

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



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Welcome!

Breath and presence
Ahhh...





Introduction:
who I am/why I'm here



What brought you
here?

Breath to decompress

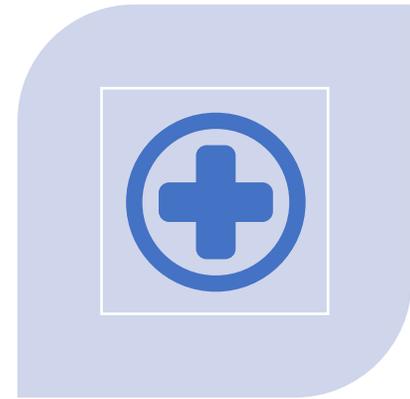
Learning Objectives



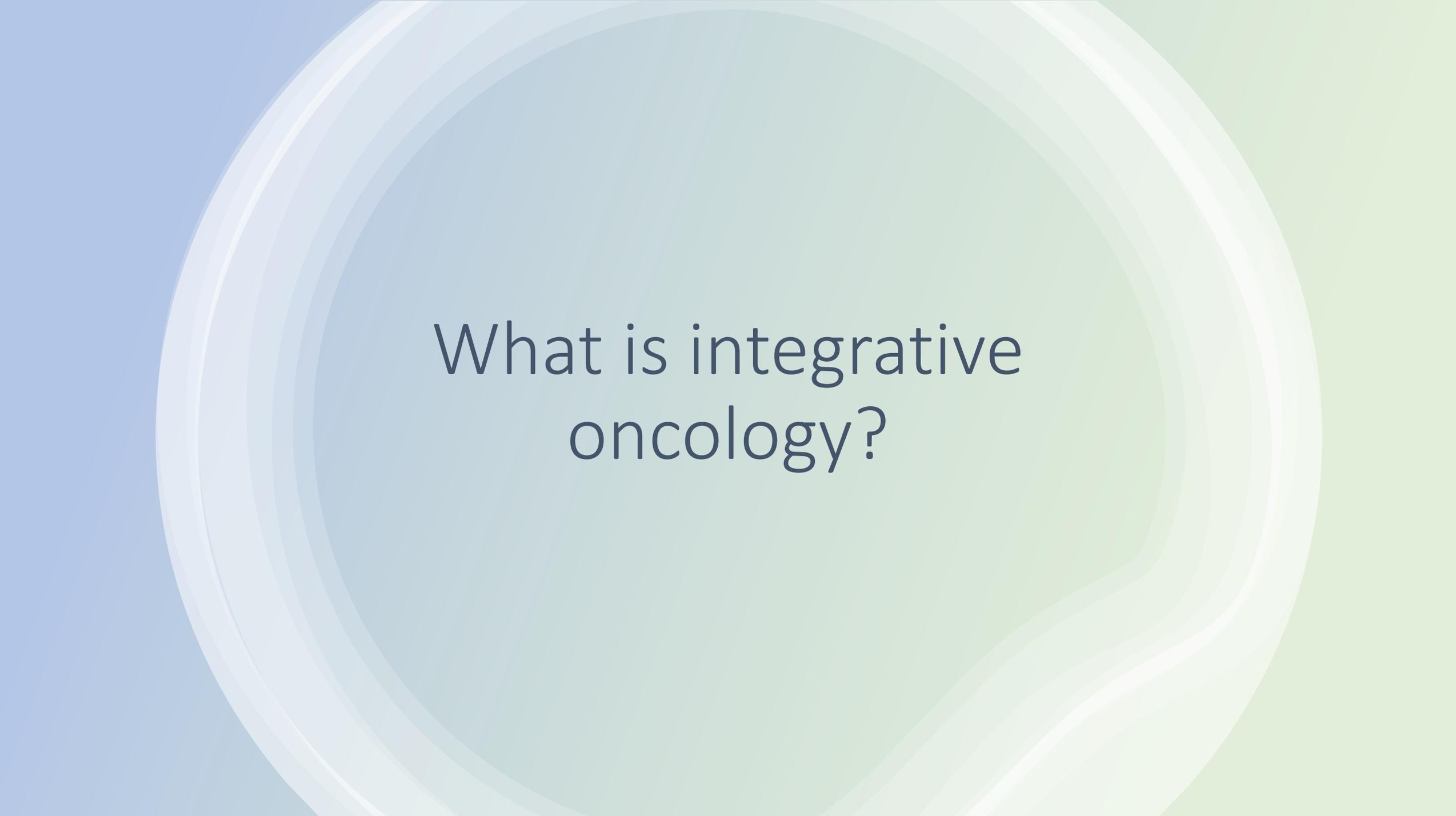
DEFINE INTEGRATIVE ONCOLOGY



DISCUSS THE BENEFITS OF INTEGRATIVE
ONCOLOGY



OUTLINE HOW INTEGRATIVE PRACTICES
CAN BE PARTNERED WITH ALLOPATHIC
CARE.

The background features a series of concentric, semi-transparent circles in shades of light blue and green, creating a layered effect. The overall color palette transitions from a light blue on the left to a light green on the right.

What is integrative
oncology?

What is integrative oncology?

Meta-Analysis > J Natl Cancer Inst Monogr. 2017 Nov 1;2017(52).

doi: 10.1093/jncimonographs/lgx012.

A Comprehensive Definition for Integrative Oncology

Claudia M Witt ¹, Lynda G Balneaves ¹, Maria J Cardoso ¹, Lorenzo Cohen ¹, Heather Greenlee ¹, Peter Johnstone ¹, Ömer Küçük ¹, Josh Mailman ¹, Jun J Mao ¹

Affiliations + expand

PMID: 29140493 DOI: [10.1093/jncimonographs/lgx012](https://doi.org/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

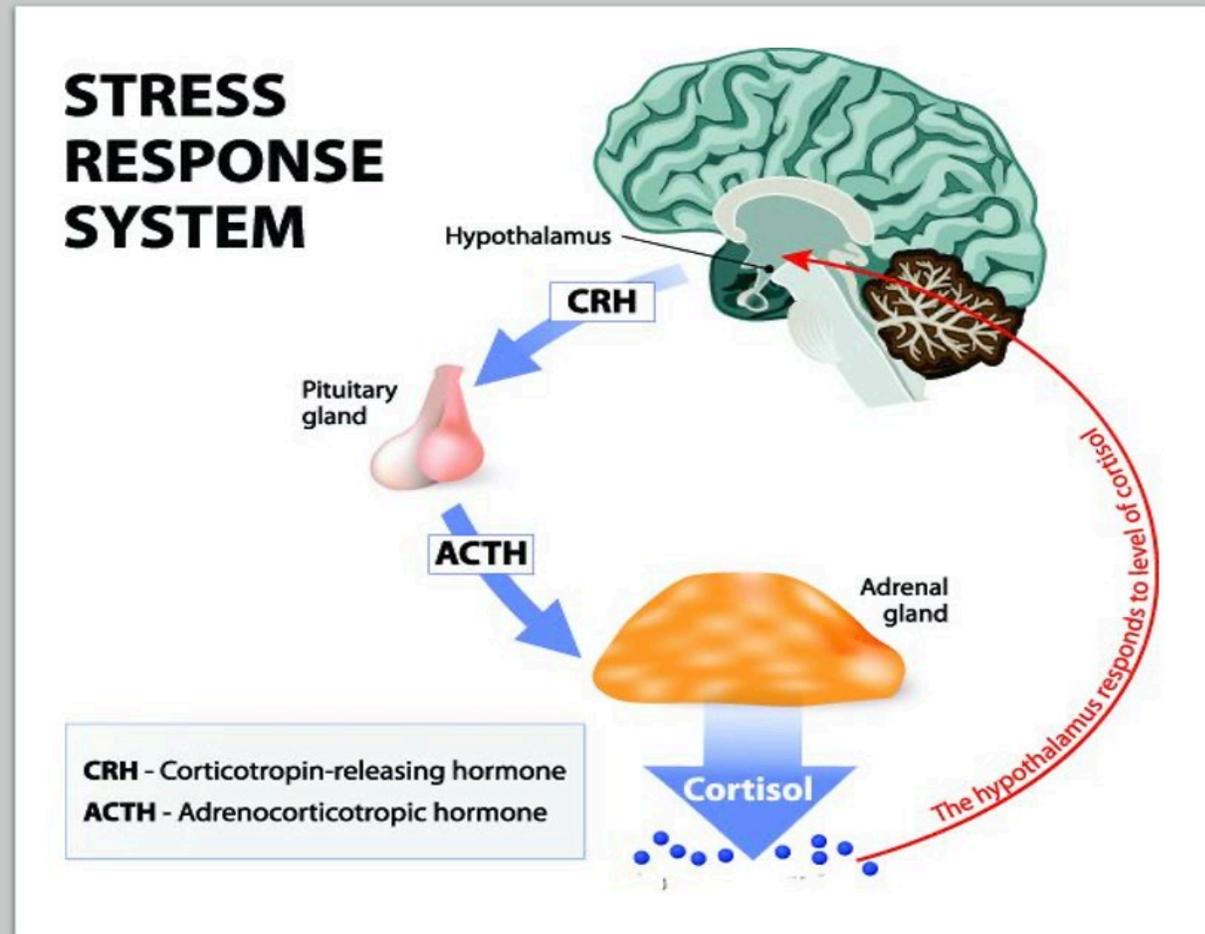
What is integrative oncology?

- 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



Guidelines

- 2007 Integrative Oncology Practice Guidelines
- 2009 Evidence-Based Clinical Practice Guidelines for Integrative Oncology: Complementary Therapies and Botanicals
- 2013 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
- 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

"Solidly written, entertaining, and well-researched." — Boston Globe

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*?

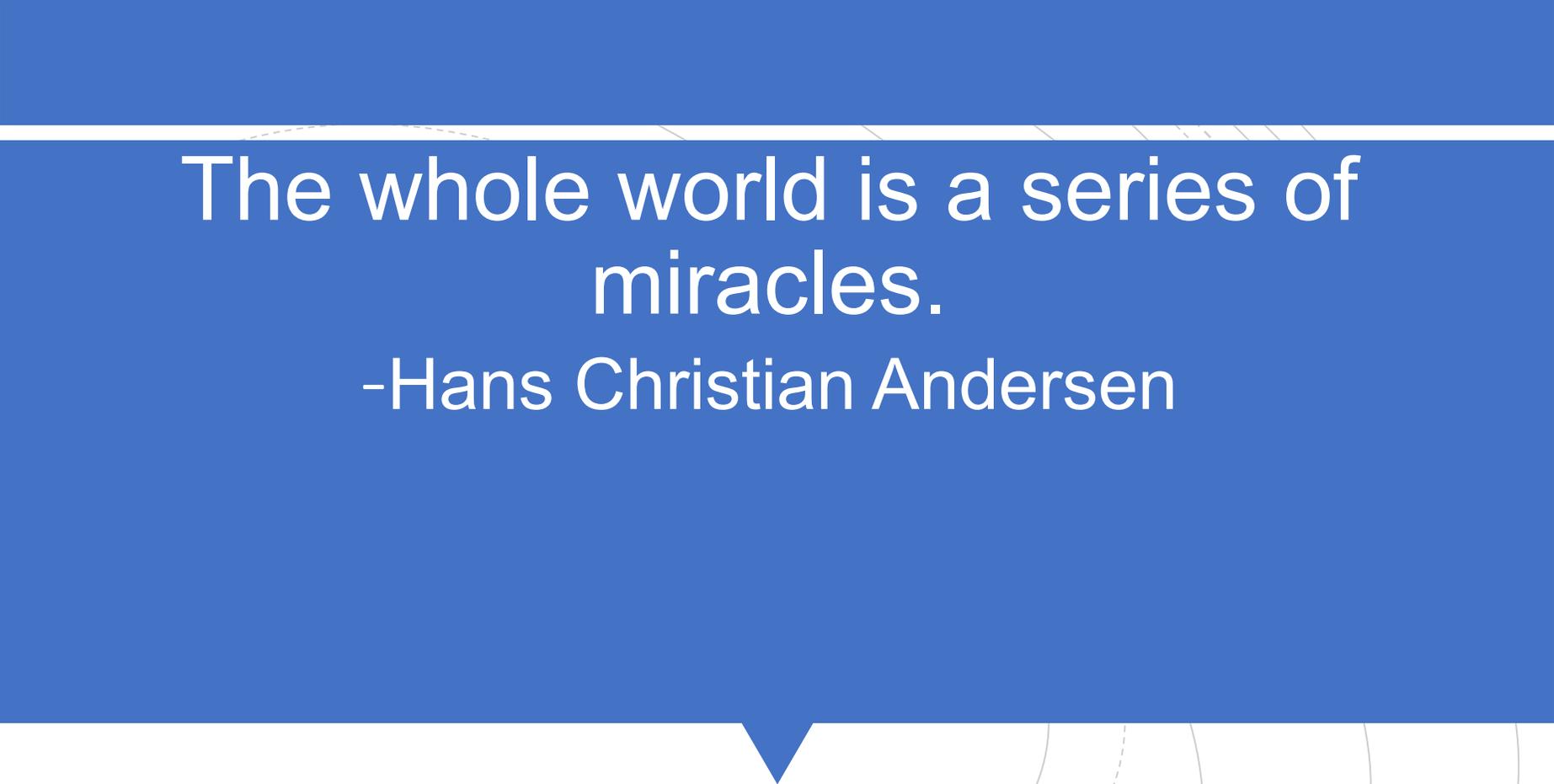
So much we have to learn!

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

Feel good!

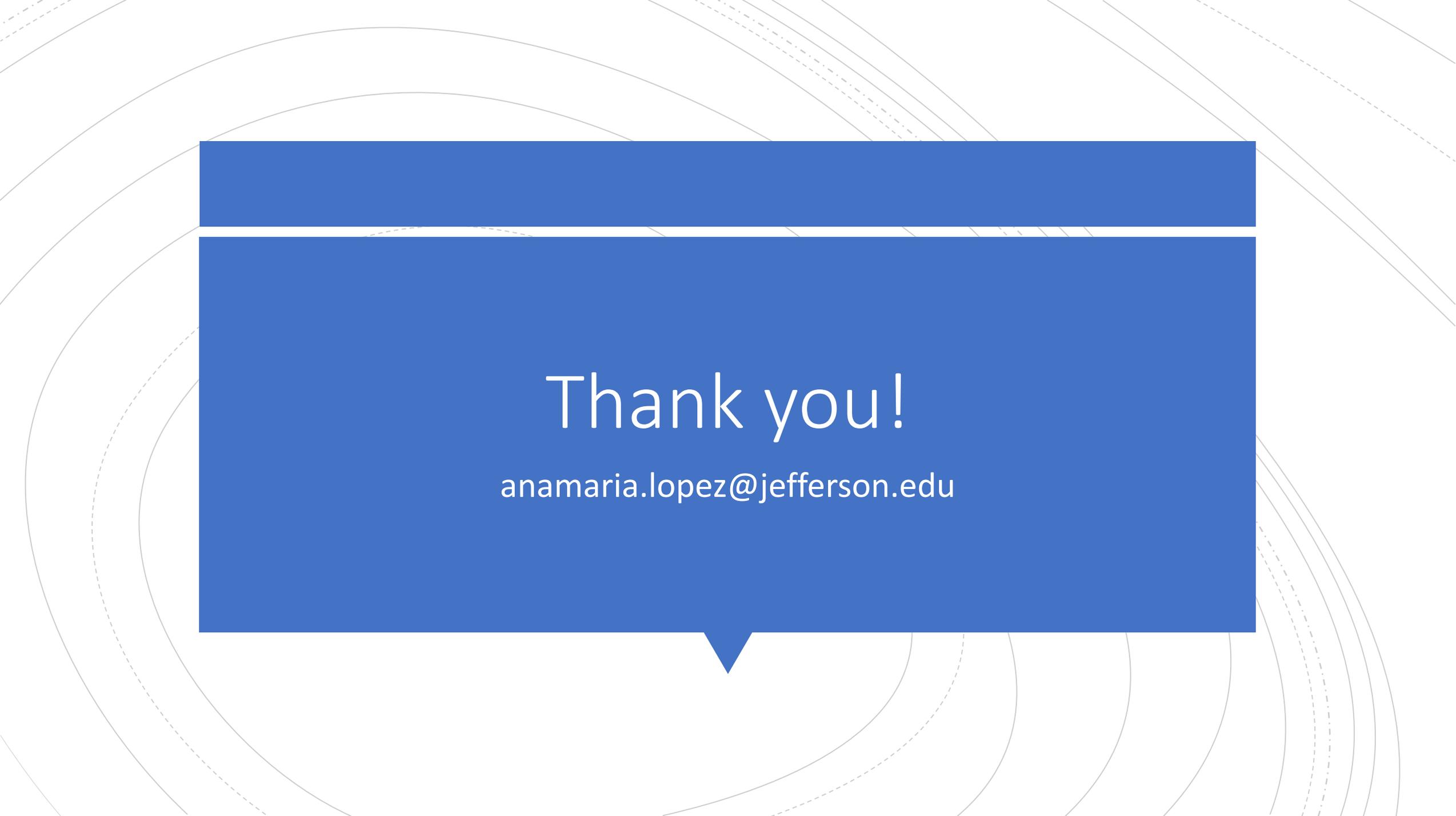
Questions re: how we do science

- 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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