



Integrative Medicine: Whole Person Health for You

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Moving Beyond Cancer to Wellness

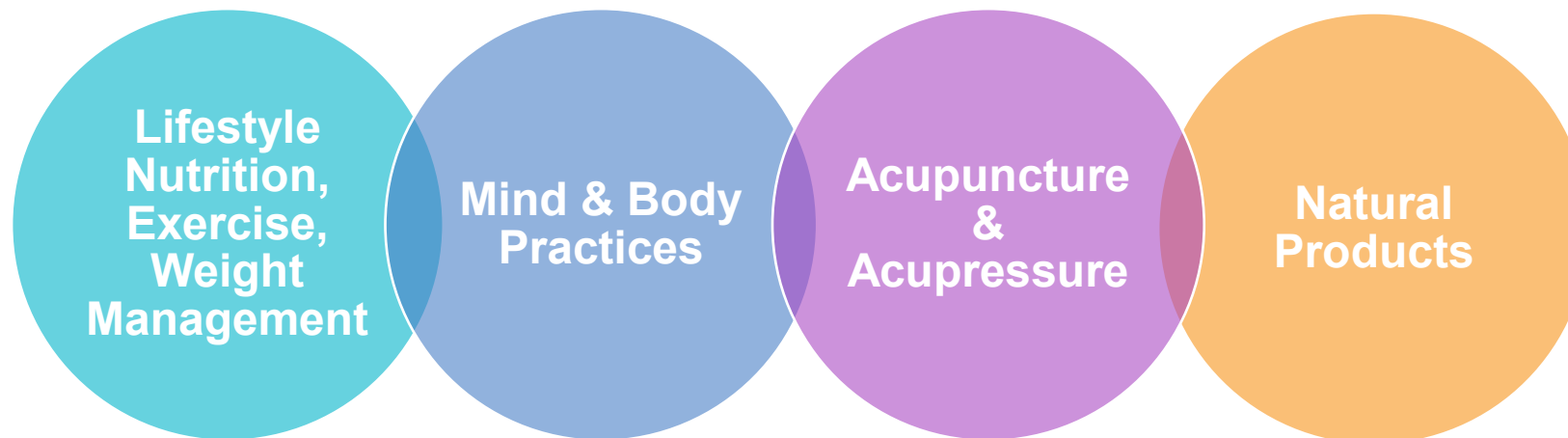
June 6, 2026

Goals for Today

- 1 Introduction to Integrative Medicine & Integrative Oncology
- 2 Discuss Whole Person Health
- 3 Practical suggestions to incorporate Integrative Medicine into daily life
- 4 Resources Resources Resources

What is Integrative Oncology?

- **Patient-centered**, evidence-informed field of cancer care
- Utilizes mind and body practices, natural products, and/or lifestyle modifications
- Delivered **alongside conventional cancer treatments**.
- Aims to **optimize health, quality of life, and clinical outcomes**
- **Empowers people** to prevent cancer and become active participants before, during and beyond cancer treatment.



Clinical Practice Guidelines

Vision

- Critically evaluate evidence to inform decision making
- Synergize expertise from SIO and ASCO
- Drive professional standards
- Identify research gaps



General Integrative Medicine

Evidence-Based Clinical Practice Guidelines for Integrative Oncology: Complementary Therapies and Botanicals

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Key words: cancer, oncology, complementary and alternative medicine (CAM), complementary therapies, integrative medicine

Lung Cancer

Complementary Therapies and Integrative Medicine in Lung Cancer

Diagnosis and Management of Lung Cancer, 3rd ed: American College of Chest Physicians Evidence-Based Clinical Practice Guidelines

Background: Physicians are often asked about complementary therapies by patients with cancer, and data show that the interest in and use of these therapies among patients with cancer is common. Therefore, it is important to assess the current evidence base on the benefits and risks of complementary therapies (modalities not historically used in modern Western medicine).
Methods: A systematic literature review was carried out and recommendations were made according to the American College of Chest Physicians Evidence-Based Clinical Practice Guidelines

Breast Cancer

Clinical Practice Guidelines on the Evidence-Based Use of Integrative Therapies During and After Breast Cancer Treatment

Integrative Therapies During and After Breast Cancer Treatment: ASCO Endorsement of the SIO Clinical Practice Guideline

Methods: A systematic literature review was carried out and recommendations were made according to the American College of Chest Physicians Evidence-Based Clinical Practice Guidelines

Pain

Integrative Medicine for Pain Management in Oncology: Society for Integrative Oncology-ASCO Guideline

PURPOSE: The aim of this joint guideline is to provide evidence-based recommendations to practicing physicians and other health care providers on integrative approaches to managing pain in patients with cancer.
METHODS: The Society for Integrative Oncology and ASCO convened an expert panel of integrative oncology, medical oncology, radiation oncology, surgical oncology, social sciences, mind-body medicine, nursing, and patient advocacy representatives. The literature search included systematic reviews, meta-analyses, and randomized controlled trials published from 1990 through 2021. Outcomes of interest included pain intensity, symptom relief, and adverse events. Expert panel members used the guideline and

Anxiety & Depression

Integrative Oncology Care of Symptoms of Anxiety and Depression in Adults With Cancer: Society for Integrative Oncology-ASCO Guideline

PURPOSE: To provide evidence-based recommendations to health care providers on integrative approaches to managing anxiety and depression symptoms in adults living with cancer.
METHODS: The Society for Integrative Oncology and ASCO convened an expert panel of integrative oncology, medical oncology, radiation oncology, surgical oncology, palliative oncology, social sciences, mind-body medicine, nursing, methodology, and patient advocacy representatives. The literature search included systematic reviews, meta-analyses, and randomized controlled trials published from 1990 through 2023. Outcomes of interest included anxiety or depression symptoms as measured by validated psychometric tools, and adverse events. Expert panel members used this evidence and informal consensus with the guidelines into Decision Support methodology to develop evidence-based guideline recommendations.

Fatigue

Management of Fatigue in Adult Survivors of Cancer: ASCO-Society for Integrative Oncology Guideline Update

PURPOSE: To update the ASCO guideline on the management of cancer-related fatigue (CRF) in adult survivors of cancer.
METHODS: A multidisciplinary panel of medical oncology, geriatric oncology, internal

Complementary & Integrative Medicine Use Among Cancer Survivors

High and rising use among cancer survivors

- 60-80% of US cancer survivors use integrative medicine

Goals for use

- Improve quality of life, recurrence, and survival outcomes
- Increase the efficacy of conventional cancer therapies
- Prevent and treat side effects of conventional therapies
- Treat other existing health concerns

Clinician's role

- Guide people on **what works**, **what doesn't work**, and **what is safe**



SIO-ASCO Guideline Recommendations

Level of evidence for using treatment		
Low	Intermediate	High

Mindfulness Interventions
(including CBT)

Tai Chi and/or Qigong

Exercise

Hypnosis

Yoga

Acupuncture/acupressure

Pain				Active Treatment			Post Treatment		
AI Arthralgias	Procedural/Surgical	Neuropathy	General	Depression	Anxiety	Fatigue	Depression	Anxiety	Fatigue
			Low	High	High		High	High	Intermediate
						Intermediate	Intermediate	Intermediate	
						Intermediate			Intermediate
	Intermediate				Intermediate				
			Low	Intermediate	Low		Intermediate		Low
Intermediate	Low	Low	Intermediate				Low		Low

SIO-ASCO Guideline Recommendations

Level of evidence for using treatment		
Low	Intermediate	High

	Pain				Active Treatment			Post Treatment		
	AI Arthralgias	Procedural/Surgical	Neuropathy	General	Depression	Anxiety	Fatigue	Depression	Anxiety	Fatigue
Massage				Intermediate						
Reflexology			Low		Low	Low			Low	
Music Therapy		Low			Low	Low				
Aromatherapy						Low				
Moxibustion										Low
Specific Herbs							Low			

Fred Hutch Division of Supportive Care





Integrative Medicine Team

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Assessing Whole Person Health

Whole Person Health Index (WPHI)

Rate on a scale of 1–5 (1=Poor, 2=Fair, 3=Good, 4=Very Good 5=Excellent)

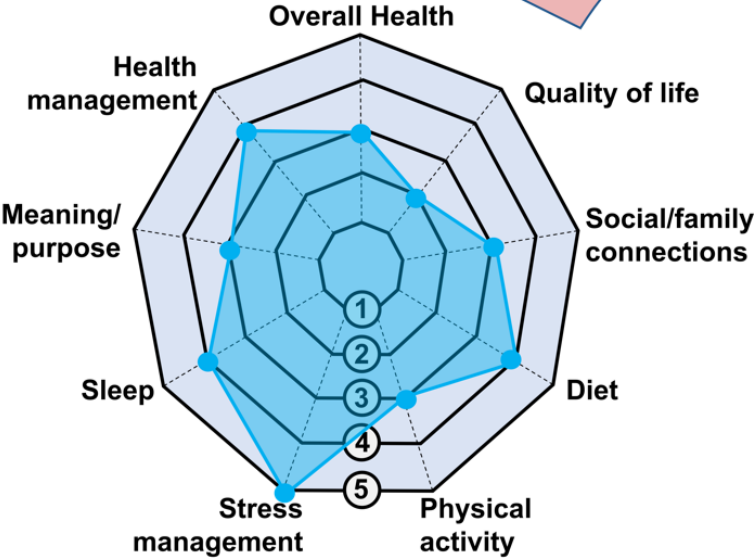
1. Would you say your **health in general** is excellent, very good, good, fair, or poor?
2. How would you rate your **quality of life**, focusing on what matters most to you?
3. How would you rate your **social and family connections**?
4. In general, how healthy is your **overall diet**?
5. How would you rate your **physical activity**, compared with people in your age group?
6. How would you rate your **ability to manage stress**?
7. How would you rate your **sleep**?
8. How would you rate your ability to find **meaning and purpose in your daily life**?
9. How would you rate your ability to **manage your health, focusing on aspects of your health that matter most to you**?



National Center for
Complementary and
Integrative Health

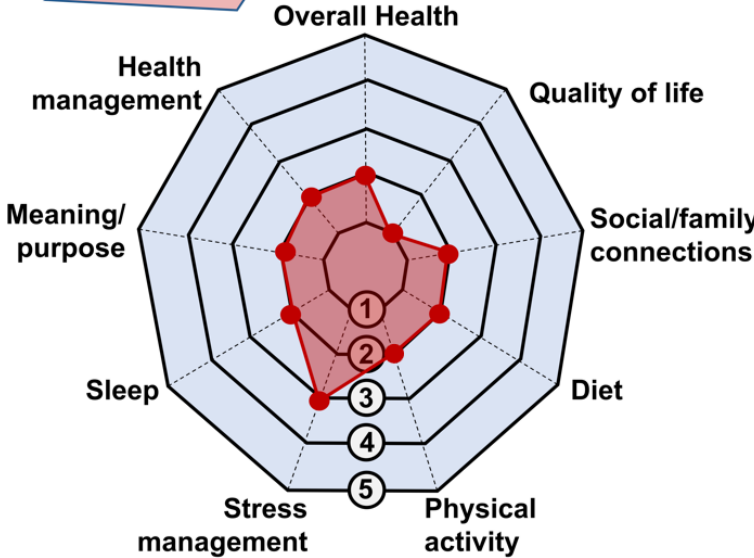
Assessing Whole Person Health

HEALTHIER STATE
WPHI=31



DECLINING HEALTH

LESS HEALTHY STATE
WPHI=18



IMPROVING HEALTH

1=Poor
2=Fair
3=Good
4=Very good
5=Excellent

Assessing Symptoms & Well-Being

Edmonton Symptom Assessment Scale

Rate on a scale of 0–10 (0 = None, 10 = Worst Possible)

1. Pain
2. Tiredness
3. Drowsiness
4. Nausea
5. Lack of Appetite
6. Shortness of Breath
7. Depression
8. Anxiety
9. Overall Wellbeing
10. Other Problems



What would move you closer to a “0” in your overall well-being?

Recommendations for Cancer Survivorship



Plant-Focused, Whole Foods Diet

Basic recommendations for people without restrictions

Choose:

- Variety of **vegetables, fruits, whole grains, beans and legumes**
- **High fiber diet:** 30+ grams of fiber per day
- Foods and drinks **low** in **saturated fat** and added and processed **sugars**
- Foods and drinks in amounts that help you **reach and maintain a healthy weight**

Limit:

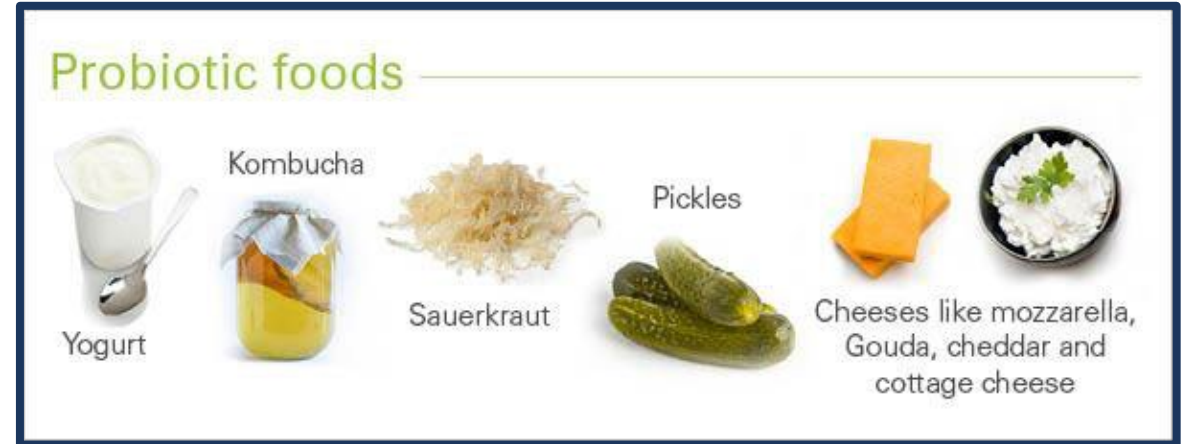
- Red and processed meats
- Fast foods
- Highly processed foods

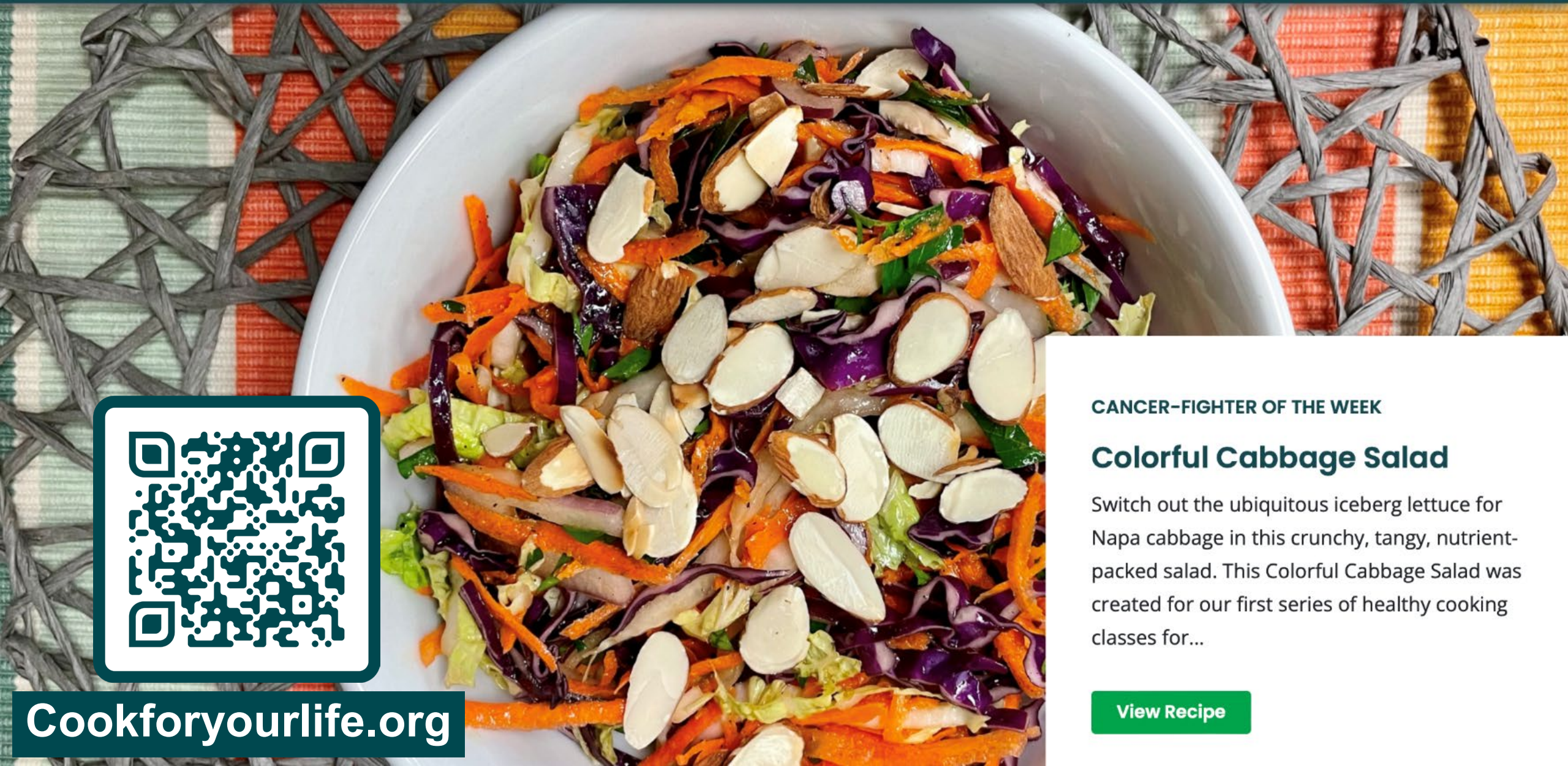


Probiotic Foods

Takeaways for a healthy gut microbiome:

- **Eat Fiber**
- **Diversity** (food) begets **diversity** (gut)
- **Real food = real nutrition**
- Supplement **only as necessary**
- **Do not take probiotics if immunosuppressed**





CANCER-FIGHTER OF THE WEEK

Colorful Cabbage Salad

Switch out the ubiquitous iceberg lettuce for Napa cabbage in this crunchy, tangy, nutrient-packed salad. This Colorful Cabbage Salad was created for our first series of healthy cooking classes for...

[View Recipe](#)



Cook for Your LIFE



We teach healthy cooking to people touched by cancer

RECIPES ▾ VIDEOS BLOG EVENTS ABOUT US ▾

ESPAÑOL

DONATE



History: Cook for Your Life launched in 2007, website launched in 2012

Content: Cancer patient-facing website offering free nutrition information, recipes (1100+), cooking videos (200+), and cooking tips in **English** and **Spanish**. *Fills a niche not met by other cancer centers and foundations.*

Ann decides to retire in 2018

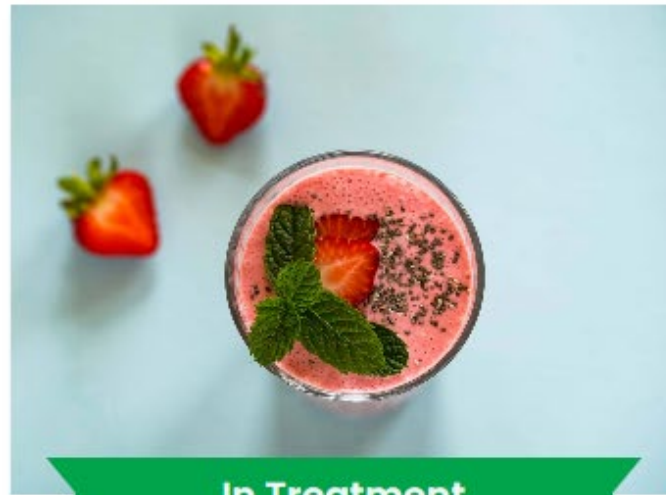
Healthy recipes & nutrition resources for people affected by cancer.

Your evidence-based resource with over 1000 recipes, hundreds of nutrition and health articles, and how-to cooking videos. Learn about the role good nutrition plays in cancer prevention and control.



Prevention

Start here to make a game plan for improving your health and reducing your cancer risk.



In Treatment

Find simple, soothing ways to nourish yourself while managing treatment side effects.

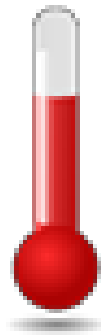


Survivorship

Reach your goals of living a longer, more fulfilling life while reducing your risk of recurrence.

Exercise as a Vital Sign

- On average, how many days per week do you engage in moderate to vigorous physical activity (like a brisk walk)?
- On average, how many minutes do you engage in physical activity at this level?



Physical Activity

Target

- 150-300 minutes of moderate physical activity per week

Types

- Walking, running, biking, swimming, sports, yoga, etc.

Tools

- Online or in-person classes, YouTube, Apps, Smartphones/watches



The Scientific 7-Minute Workout



Avoid or Limit Alcohol Intake

Alcohol is carcinogenic

If consumed at all, limit alcoholic drinks to

2 servings per day for men

1 serving per day for women

Mocktails, non-alcoholic beers, sparkling waters

are **excellent alternatives**

Address factors that lead to increased drinking



Physical Activity: Benefits

Being physically active during and after cancer treatment helps:

- **Reduce** anxiety and fatigue
- **Improve** self-esteem
- **Increase** positive feelings
- **Improve** heart health
- **Maintain** a healthy weight
- **Boost** muscle strength and endurance

RPE SCALE	RATE OF PERCEIVED EXERTION
10 /	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9 /	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
7-8 /	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence
4-6 /	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2-3 /	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
1 /	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc

Trustworthy Nutrition and Exercise Resources



**American Institute for
Cancer Research**

aicr.org



**American
Cancer
Society®**

cancer.org



**FRED HUTCH
COOK FOR
YOUR LIFE®**

cookforyourlife.org



ACSM®
AMERICAN COLLEGE OF SPORTS MEDICINE

acsm.org

Natural Products

- Dietary supplements can include **vitamins, minerals, botanicals, pre-/post-biotics, amino acids, protein powders, and more**
- Dietary supplements should be **supplementary** to our **plant-focused, whole foods diet** as **indicated, safe, and necessary**
- There is **limited evidence** to support dietary supplement use for most concerns in cancer



Evidence-Based Natural Product Resources



Memorial Sloan Kettering Cancer Center - About Herbs
mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs



NCI Physician Data Query (PDQ) Summary - Integrative, Alternative, and Complementary Therapies
cancer.gov/publications/pdq/information-summaries/cam



National Center for Complementary and Integrative Health (NCCIH)
nccih.nih.gov



Society for Integrative Oncology (SIO)
integrativeonc.org



Consumer Lab
consumerlab.com

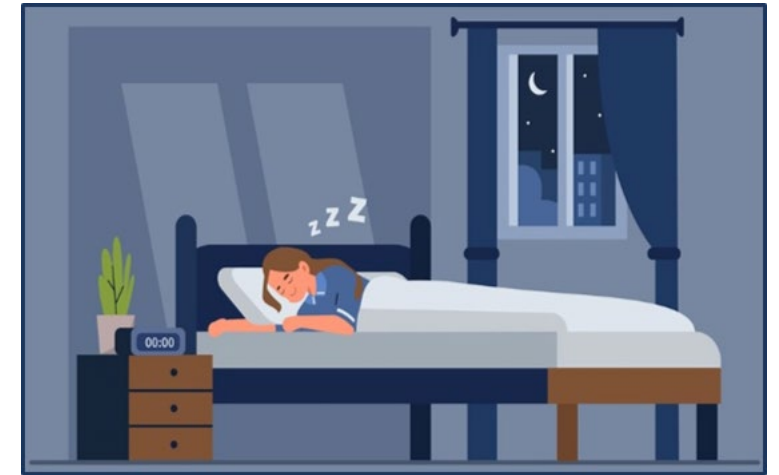
Sleep Quality & Sleep Hygiene

The space:

- **Dark, quiet, and cool** (less than 68-71°F)
- Blue light reduces **melatonin** production

The process:

- **Avoid caffeine** late in the day
- **Exercise** early in the day
- Establish a **regular bedtime**
- **Quiet time** before bed
- If needed, **decrease fluid intake** 3-4 hours before bed



Check medications for side-effects

**QR Code for Sleep
Hygiene Handout**



Mind-Body Medicine as a Tool for:

- Improving **parasympathetic** response
- Improving overall **quality of life**
- Addressing **side effects, stress, anxiety, insomnia, pain**
- Being **happier** / having more **agency**
- Creating **long term** lifestyle changes
- Preparing for surgery, procedures, treatments

Techniques

- Breathing, meditation, nature walks, yoga

Practitioner-Based

- Acupuncture, acupressure, counseling, massage

Expressive therapies

- Art, music, journaling, gardening



InsightTimer

Calm

headspace

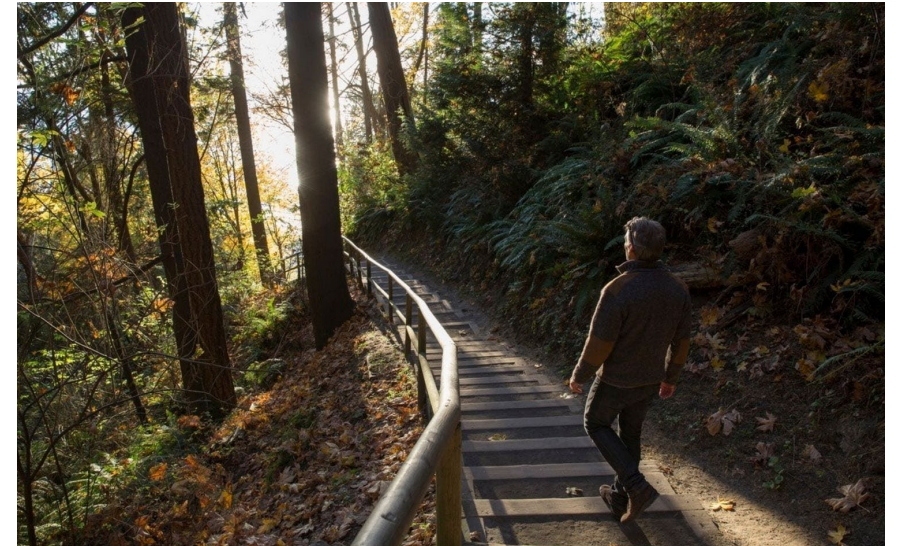
NATURESPACE
HOLOGRAPHIC AUDIO



MINDFULNESS
NORTHWEST

Mindfulness Meditation

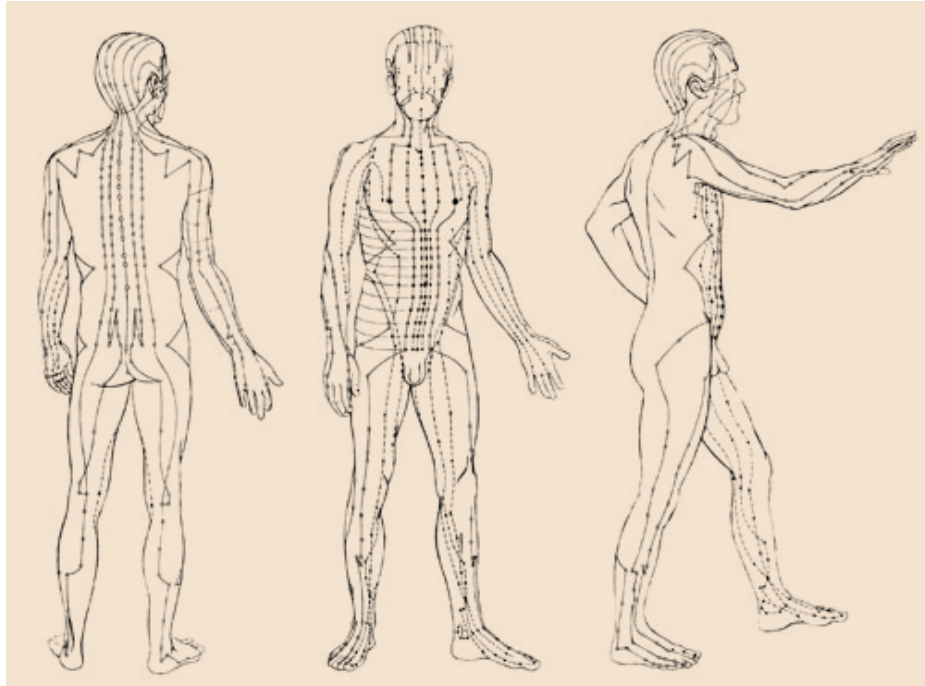
- Range of meditation practices
- Body scan, sitting or walking meditation
- Loving-kindness/self-compassion practice
- Gentle Hatha yoga postures
- Cultivate mindfulness in day-to-day life
- Participants engage in daily home practice



Acupuncture

Benefits

- **Physical** – pain, headaches, neuropathy (CIPN)
- **Functional** – nausea, vomiting, constipation
- **Mental** – stress, anxiety, fatigue, insomnia



Acupuncture

Approach

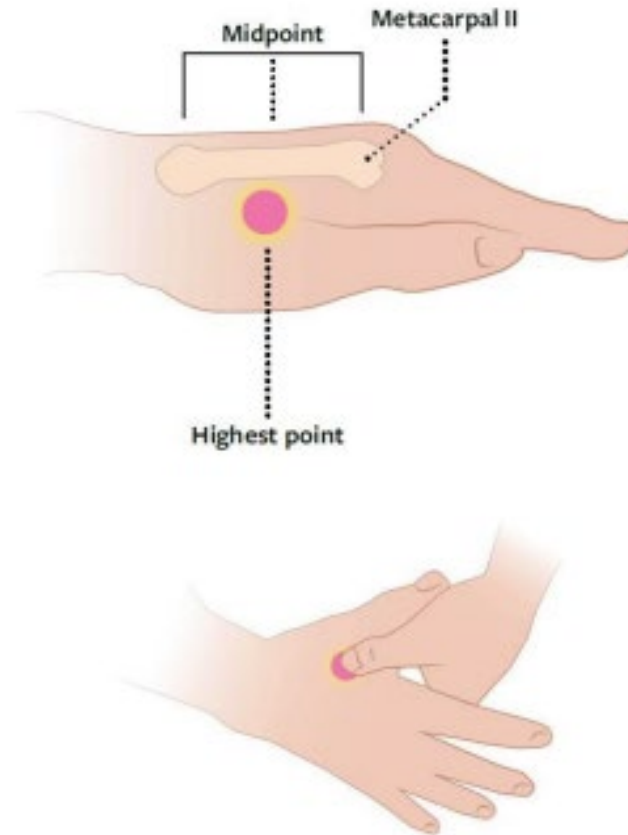
- Expect **weekly** sessions for **8+ weeks**
- ~**One hour** each
- **Occasionally** symptoms may have immediate relief
- Some symptoms take **longer** to treat
- Find an acupuncturist **with oncology experience!**



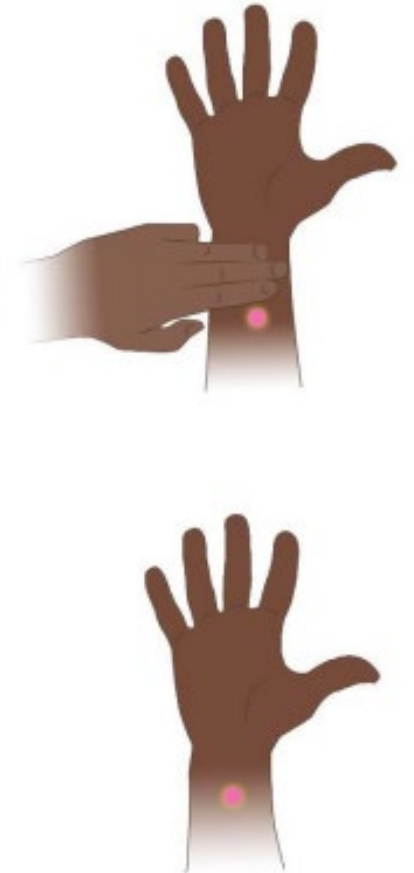
Acupressure

- Draws on the same acupoint system as acupuncture
- **Performed by patient** (or caregiver, practitioner)
- Uses fingers or a device to apply pressure (no needles used)
- Specific points on the body (acupoints)
- Used for **nausea, pain, stress/anxiety**
- Used for sleep disorders (**insomnia**) and **fatigue**

Large Intestine 4 (LI4)
for pain



Pericardium 6 (PC6)
for nausea



Acupuncture & Acupressure Resources



Patient Care



Patient Care

Diseases

Research

Education & Training

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Ways to Give

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Patient Education



Finding an Acupuncturist

During and After Your Cancer Treatment

This handout explains how to find an acupuncturist with the training and experience to perform acupuncture. Not all acupuncturists are qualified to perform acupuncture on cancer patients.

If you are looking for an acupuncturist, please contact your healthcare provider for a referral.

Acupuncture

To get a referral, you must meet with your healthcare provider and discuss your interest in acupuncture.

In Washington



Acupuncturists in the Community

This handout includes a list of acupuncturists in the community.



Acupressure for Common Side Effects

- Seattle
- East of Seattle
- South of Seattle
- West of Seattle
- West of Seattle/Port of Seattle
- North of Seattle
- Eastern Washington
- Oregon
- Hawaii
- Alaska

This handout explains what acupressure is, guidelines for using it, and how to use acupressure to relieve common side effects of cancer and its treatment.

What is acupressure?

- Acupressure is a practice of Traditional East Asian Medicine that stimulates the same system of acupoints used with acupuncture, but you use your hands instead of needles. Acupressure has been used for thousands of years.
- Acupoints are found on the body along pathways. These pathways, called channels or meridians, form a network that connects all areas of the body, creating a unified system that can be stimulated at specific locations to effect changes within the body.
- You can do acupressure on yourself at any time, especially when you're experiencing certain side effects, such as nausea, vomiting, anxiety, stress, fatigue, and pain.

What can acupressure help with?

Acupressure may help manage the following side effects:

- Nausea and vomiting (page 2)
- Pain and headaches (page 3)
- Stress and anxiety (page 3)
- Fatigue (page 4)

Fred Hutchinson Cancer Center > Education & Training > Patient Education > Patient Education Videos >

Acupuncture and Acupressure

Patient Education

Videos

- Blood and Marrow Transplant
- Breast Cancer
- Cellular Immunotherapy
- Central Lines
- Chemotherapy
- Diagnostic Imaging
- Mind-Body Relaxation
- Nutrition and Cancer Rehabilitation
- Physical Therapy
- Prevention and Screening
- Procedures
- Side Effects
- Subcutaneous Injections

Acupuncture and Acupressure

Digital Library

Videos

The educational videos listed below offer information about using acupuncture and acupressure.

ON THIS PAGE

[Acupressure for Anxiety](#) | [Acupressure for Constipation](#) | [Acupressure for Fatigue](#) | [Acupressure for Insomnia](#) | [Acupressure for Nausea](#) | [Acupressure for Pain](#)

Acupressure for Anxiety



This video explains what acupressure is, how to use it safely and effectively, and how to find acupressure points for anxiety.

Acupressure for Constipation



This video explains what acupressure is, how to use it safely and effectively, and how to find acupressure points for constipation.

Key Take-Aways

- Integrative Medicine offers a whole person approach to cancer survivorship
- If interested, start with approaches that are easy, appealing, and important to you
- Seek professional input from healthcare team
- Enjoy!



Integrative Medicine

Supportive Care Services

[Cancer Rehabilitation](#)

[Child Life Specialists](#)

[Integrative Medicine](#) ^

[Oncology Acupuncture](#)

[Nutrition](#)

[Onconeurology Clinic](#)

[Oncoreproduction Clinic](#)

[Oral Medicine Service](#)

[Pain Clinic](#)

[Supportive and Palliative Care Service](#)

An Evidence-Based Field of Cancer Care

At Fred Hutch Cancer Center, we believe state-of-the-art care includes support for the healing of our patients in body, mind and spirit.

Integrative oncology is an evidence-based field of cancer care that utilizes mind-body practices, natural products and/or lifestyle modifications from different traditions alongside conventional cancer treatments. Our integrative medicine providers have expertise in mind-body medicine, acupuncture and naturopathic medicine.

Page Contents

- [What to Expect](#)
- [Where will I be seen?](#)
- [Your Care Team](#)
- [Patient and Caregiver Resources](#)
- [Frequently Asked Questions](#)

How to Make an Appointment

Established patients at Fred Hutch are eligible for our services. Let your care team know you are interested in seeing a Fred Hutch integrative medicine provider or you may self-refer (if you are receiving your care at Fred Hutch) by contacting us directly. The scheduling team will provide instructions on your appointment location and how to check in.

Phone: [206.606.5500](tel:206.606.5500)

Email: integrativemedpcc@fredhutch.org



Thank you!

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