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## BREAST HEALTH & MASSAGE

MAY 2006 NEWSLETTER

### AVAILABILITY

Monday & Tuesday  
9:00 am to 3:00 pm  
Wednesday  
3:00 pm to 8:00 pm  
Thursday & Friday  
12:00 pm to 8:00 pm  
Saturday  
3:00 pm to 6:00 pm

### MASSAGE MENU

- ★ Swedish massage
- ★ Thai Massage
- ★ Myofascial Release
- ★ Lymphatic Drainage
- ★ Triggerpoint Therapy
- ★ Insurance receipts
- ★ Gift Certificates
- ★ Hot Stone
- ★ Visa / MC welcome

**Please note that the lymphatic system is explained in the April 2006 newsletter.**

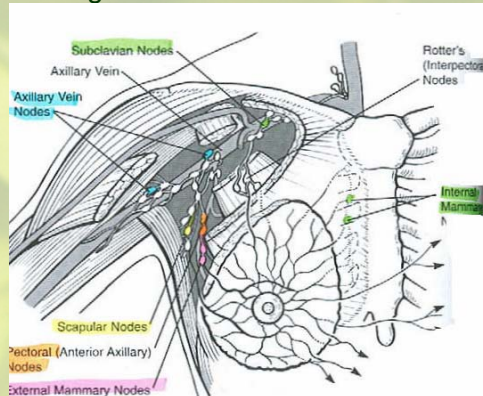
Breast health is a vital concern and important issue in health care. Some women will not touch their own breasts, and others simply cannot be bothered to do regular self examination (I'm guilty of that!). Many do not know where to begin seeking breast health services and often will tolerate pain needlessly. I know several women who complained to their physician of breast pain, were sent for mammograms, and given no other recourse when the test came back "fine" (negative).

Triggerpoints in the muscles beneath and around the breast will refer pain to the breast and are easily resolved!

### BREAST DRAINAGE

The lymphatic system is considered the most important factor in breast tissue drainage. In fact, it is widely speculated that chronic impairment of lymph drainage may be implicated in many breast health problems, including cancer. What causes impaired drainage of the breast to begin with? Both arterial and venous blood vessels are susceptible to compression and thus reduced circulation. There is no muscle tissue within the breast to contract and help move lymph fluid and since the lymphatic vessels in the breast drain from superficial to deep, and then to the lymph nodes in the armpit, gravity is a detrimental factor (especially in large breasted women, and particularly when tight brassieres are worn habitually). Other factors: short and tight muscles beneath and around the breast can impede lymph flow, as well as injuries, surgical scars, and again ... improperly fitted brassieres. Most women I know look for a compressive bra that will keep their breasts from bouncing during activity, but the reality is that bounce is good for natural drainage! I've even read about an oncologist who promoted exercising on

a mini-trampoline (bra-less of course!) to help with natural drainage.



### Manual Lymphatic Drainage (MLD)

Lymphatic flow is very slow to begin with in active muscles, but there is very little flow in resting muscles. Direct massage techniques such as MLD can keep lymph flow continuous, increasing the velocity up to nine times the normal rate. This special massage technique employs elevation of the limb (gravity helps too), and mechanically pumps lymph through the capillaries, into the lymph nodes and back to the main ducts and venous system. MLD decreases swelling, pain, metabolic wastes from the inflammatory response and buildup of excess fibrin, which reduces the incidence and amount of scar tissue. MLD is more effective than machines designed to reduce edema and swelling! When is breast massage/MLD indicated? When there is congestion, swelling or pain resulting from various conditions such as pregnancy/breastfeeding, surgery/diagnostic procedures, surgical scars, discomfort related to cancer treatment, education in self-examination or self massage, assistance in breast monitoring. As an Algonquin grad, we had instructors who specialized in these areas, and I was well trained in the anatomy, physiology, consent, indications / contraindications and hands-on techniques for breast massage, which is often a sensitive issue for many women. One of my colleagues described the benefits of breast massage and lymph drainage this way ... your body tissues can be bathed in a free flowing stream of filtered clean healing water, or with stagnant green polluted sludge. You get the idea.

**I hope you enjoyed this month's newsletter. Please do not hesitate to contact me if you would like more information on this subject.**