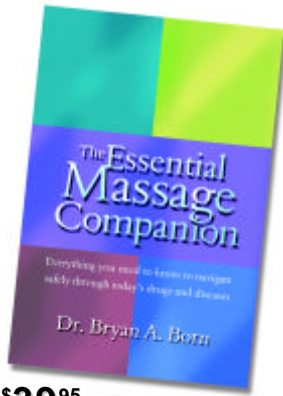



Tell a colleague!

To keep you safe in your massage practices, which would you prefer: An obsolete, incomplete reference you got from school, or the Up-to-Date resources brought to you by *The Essential Massage Companion*?



\$39⁹⁵

The Essential Massage Companion has been dubbed "the PDR for the massage profession." It's the only quick-reference guide covering massage-specific precautions and contraindications for both client medications and conditions.

- Over 500 diseases with specific contraindications, and appropriate massage techniques noted for each condition using the  System;
- More than 3,000 medications defined with critical massage precautions; indexed by US & Canadian as well as generic names;
- 2,200 terms covered in a healthcare-specific glossary

Everything You Need to Know for Safety and Confidence!


Other resources brought to you by the author of *The Essential Massage Companion*:



\$29⁹⁵

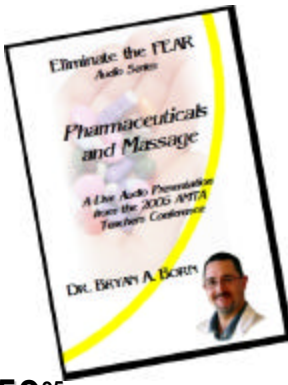
Intake forms, SOAP notes, treatment plans, Precaution lists...

Forms are specific to the massage profession, written to reveal critical client information for massage safety. HIPAA compliant.

All forms designed to fully utilize the  System.

All forms ready to print and use in both MS Word and Adobe PDF format.

All forms fully editable! Add your own clinic name and add, change or delete any information you like. Make it your own!



\$59⁹⁵

Pharmaceuticals and Massage is a live recording of Dr. Bryan Born's presentation at the 2005 American Massage Therapy Association's Council of Schools Teachers Conference. This 3 CD audio set gives easy-to-understand, practical strategies for determining critical massage precautions with your client's medications.

In this 3 CD set you will learn critical precautions for:

- COX-1 and COX-2 inhibitors
- Steroids VS NSAIDS
- Muscle Relaxants
- Insulin for diabetics
- Heart and BP Medications Including Blood Thinners & Anticoagulants
- Narcotics and Barbiturates and more..

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BrandName	Generic Name	Massage-Relevant Side Effects and Precautions:	Prescribed for:
Amitiza	lubiprostone	Amitiza is the first selective chloride channel activator approved for use in chronic idiopathic constipation. <u>Side Effects:</u> severe or prolonged diarrhea, significant stomach pains, headache. <u>Precautions:</u> No tolerance techniques in abdomen.	Chronic idiopathic constipation
Apokyn	apomorphine hydrochloride	Follow the precautions for antidyskinetics listed on page 283, and all precautions for a client with parkinson's disease.	Advanced parkinson's disease
Aptivus	tipranavir	Tipranavir is in a class of medications called protease inhibitors. See pages 195-6.	HIV/AIDS
Avastin	bevacizumab	Avastin is the first of a new class of drugs anti-angiogenic agents, used to treat metastatic colorectal cancer (MCRG). Follow the precautions listed for chemotherapy medications on page 73.	Metastatic colorectal carcinoma
Baraclude	entecavir	Follow the precautions listed for nucleoside analogs on page 194.	chronic hepatitis B infections
BiDil	isosorbide dinitrate/ hydralazine hydrochloride	BiDil combines two medications: hydralazine hydrochloride, a vasodilator, and isosorbide dinitrate, a nitrate drug. Both act to relax and widen blood vessels. Follow the precautions listed for nitrate medications on page 182.	heart failure in black patients
Boniva	ibandronate	Follow the precautions listed for bisphosphonates on page 144.	osteoporosis
Brovana	arformoterol tartrate	Follow the precautions listed for Beta-2 Agonists on page 305.	Chronic Obstructive Pulmonary Disease
Byetta	exenatide	Exenatide is in a class of medications called incretin mimetics. Follow the precautions listed for Meglitinides on page 346.	Type 2 diabetes mellitus
Caduet	amlodipine/ atorvastatin	Caduet Combines Norvasc and Lipitor in one pill. Follow the precautions listed for Norvasc on page 177, and Lipitor on page 178.	Hypertension and high cholesterol
Campral	acamprostate calcium	Campral reduces the physical distress and emotional discomfort people usually experience when they quit drinking. <u>Side Effects:</u> Dizziness, headache, joint or muscle pain, peripheral neuropathy. <u>Precautions:</u> Peripheral neuropathy: No tolerance techniques in extremities. Postural Hypotension: Help up after session.	alcohol dependence
Antabuse	disulfiram	Antabuse works by causing a severe adverse reaction when someone taking the medication consumes alcohol. <u>Precautions:</u> Energy techniques only when client is suffering the effects of Antabuse combined with alcohol: the high concentration of acetaldehyde that occurs when someone drinks while taking antabuse makes circulatory massage techniques contraindicated.	alcohol dependence
Revia, Depade, Vivitrol	naltrexone	These work by blocking the "high" that people experience when they drink alcohol or take opioids like heroin and cocaine. Follow the precautions listed for narcotics on page 48.	alcohol dependence
Chantix	varenicline	Varenicline is in a class of medications called smoking cessation aids. <u>Side Effects:</u> Nausea, constipation, drowsiness, headache, skin rash. <u>Precautions:</u> Postural Hypotension: Help up after session.	nicotine addiction
Clolar	clofarabine	Follow the precautions listed for chemotherapy medications on page 73.	acute lymphoblastic leukemia in pediatric patients

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BrandName	Generic Name	Message-Relevant Side Effects and Precautions:	Prescribed for:
Cymbalta	duloxetine	SNRIs increase the levels of both serotonin and norepinephrine; medications include: duloxetine (Cymbalta), and venlafaxine (Effexor). Follow the precautions listed for MAO inhibitors on pages 272-3.	major depression
Dacogen	decitabine	Dacogen is a cancer medicine. It helps prevent cancer cells from spreading in the body. It is given as an injection in a clinic or hospital setting through an IV infusion, usually every 8 hours for a 72 hour period, repeated every 6 weeks. Follow the precautions listed on page 73, and all necessary precautions for a client with cancer.	Myelodysplastic syndromes (certain types of blood or bone marrow cancer)
Eraxis	Anidulafungin injection	Follow the precautions listed for antifungals listed on page 235.	Systemic candida fungal infections
Erbix	cetuximab	Follow the precautions listed on page 73, and all necessary precautions for a client with cancer.	metastatic colorectal cancer
EstroGel	estradiol gel	Follow the precautions listed for menstrual regulation and contraceptive medications listed on pages 339-40.	vasomotor symptoms associated with menopause
Finacea	azelaic acid Gel	Azelaic acid is in a class of medications called dicarboxylic acids. Follow the precautions listed for immunosuppressants listed on pages 197-8. Consider that this is a topical, not a systemic medication, and modify the precautions accordingly.	rosacea/acne
Fosrenol	lanthanum carbonate	Lanthanum works by binding to phosphate in the GI tract, thereby making it unavailable to the body for absorption. <u>Precautions:</u> Follow the precautions listed on pages 376-7 for kidney failure.	hyperphosphatemia related to chronic kidney failure
Gardasil	quadrivalent human papillomavirus	According to the CDC, so far in testing, there appear to be no serious side effects for Gardasil. The most common side effect is brief soreness at the injection site.	Vaccine: prevention of cervical cancer associated with human papillomavirus
Januvia	sitagliptin	Sitagliptin is in a class of medications called dipeptidyl peptidase-4 (DPP-4) inhibitors. Follow the precautions for meglitinides listed on pages 346, as well as those precautions for diabetes on pages 312-3.	Type II diabetes
Ketek	telithromycin	Telithromycin is in a class of medications called ketolide antibiotics. Follow the precautions for macrolide antibiotics listed on page 230.	bronchitis, bacterial sinusitis and pneumonia.
Lucentis	ranibizumab injection	Ranibizumab is an anti-VEGF drug, ie, a drug which works by targeting the proteins which act to trigger abnormal blood vessel growth and leakage. Delivered directly to the eye by an injection, the treatment is repeated every four to six weeks. <u>Precautions:</u> Follow the precautions for prostaglandin analogues listed on pages 287-8.	neovascular wet macular degeneration
Lunesta	eszopiclone	Eszopiclone is used to treat insomnia (difficulty falling asleep or staying asleep). Eszopiclone is in a class of medications called hypnotics. USE Miscellaneous Sedatives and Hypnotics	For insomnia
Lyrica	pregabalin	Follow the precautions listed for anticonvulsants listed on pages 333-4.	diabetic peripheral neuropathy and neuralgia
Macugen	pegaptanib injection	Pegaptanib is an anti-VEGF drug, (ie, a drug which works by targeting the proteins which act to trigger abnormal blood vessel growth and leakage.) Delivered directly to the eye by an injection, the treatment is repeated every four to six weeks. Follow the precautions for prostaglandin analogues listed on pages 287-8.	neovascular wet macular degeneration

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BrandName	Generic Name	Message-Relevant Side Effects and Precautions:	Prescribed for:
Nexavar	sorafenib	Follow the precautions listed on page 73, and all necessary precautions for a client with cancer.	Renal Cell Carcinoma
Noxafil	posaconazole	<u>Precautions:</u> Follow the precautions for antifungals listed on page 235, and all necessary precautions for a client with cancer.	prevent fungal infections resulting from chemotherapy
Orencia	abatacept	Abatacept is in a class of medications called selective costimulation modulators. Follow the precautions for immunosuppressants listed on pages 197-8.	Rheumatoid Arthritis
Oxytrol	oxybutynin transdermal	Follow the precautions for anticholinergics listed on page 281.	overactive bladder syndrome
Prezista	darunavir	Follow the precautions for protease inhibitors listed on page 195-6.	treatment-resistant HIV
Ranexa	ranolazine	Ranolazine is in a class of medications called anti-ischemics. Follow the precautions for nitrates listed on page 182.	chronic angina
Rozerem	ramelteon	Ramelteon is in a class of medications called melatonin receptor agonists. Follow the precautions for benzodiazepines listed on pages 55-6.	sleep-onset insomnia
Sanctura	tropium	Follow the precautions for anticholinergics listed on page 281.	overactive bladder syndrome
Sensipar	cinacalcet	Sensipar is the first in a new class of compounds called calcimimetics. Follow the precautions listed on pages 376-7 for kidney failure, and all precautions for a client with cancer.	parathyroid carcinoma
Somavert	Pegvisomant injection	Discuss massage therapy implications and contraindications with the client's physician before any massage is performed.	acromegaly
Spiriva HandiHaler	tiotropium bromide	Follow the precautions listed for Beta-2 Agonists on page 305.	chronic obstructive pulmonary disease
Sprycel	dasatinib	Follow the precautions listed on page 73, and all necessary precautions for a client with cancer.	imatinib-resistant chronic myeloid leukemia
Sutent	sunitinib	Follow the precautions listed on page 73, and all necessary precautions for a client with cancer.	kidney cancer and GI tumors
Symlin	pramlintide	Symlin is the first in a new class of medications called amylinomimetics. Follow the precautions for meglitinides listed on pages 346, as well as those precautions for diabetes on pages 312-3.	types I and II diabetes
Tarceva	erlotinib	Erlotinib is in a class of drugs known as tyrosine kinase inhibitors. Follow the precautions listed on page 73, and all necessary precautions for a client with cancer.	metastatic lung cancer
Tindamax	tinidazole	Follow the precautions for anaerobic antibiotics listed on page 230.	trichomoniasis, giardiasis, etc
Vectibix	Panitumumab	Follow the precautions listed on page 73, and all necessary precautions for a client with cancer.	colorectal cancer
Verdeso	desonide	Follow the precautions for topical steroids listed on pages 43-5.	atopic dermatitis
Vesicare	solifenacin succinate	Follow the precautions for anticholinergics listed on page 281.	overactive bladder syndrome
Vidaza	azacitidine	Follow the precautions listed on page 73, and all necessary precautions for a client with cancer.	chronic myelomonocytic leukemias
Xifaxan	rifaximin	Follow the precautions for rifamycin antibiotics listed on page 232.	escherichia coli

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