

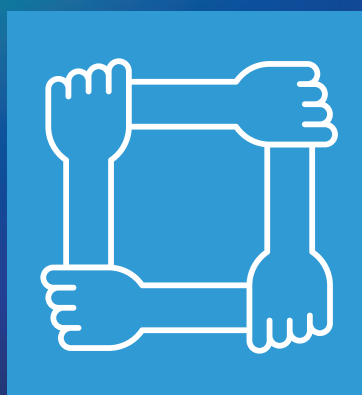
Science Proves the EFFECTIVENESS OF MUSIC

Music is primal to life and expressed by each of us every day whether through dancing to a favorite tune, keeping rhythm with a pencil or remembering a special time when hearing a forgotten melody. It is central to our lives and is embedded in our culture defining how we acknowledge milestones, rites of passage and celebrations as well as providing comfort, transformation and inspiration. Music links us to our world and provides a pathway back to our past. **A number of research studies have looked at the therapeutic use of music as an important adjunct to medical treatment.**



🎵 Music Promotes Trust and Safety

Music is a form of sensory stimulation, which provokes responses due to the familiarity, predictability, and feelings of security associated with it. (Dileo, 2006)



🎵 Music Promotes Healing

Joseph Arezzo, PhD, Vice Chair, Department of Neuroscience, Albert Einstein College of Medicine, New York, talks about music's role in restorative neurology: "The degree to which function can be recovered is phenomenal and we are just tapping into the extent that we can get recovery following stroke or injury or disease. We hope that music might play a particularly important role in helping [the regeneration of those cells, in helping the individual learn to interpret the pattern and essentially to help that person learn again." (American Music Therapy Association, Inc., 2006)



🎵 Music Helps Us Communicate

"Music is a powerful means of communication. It provides a means by which people can share emotions, intentions, and meanings even though their spoken languages may be mutually incomprehensible. It can also provide a vital lifeline to human interaction for those whose special needs make other means of communication difficult. Music can exert powerful physical effects, can produce deep and profound emotions within us." (Dorothy Miell, 2012)



🎵 Music Helps with Neurological Impairments

Susan Shurin, M.D., Chief of Pediatric-Hematology, Oncology at the Ireland Cancer Center in Cleveland, Ohio, comments on the effectiveness of music in treatment of neurological impairments: "Music enables people to sometimes put words together in ways that are hard for them to do otherwise. ... It often seems to be easier if the patient has the rhythm and cadence that comes along with music. Particularly with people with certain kinds of neurological deficits I think that music can be very helpful. The music seems to get through to the patient and in many ways it enables the patient to get through to us which may be very hard to do with any other modality." (American Music Therapy Association, Inc., 2006)



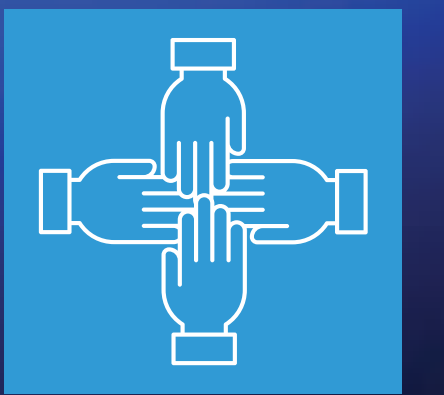
🎵 Music and Dementia

According to the Alzheimer's Foundation of America, music has power—especially for individuals with Alzheimer's disease and related dementias. And it can spark compelling outcomes even in the very late stages of the disease. When used appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function, and coordinate motor movements. This happens because rhythmic and other well-rehearsed responses require little to no cognitive or mental processing. They are influenced by the motor center of the brain that responds directly to auditory rhythmic cues. A person's ability to engage in music, particularly rhythm playing and singing, remains intact late into the disease process because, again, these activities do not mandate cognitive functioning for success. (Alicia Ann Clair, 2015)



🎵 Music Helps Manage Stress and Anxiety

A recent study by the Journal of Advanced Nursing showed that listening to music releases endorphins, which alleviate stress, anxiety, and pain. (Carolyn J. Murrock, 2013)

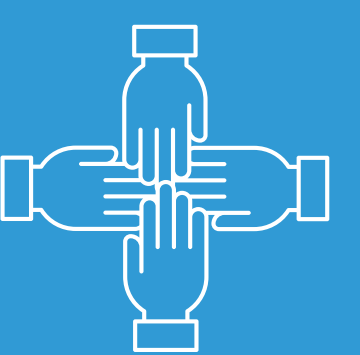


🎵 Music Promotes Socialization

Music links us to our world and provides a pathway to our past. The Journal of Music Therapy has promoted research supporting the benefits of music for people with dementia. According to the research, music reduces depression. A large body of research has linked late-life depression to social isolation, poorer health and an increased risk of death. According to AARP, many scientists now believe that social interaction is key to maintaining good mental health and warding off diseases like dementia and Alzheimer's. Many recent studies document the positive effects of social interaction. (Diament, 2008)

🎵 Music Alleviates Pain

Dr. Walter Quan, Jr., Hematologist-Oncologist, St. Luke's Medical Center in Cleveland, Ohio, on music in the treatment of cancer:



"The mind/body relationship is particularly important in terms of looking at the immune system to treat cancer. We believe that patients who are under less stress, who are in a brighter mood, appear to do better in terms of their anti-cancer therapy. I think that music and imaging and immune therapy of cancer all tie together... I think it can be helpful in conjunction with biologic therapy for cancer. A study done just relatively recently on cancer patients showed that approximately three quarters of cancer patients that had their usual pain medicines but also had the additional music experienced less pain than previously... Music in helping patients relax could possibly be beneficial in raising the innate immune system which could have therapeutic implications for cancer." (Belluck, 2013)