Integrative Medicine for the Cancer Patient
(an introduction)

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Multiple meanings

- New term for CAM, different but includes CAM
- Integrating conventional and CAM therapies
- Integrating different complementary therapies
- Integrating the whole person
- All providers integrating care together (an ideal!!)
Patient Centered Care

- Patient centered care - **you are in the center** of all providers (this is far from perfect in our system)

- **Individualized** treatment - what YOU need, different from anyone else (your habits, your strengths, your challenges, your unique needs)

- **Whole person** focus - not splitting you into pieces, including mind-body-spirit
What is Integrative Oncology?

- **Integrative Oncology** is a combination of conventional cancer treatment with natural and supportive therapies.
- Is a collaboration between multi-disciplinary health care providers to best support optimal health: physically, mentally and emotionally.
- Surveys estimate that greater than 80% of people with cancer use natural medicine.

Tumour Based Model

- Surgery
- Chemotherapy
- Radiation

Person Based Model

- Immune Enhancement
- Healthful Diet
- Vitamins & Supplements
- Exercise
- Stress Reduction
- Avoidance of Toxins
- Meditation
- Prayer
- Emotional Support
- Surgery
- Chemotherapy
- Radiation

Source - Dr. Neil McKinney
http://vitalvictoria.ca/
Cancer Patients Use of Natural Therapies – CDC Survey

- Over half of the US population is using supplements.
- 11% of oncology patients report use of natural therapies prior to diagnosis.
- 58% report use of natural therapies after diagnosis.
- 52% of natural medicine consumers with cancer take dietary supplements.
- 41% of oncologists regularly ask their patients about supplement use.
- Two thirds of oncologists said they avoid this topic due to lack of training.

Link to CDC report: http://www.cdc.gov/nchs/data/databriefs/db61.htm
Cancer Patients Use Complementary Therapies

- Survey of 453 patients on Complementary & Alternative Medicine (CAM) use. (1)
- 83.3% used at least one CAM therapy concurrent with cancer treatment. (1)
- 40% had not discussed CAM usage with their physicians. (1)
- 24.7% used seven or more CAM therapies. (1)
- 41% of oncologists regularly ask their patients about supplement use. (1)
- Survey of 3400 respondents, 87% use CAM during cancer care in comprehensive cancer care centre. (2)


(2) Patricia L. Judson, MD, Reem Abdallah, MD, et al. Complementary and Alternative Medicine Use in Individuals Presenting for Care at a Comprehensive Cancer Center. Integrative Cancer Therapies 2017, Vol. 16(1) 96–103
Cancer patients are particularly vulnerable to **false claims** of natural cancer cures

Patients often get their information from health food store clerks and well-meaning friends and family
Goals of Integrative Medicine In Oncology

- **Improve lingering side effects** of conventional oncology treatment
  - Fatigue
  - Neuropathy
  - Hot flashes
  - Insomnia
  - Digestive effects
  - Anxiety/worry
  - Surgical site pain, scarring or other difficulty
Goals of Integrative Medicine In Oncology

- Make sure there are **no interactions** with any prescribed medications
- Strengthen **secondary prevention** (prevent recurrence), support immune system
- Prevention of other diseases
- **Guidance** on what you hear/read about different supplements, diets, etc
- Long-term **wellness** optimization, improve quality of life
Goals of Integrative Medicine

Creating a **SAFE STRONG INTEGRATED PLAN** using
safe, effective integrative therapies

Photo Credit: http://www.warrickandboyn.com
Paradigm Shift

Old model - disease as enemy, “war”
New model - body as friend with wisdom
Healthy Terrain
Naturopathic Philosophy

- The Healing Power of Nature
  \( (vis\ medicatrix\ naturae) \)

- Identify and Treat the Cause
  \( (tolle\ causam) \)

- First Do No Harm
  \( (primum\ no\ nocere) \)

- Treat the Whole Person
  \( (in\ perturbato\ animo\ sicut\ in\ corpore\ sanitas\ esse\ non\ potest) \)

- Physician As Teacher
  \( (docere) \)

- Prevention
  \( (principiis\ obsta:\ sero\ medicina\ curatur) \)
Foundations of Healing

Modified Maslow’s Heirarchy

Conventional Medical Therapies

Complementary Therapies

Botanicals, Vitamins and Supplements

Sleep, Rest and Relaxation

Exercise

Healthful Water

Healthful Diet

Avoidance of Physical Toxins

Stress Reduction

Emotional Connection with Others

Mind-Body Awareness

Personal Autonomy

Spiritual Connection

Hope

Will to Live

Cannabis, Marijuana, CBD, Hemp

Source - Dr. Neil McKinney  http://vitalvictoria.ca/
Online Resources

- Oncology Assn of Naturopathic Physicians (OncANP) - www.OncANP.org
- Society for Integrative Oncology (SIO) - www.integrativeonc.org
- NCCAM at NIH: basic CAM Information: www.NCCAM.NIH.GOV
- Memorial Sloan-Kettering Cancer Center Online Supplements database: www.mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products
- Consortium of Academic Health Centers for Integrative Medicine: www.imconsortium.org
- NCI subsection on CAM: www.cancer.gov/cancertopics/pdq/cam
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