Before we begin

We acknowledge that this presentation is taking place on land that has been home to many Indigenous peoples including the Piscataway, Pamunkey, Nanticoke, Anacostan, Patawomack, and others. We acknowledge the harm done to the original dwellers of this land through the violation of treaties, genocide, systematic discriminatory policies, and structural racism. We commit to our ongoing respectful learning and honoring of the history, culture and healing practices of American Indian Nations in our work for the Society for Integrative Oncology.
Integrative Oncology: Evidence, Equity & Empowerment

Ana Maria Lopez, MD, MPH, MACP, FRCP
• Professor, Medical Oncology and Integrative Medicine, Sidney Kimmel Medical College, Thomas Jefferson University

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• Founder: Project Life

Desirée A. H. Walker
• Patient Advocate and Health Educator

Betsy Glosik
SIO Patient Advocate Committee

Jodi MacLeod
Co-Chair, SIO Patient Advocate Committee
Welcome!

Breath and presence
Ahhh...
Introduction:
who I am/why I’m here
What brought you here?

Breath to decompress
Learning Objectives

- Define integrative oncology
- Discuss the benefits of integrative oncology
- Outline how integrative practices can be partnered with allopathic care.
What is integrative oncology?
What is integrative oncology?

A Comprehensive Definition for Integrative Oncology

Claudia M Witt, Lynda G Balneaves, Maria J Cardoso, Lorenzo Cohen, Heather Greenlee, Peter Johnstone, Ömer Kücük, Josh Mailman, Jun J Mao

Affiliations + expand

PMID: 29140493  DOI: 10.1093/jncimonographs/lgx012
What is integrative oncology?

• Integrative oncology is a patient-centered, evidence-informed field of cancer care that utilizes mind and body practices, natural products, and lifestyle modifications from different traditions alongside conventional cancer treatments. Integrative oncology aims to optimize health, quality of life and clinical outcomes across the cancer care continuum and to empower people to prevent cancer and become active participants before during and beyond cancer treatment.
What is integrative oncology?

• Integrative oncology:
  • patient-centered, evidence-informed field of cancer care

• Utilizes
  • mind and body practices, natural products, and lifestyle modifications
    • from different traditions
    • alongside conventional cancer treatments.
What is integrative oncology?

- Integrative oncology aims
  - to optimize health, quality of life and clinical outcomes
    - across the cancer care continuum
  - to empower people
    - to prevent cancer
    - to become active participants
      - Before, during, and beyond cancer treatment
The Hypothalamus-Pituitary-Adrenal Axis

https://biologydictionary.net/hpa-axis/
Guidelines

- 2007 Integrative Oncology Practice Guidelines
- 2009 Evidence-Based Clinical Practice Guidelines for Integrative Oncology: Complementary Therapies and Botanicals
- 2014 Clinical Practice Guidelines on the Use of Integrative Therapies as Supportive Care in Patients Treated for Breast Cancer
- 2017 Clinical practice guidelines on the evidence-based use of integrative therapies during and after breast cancer treatment
Guidelines: upcoming

• 2022 Pain
• Pending
  • Fatigue
  • Anxiety/Depression
Do You Believe in Magic?
VITAMINS, SUPPLEMENTS, AND ALL THINGS NATURAL: A LOOK BEHIND THE CURTAIN

Paul A. Offit, MD
Common Ground:

• An outspoken advocate for science-based health advocacy who is not afraid to take on media celebrities who promote alternative practices, Dr. Offit advises, “There’s no such thing as alternative medicine. There’s only medicine that works and medicine that doesn’t.”
“...only medicine that works and medicine that doesn’t.”

• Not alternative
• Not complementary
• Evidence-based
  • Lifestyle:
    • Eat well (nutrition), sleep well, move well (activity), find joy!
  • Mind-Body
  • Other Systems of Healing
So much we have to learn!

- How to integrate with allopathic/conventional medicine?
- How to prescribe?
- What are the biological outcomes?
- Where is the knowledge? Where are the knowledge gaps?
- Are there other ways to know?
So much we have to learn!

• Outcomes:
  • Feel good
  • Quality of life
  • Less side effects
  • Improved immune response
  • Biological correlates
  • Opportunity and growth

*Feel good!*
Questions re: how we do science

• Linear, mechanistic

• Interconnectedness

• *Is it the physical activity or the support?*
The whole world is a series of miracles.

-Hans Christian Andersen
Thank you!

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Leadership

Society for Integrative Oncology

Linda Carlson, PhD, RPsych
President
University of Calgary

Santosh Rao, MD
President Elect
Banner MD Anderson

Jodi MacLeod
Secretary
Wellness Writer & Patient Advocate

Ting Bao, MD, DABMA, MS
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Ana Maria Lopez, MPH, MD
Treasurer
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Channing Paller, MD
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Johns Hopkins University, School of Medicine

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