Presentation Objectives

Upon completion, participants will be able to:

• Identify various forms of **Complementary & Alternative Medicine** and understand the value and importance of an **integrative approach**.

• Understand which form(s) of CAM/Integrative medicine might be **safe and effective** for you.

• Utilize **resources for identifying qualified practitioners** of Integrative/CAM therapies.

• **Identify resources to develop** a comprehensive, personalized, safe and dynamic **wellness plan**.
Presentation Outline

- What is “Complementary & Alternative Medicine”?
- Who is using CAM therapies?
- Why use CAM therapies?
- What can you expect from CAM therapies?

- INTEGRATIVE CANCER CARE & PROFESSIONAL GUIDANCE
  - Are CAM therapies safe & effective?
  - Alternative therapies to avoid or use cautiously
  - Recommended Resources
“Defining CAM is difficult... the field is very broad and constantly changing... a group of diverse... systems, practices, and products that are not generally considered part of conventional medicine.

Conventional medicine (Western or allopathic) is medicine as practiced by holders of M.D. (medical doctor) and D.O. (doctor of osteopathic medicine) degrees and by allied health professionals, such as physical therapists, psychologists, and registered nurses.

The boundaries between CAM and conventional medicine are not absolute, and specific CAM practices may, over time, become widely accepted.”

Adapted from http://nccam.nih.gov/health/whatiscam; May 2013
What is Complementary & Alternative?

National Center for Complementary and Alternative Medicine (NCCAM)

"Complementary medicine" refers to use of CAM together with conventional medicine...
Most use of CAM by Americans is complementary.

"Alternative medicine" refers to use of CAM in place of conventional medicine.

"Integrative medicine" combines treatments from conventional medicine and CAM for which there is some high-quality evidence of safety and effectiveness. It is also called integrated medicine.

Adapted from http://nccam.nih.gov/health/whatiscam; May 2013
What is Integrative Medicine?

Alternative Medicine

Therapeutic approaches taken in place of traditional medicine and used to treat or ameliorate disease.

Complementary Medicine

Therapies practiced together with, or in addition to conventional (or allopathic) medicine.

Integrative Medicine

Combines traditional western (or allopathic) and complementary approaches, but does not replace conventional therapy. It may be used for:

• Managing symptoms
• Increasing wellness (quality of life, sense of well-being)
• Improving treatment efficacy

What is Complementary & Alternative?

Biologically Based Practices
Herbs, vitamins, dietary supplements and other natural therapies
Specific dietary strategies (ketogenic diet, macrobiotic diet)

Energy Medicine
Biofield therapies such as Qi gong & Reiki or therapeutic touch and bioelectromagnetic-based therapies such as magnetic fields

Manipulative and Body-Based Practices
Chiropractic, osteopathic, massage and acupuncture

Mind-Body Medicine
Meditation, prayer, art & music therapy, counseling and support groups

Whole Medical Systems
Traditional Chinese, Ayurveda, homeopathy and naturopathic medicine

Adapted from [http://nccam.nih.gov/health/whatiscam](http://nccam.nih.gov/health/whatiscam); May 2013
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Beyond CAM – Wellness with Integrative Medicine

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Rx
Nutrition
Exercise
Stress Mgmt
Sleep
Beyond CAM – Wellness with Integrative Medicine

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Use of CAM by People with Cancer

Nurses Health Study (2006); 62% of breast cancer survivors (n=2,022) use CAM therapies

Loosely defined:

- relaxation/imagery, spiritual healing, prayer
- yoga
- energy healing
- acupuncture, massage, chiropractic manipulation
- high-dose vitamins, herbs
- and homeopathy

Use of CAM by People with Cancer

Prospective, multi-institutional study to define CAM utilization during definitive radiation therapy for breast cancer (stage 0-III).

- 54% (194/360) used CAM therapies
- 71% (138) reported activity-based CAM (mass, med, acu, reiki)
- 26% topical CAM (aloe, honey, vitamin E, calendula)
- 45% oral CAM (MVM, vit. D, AO-, herbs, bee pollen)
- Only 16% received advice/counseling
- Significantly lower skin toxicity scores were reported in CAM users vs nonusers (mild: 34% vs 25%, severe: 17% vs 29%).

Use of CAM by People with Cancer

2010 MD Anderson survey of patients seen in a dedicated **Phase I clinical trials clinic**; 162/309 or 52% use CAM therapies.

- **Pharmacologic** (77% of users, 40% of respondents)
  - Vitamin, herbal and other dietary supplements
- **Non-pharmacologic** (71%)
  - Prayer, meditation, hypnosis, massage, acupuncture
- Both (48%)

Beyond CAM – Wellness with Integrative Medicine

Use of CAM by People with Cancer

MD Anderson survey of patients with gynecologic or breast cancer in 2003.

- 241/500 or 48% use pharmacologic CAM therapies
- Only 54% of those told their physician about using CAM therapy

An NCCAM/AARP study published in April 2011 had similar findings in regard to disclosure at 42%.

- Only 13% of CAM info came from physicians; Remainder from family, friends, internet, publications, radio.
- 55% initiated by the patient. Only 26% by the provider.
- 21% ended in referral to specialist in the area of interest

“Integrative oncology is both a science and a philosophy that focuses on the complexity of the health of cancer patients and proposes a **multitude of approaches to accompany the conventional therapies**... to facilitate health.”

“**Integrative cancer care programs that include the services of a naturopathic oncologist provide access to the highest level of natural pharmacological therapy** (vitamin, mineral, botanical) **expertise**, as well as nutrition & other lifestyle-based interventions.”
What to Expect from CAM

General Health Support
Good nutrition, appropriate exercise, weight management, sleep habits

Symptom Management – during & after treatment
Anxiety, depression, fatigue, insomnia, mental fogginess, hot flashes, constipation, diarrhea, gas/bloating, reflux, taste changes, peripheral neuropathy, skin rash, joint pains, muscle cramps/RLS and others

Pain Management
Especially from the body-based practices

Psycho-Emotional Support
Especially from the mind-body and energy medicine-based techniques

Improved Therapeutic Response
Healing following surgery, response to chemotherapy and radiation

Decreased Risk of Recurrent and/or New Disease
Complementary & Alternative Medicine

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Adapted from http://nccam.nih.gov/health/whatiscam; May 2013
Biologically Based Practices

Herbs, vitamins, dietary supplements and other natural therapies

• increasing health, managing most symptoms, improving treatment effects
• possibly reducing risk of new or recurrent disease
• complex interventions that need to be well coordinated
• simplified during active cancer therapies - chemotherapy & radiation
• will be presented in depth in the Vitamin and Dietary Supplement presentation at 12.00pm/noon.

Specific dietary strategies

Energy Medicine
Manipulative and Body-Based Practices
Mind-Body Medicine
Whole Medical Systems
Biologically Based Practices
Herbs, vitamins, dietary supplements and other natural therapies

Specific dietary strategies
- Whole-foods, primarily plant based diet – recommended!
- Macrobiotic diet – grains, vegetables, beans, miso, sea vege, fish
- Gerson diet – organic, vegetarian; very restrictive
- Ketogenic diet – high fat, moderate protein, no carbohydrates
- Atkins / South Beach / Paleolithic diets – high protein, low carb
- Anti-Cancer diet – well balanced, no processed, mostly plants
- Diet must be tailored to the individual and their unique circumstances

Energy Medicine
Manipulative and Body-Based Practices
Mind-Body Medicine
Whole Medical Systems
The Anti-Cancer Diet – D. Servan-Schreiber

Animal proteins (optional)
- fish, organic meat, omega-3 eggs, organic dairy products

Grains
- multigrain bread, whole-grain rice, quinoa, bulgur ...

Fats
- olive, canola, or flaxseed oil, omega-3 butter

Herbs and spices
- turmeric, mint, thyme, rosemary, garlic ...

Vegetables and fruits
- lentils, peas, beans, tofu ...

Complementary & Alternative Medicine

Biologically Based Practices

Energy Medicine

Qi gong – depression, fatigue, pain, general QOL
Tai chi – insomnia, lymphedema, mobility, pain, strength, general QOL
Reiki – anxiety, depression, insomnia, neutropenia?, pain, poor appetite
Therapeutic touch/ polarity therapy/ healing touch
Magnetic (EMF) fields – largely anecdotal

Manipulative and Body-Based Practices

Mind-Body Medicine

Whole Medical Systems

Photo credits: Dixie Madden at flickr.com, May 2013
Complementary & Alternative Medicine

Biologically Based Practices
Energy Medicine

**Manipulative and Body-Based Practices**

Manipulation – chiropractic and osteopathic; *caution with bone metastasis*
Massage – anxiety, depression, insomnia, lymphedema, pain, wound healing
Acupuncture – too much to list! (~1,000 studies w ac & CA) Safe! Effective?
Difficult to study/test in clinical trial

Mind-Body Medicine
Whole Medical Systems

Complementary & Alternative Medicine

Biologically Based Practices
Energy Medicine
Manipulative and Body-Based Practices

Mind-Body Medicine – Stress Management! Insomnia & pain
Art & music therapy
Biofeedback
Cognitive Behavior Therapy – anxiety, depression, insomnia, pain
  Meditation
  Guided Imagery / visualization
  Mindfulness-Based Stress Reduction
Counseling
Prayer
Social Support- including support groups
  Fatigue, immune response, insomnia, nausea, pain, wound healing

Whole Medical Systems
Complementary & Alternative Medicine

Biologically Based Practices
Energy Medicine
Manipulative and Body-Based Practices
Mind-Body Medicine

Whole Medical Systems
Traditional Chinese Medicine
Ayurvedic Medicine
Anthroposophic Medicine
Homeopathy – unique; constitutional versus symptomatic use
Naturopathic medicine

...Integrative Medicine
Whole Medical Systems

Naturopathic / Integrative Oncology

General Health Support
Basic nutrition, physical activity, sleep & stress management

Proactive/Aggressive Nutrition & Metabolic Therapies

Symptom Management
During and after active oncology care; chemo/ hormone/ radiation

Recovery Following Active Treatment

Psycho-Emotional Support/Referral

Decreased Risk of Recurrent and/or New Disease

Palliative Care

Referral to Additional Services & Resources
Focus on Health – Promoting Wellness

- Nutrition – *Primarily plant origin*<sup>ns</sup>
  - Vegetables<sup>3-4</sup>, Fruits<sup>2-3</sup>, Whole Grains, Herbs/Spices
  - Limit alcohol consumption (<1<sup>F</sup> & <2<sup>M</sup>/day)

- Physical Activity and Exercise – *Intensity*
  - Sweating & brief *muscle* soreness (75<sup>H</sup>-150<sup>M</sup>min/wk)

- Healthy Weight Management – BMI < 25 (or 23?)

- Sleep Management – 7-8 hours/night

- Stress Management & Psycho/Social Health

- Minimize/Eliminate Toxic Exposures
### Common Post-Treatment Symptoms

<table>
<thead>
<tr>
<th>Anemia</th>
<th>Joint pains</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiac toxicity</td>
<td>Liver toxicity/ elevated enzymes</td>
</tr>
<tr>
<td>Constipation</td>
<td>Mental fogginess</td>
</tr>
<tr>
<td>Depression</td>
<td>Nail changes</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Peripheral neuropathy</td>
</tr>
<tr>
<td>Esophageal reflux</td>
<td>Sexual impairment</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Skin rash</td>
</tr>
<tr>
<td>Hair loss</td>
<td>Taste changes</td>
</tr>
<tr>
<td>Hot flashes</td>
<td>Vision changes</td>
</tr>
<tr>
<td>Infection/ immune system function</td>
<td></td>
</tr>
</tbody>
</table>
Factors of Health – Individualized Care

- Inflammation
- Oxidative stress
- Glucose / Insulin balance
- Nutrient status – deficiency and/or excess
- Coagulation – components of clotting/ bleeding
- Hormone balance / Exposure - beyond estrogen
- Immune function
- Optimal/Adequate organ function
Factors of Health – Individualized Care

- Inflammation
  - Sedimentation Rate
  - C-reactive Protein
  - Interleukin-6

- Oxidative stress (hepatic/systemic)
  - Gamma-glutamyl Transferase
  - Co-Enzyme Q$_{10}$

- Glucose / Insulin balance
  - Hemoglobin A1c/ Glycosylated Hemoglobin

- Nutrient status – deficiency and/or excess
  - Vitamin D
  - Essential fatty acid profile
Integrative Oncology Outcomes Study

Use of Integrative Oncology (IO) in Breast Cancer

Goals:
1. Describe integrative oncology treatments
2. Identify differences in health-related quality of life
3. Determine cost data for IO treatments

- Prospective, matched controlled, observational study
- Conducted by Bastyr University and the FHCRC
- NIH (NCCAM) funded
- Survey based, five-year follow up – baseline, six months and annually x5
- Five Puget Sound Naturopathic Oncology Clinics
IO Clinics

Bastyr Integrative Oncology Research Center (BIORC) in Kenmore, WA
Leanna Standish, ND, PhD, LAc, FABNO (PI)

Seattle Cancer Treatment & Wellness Center (SCTWC) in Renton, WA
Paul Reilly, ND, FABNO (PI) – Letitia Cain, ND, FABNO (Co–I) – Mark Gignac, ND, FABNO (Co–I)

Seattle Integrative Oncology (SIO) in Seattle, WA
Chad Aschtgen, ND, FABNO (PI) – Erica Joseph (Preceptee & Research Coordinator)

Providence Integrative Cancer Care (SIO@PICC) in Olympia/Lacey, WA
Chad Aschtgen, ND, FABNO (PI) – Erica Joseph (Preceptee & Research Coordinator)

Red Cedar Wellness Center (RCWC) in Bellevue, WA
Laura A. James, ND, FABNO (Co–PI) – Janile Martin, ND, ARNP, LAc, FABNO (Co – PI)
Alternative Therapies – Caution!

- Cancell, Cantron, Entalev, Protocell
- Zeolite
- Hydrazine sulfate
- Insulin potentiating therapy
- Laetril, Amygdalin, B-17
- Cesium chloride
- Ozone, $H_2O_2$, Oxygenating therapies
- Prostasol, PC Spes
- Poly MVA
- Rife Machine / Therapy
- Hoxsey Therapy
- Hulda Clark’s ‘Zapper’
- Antineoplasticon Therapy
- High Dose IV Vitamin C ©
- Naltrexone (LDN)
- Iscador | Mistletoe ©
- Essiac Tea
A Simple Take Home Message:

1. Use expert professionals to guide you!
2. Do the best you can to focus on the foundations of good health
3. Keep the plan simple during active therapies (chemo, biologics, radiation)
4. Don’t underestimate the benefits of exercise!
5. Adequate sleep, too!
6. Be flexible and forgiving
Recommended Resources

*Your Multidisciplinary Team:*
  - Medical Oncologist
  - Primary Care Physician/Family Doctor
  - Integrative Medicine/Wellness Team

*LIVESTRONG & Other Local Fitness Programs*

*Survivorship Programs* – SCCA Life After Cancer

*Support Organizations and Groups*
  - Gilda’s Club, Cancer Lifeline and more

*The Healing Mind* – thehealingmind.org or cmbm.org

*Society for Oncology Massage* – S4OM.org

*Integrative Oncology Specialists* – OncANP.org
  - Oncology Association of Naturopathic Physicians
Recommended Resources

*Five to Thrive: Your Cutting Edge-Cancer Prevention Plan*
  Lise N. Alschuler, ND & Karolyn A. Gazella

*Anticancer: A New Way of Life* – David Servan-Schreiber, MD

*Integrative Strategies For Cancer Patients: A Practical Resource For Managing The Side Effects Of Cancer Therapy*
  Elena Ladas & Kara Kelly, MD

*Integrative Medicine: About Herbs, Botanicals & More*
  *Memorial Sloan-Kettering Cancer Center* website

*Fundamentals of Complementary and Alternative Medicine*
  Marc Micozzi, MD, PhD

*Integrative Oncology* – D. Abrams, MD & A. Weil, MD