

Integrative Medicine for the Cancer Patient (an introduction)

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New Term

Integrative Medicine (IM)

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



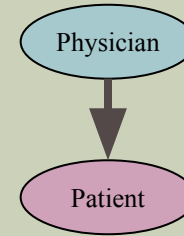
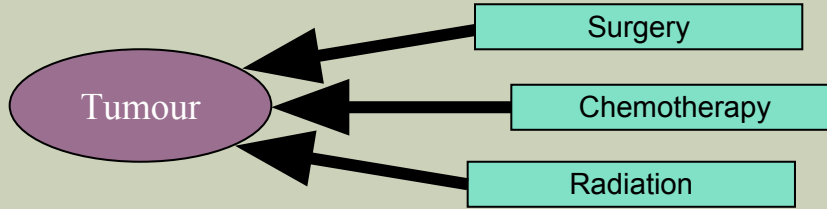
What is Integrative Oncology?

- **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.

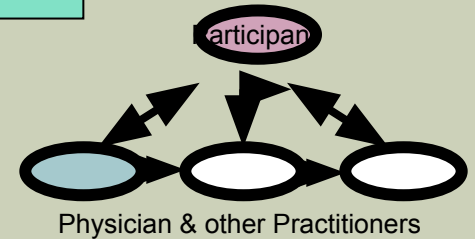
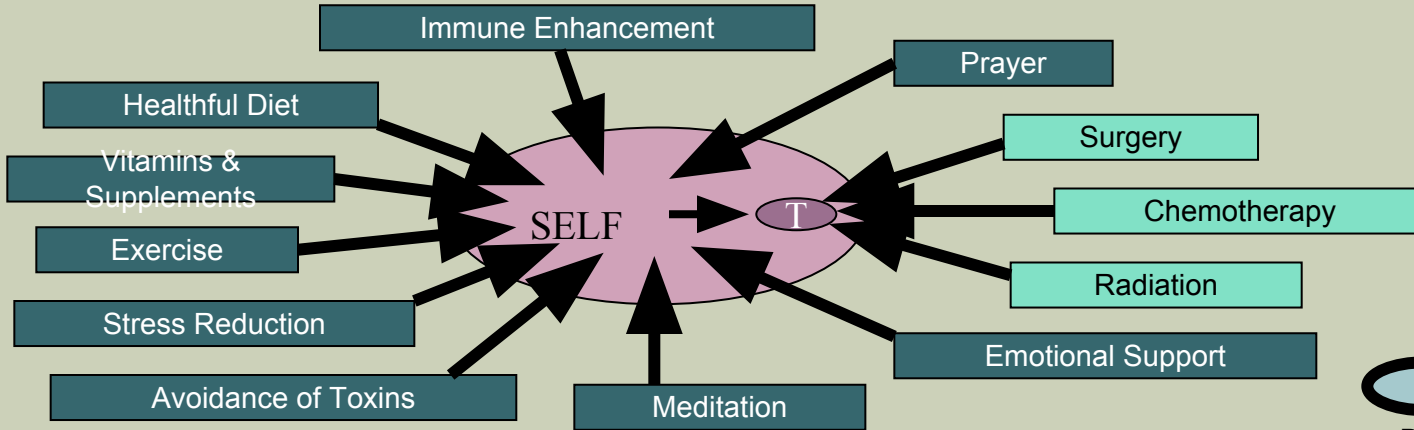
Richardson MA, Sanders T, Palmer JL, et al. Complementary/Alternative Medicine Use in a Comprehensive Cancer Center and the Implications for Oncology. J Clin Oncol 2000 Jul;18(13):2505-



Tumour Based Model



Person Based Model



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.⁶
- 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.

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⁾

(1) Richardson MA, Sanders T, Palmer JL, et al. Complementary/Alternative Medicine Use in a Comprehensive Cancer Center and the Implications for Oncology. J Clin Oncol 2000 Jul;18(13):2505-1

(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 Hierarchy

Cannabis,
Marijuana,
CBD, Hemp



THE DEFINITIVE
GUIDE TO
**Thriving
After Cancer**

A Five-Step Integrative Plan to
Reduce the Risk of Recurrence
and Build Lifelong Health



Lise N. Alschuler, ND, FABNO,
AND Karolyn A. Gazella

Previously published as Five to Thrive

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Kelly A. Turner, Ph.D.

**RADICAL
REMISSION**

The Nine Key Factors That Can Make a Real Difference

**SURVIVING CANCER
AGAINST ALL ODDS**



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
- Medline: Free journal articles search tool: www.ncbi.nlm.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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