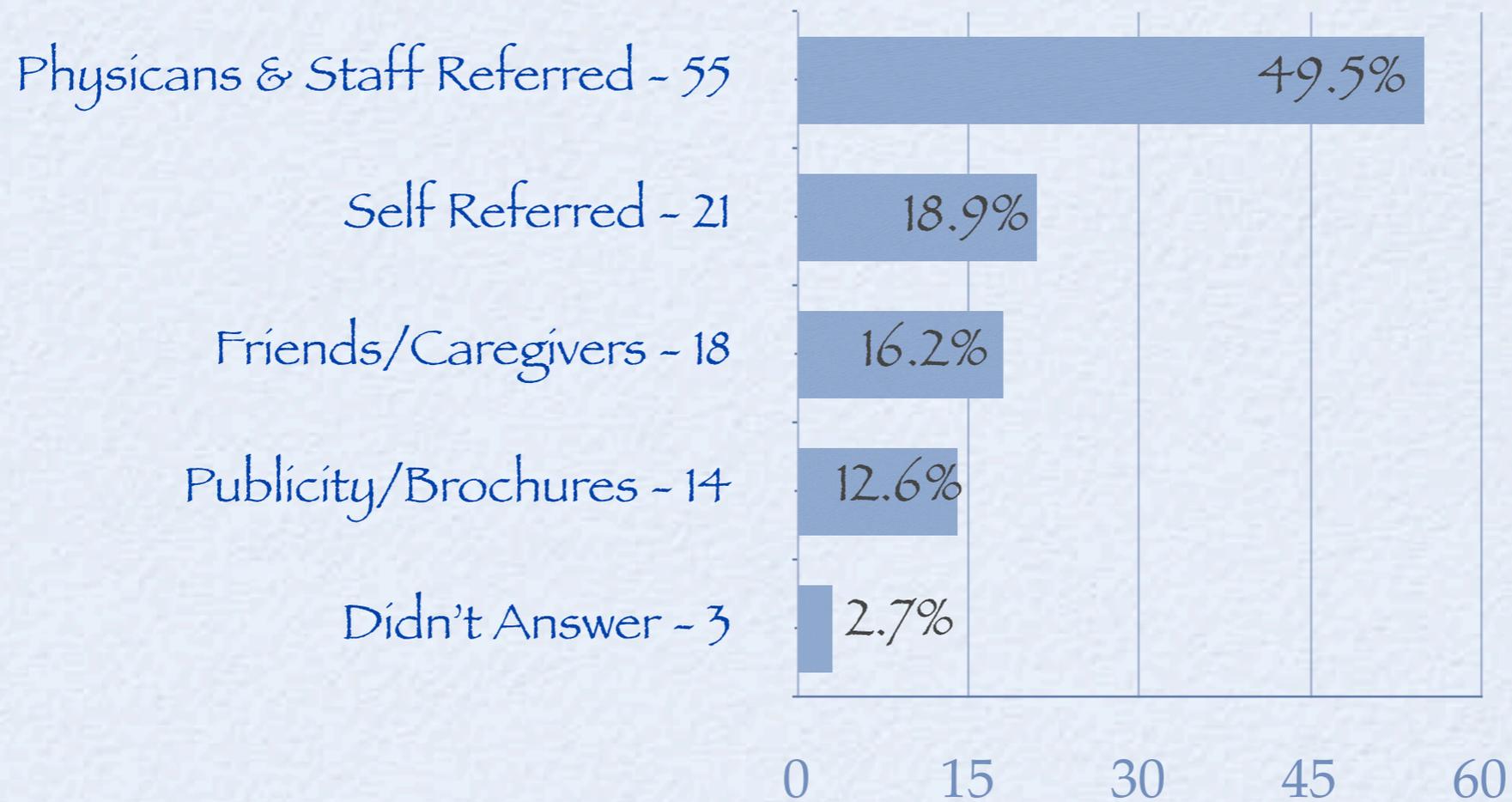
## 267 Sessions Given

- Treatment Room - 172
- Markey Hospital - 49
- Oncology Outpatient - 37
- UK Children's Hospital - 6
- UK Hospital/ICU - 3



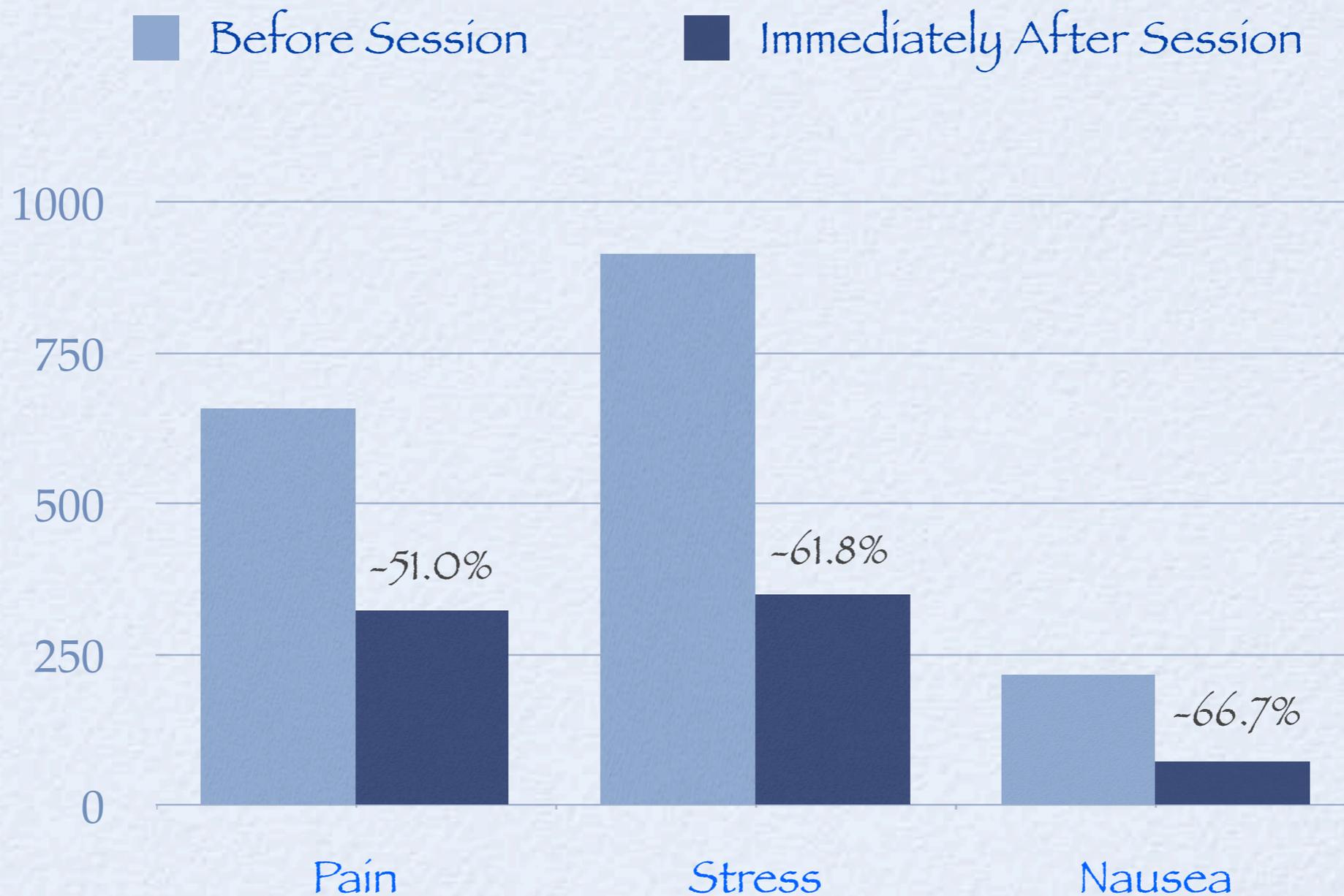
# Jin Shin Jyutsu Program Data 1-17-11 to 9-1-11

## How Patients Came to the Program



# Jin Shin Jyutsu Program Data 1-17-11 to 9-1-11

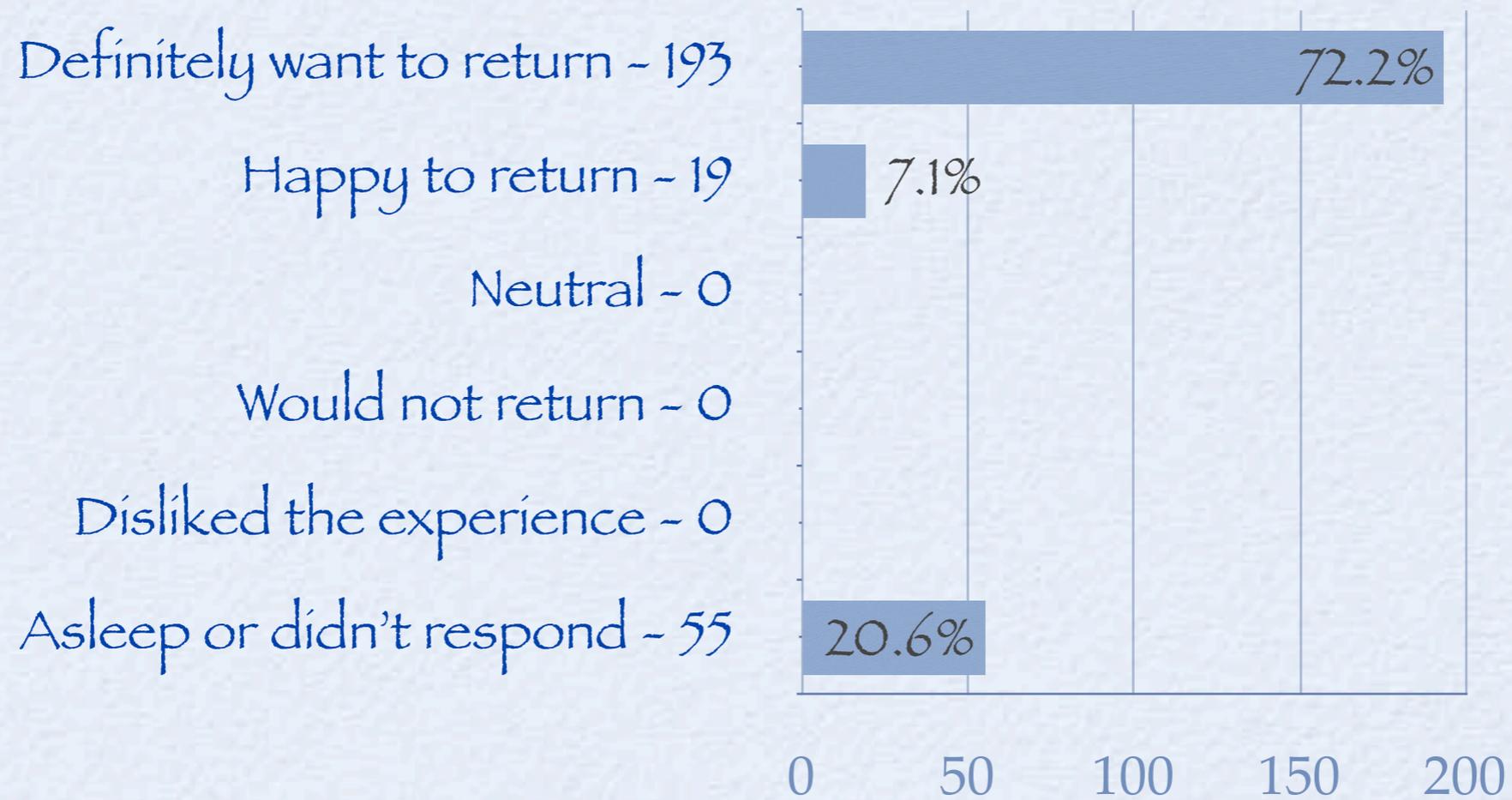
## Average % Change in Tracked Symptoms



(Utilizing 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



# Jin Shin Jyutsu Program Data 1-17-11 to 9-1-11

## Patient Response - Written Comments

"I've slept better this week than I have in months!"

"Pain gone - energy level high. Wonderful!"

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

"I feel like I'm completely well!!"

**"This really works!"**

"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.

# Markey Physician and Staff 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

# Markey Physician and Staff Comments

... 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

# Markey Physician and Staff Comments

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

# Markey Physician and Staff Comments

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

# Markey Physician and Staff Comments

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

# Markey Physician and Staff Comments

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

# Markey Physician and Staff Comments

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