

## **HEAT THERAPY**

[http://www.cancer.org/docroot/ETO/content/ETO\\_5\\_3X\\_Heat\\_Therapy.asp?sitearea=ETO](http://www.cancer.org/docroot/ETO/content/ETO_5_3X_Heat_Therapy.asp?sitearea=ETO)

- Heat therapy involves exposing part or all of the body to high temperatures, usually to enhance other forms of therapy (i.e., radiation and chemotherapy).
- Although not part of routine cancer treatment, local and regional heat therapy is being studied as part of conventional treatment for some cancers.
- There is some evidence that local and regional heat therapy may stop cancers from growing and increase the effectiveness of radiation and chemotherapy in some cases. It seems to work by increasing blood flow, which can make the cancer cells more responsive to conventional treatment.
- Proponents of the alternative use of heat therapy claim it reduces or even eliminates the need for conventional treatment. They say it decreases the number of invading organisms so the immune system can handle them, acting much like a fever helping the body fight off disease. There is no scientific evidence for this theory.
- There are three major types of heat therapy: local, regional, and whole-body.
- Local heat therapy involves applying heat to a very small area, such as a tumor. The area may be heated externally, with high-frequency waves, or internally using one of several types of sterile probes (thin, heated wires or hollow tubes filled with warm implanted microwave antennae) and radiofrequency electrodes.
- In regional heat therapy, an organ or limb is heated. One method, called perfusion, involves removing the patient's blood, heating it, and then pumping it into a region to be heated internally.
- Whole-body heat therapy is used to treat metastatic cancers (cancer that has spread). It involves the use of warm blankets, hot wax, inductive coils (similar to those in electric blankets), or thermal chambers (similar to large incubators).
- Numerous laboratory and clinical studies have demonstrated that heat therapy can enhance the effectiveness of radiation therapy in local and regional tumor control and the effectiveness of chemotherapy in some cancers.
- Heat therapy can cause internal bleeding. The high death rate and labor-intensive methods associated with whole-body heat therapy have also caused concerns.
- It should also be used with caution in people who have anemia, heart disease, diabetes, seizure disorders, and tuberculosis, as well as women who are pregnant, and people who are sensitive to the effects of heat.
- Data of clinical trials suggests that: 40-42°C hyperthermic therapy can destroy cancer cell.

[www.chinamed.com.cn/ichs2004/wbh.htm](http://www.chinamed.com.cn/ichs2004/wbh.htm)