

NCCS CPAT 2022: Integrative Oncology Resources for Patient Advocates & Medical Students

1. Information on integrative oncology:

[Comprehensive definition of integrative oncology](#)

Integrative Oncology Talk [videocast/podcast](#)

[Beyond Conventional Cancer Treatment](#)

[Integrative Cancer Review](#)

[Dr. Wayne Jonas -Whole-Person Cancer Care](#)

Weil Foundation's [CanHEAL](#) (Cancer Health Empowerment, Assistance, and Learning)

2. Finding an integrative oncology practitioner:

[Society for Integrative Oncology:](#)

[Public Member Directory](#)

SIO does not provide individual patient referrals or treatment recommendations. Patients should always consult with their healthcare team about adding any evidence-informed integrative or complementary therapies to their care plan.

[Nancy's List](#): Created by Nancy Novack, PhD, a cancer survivor whose mission is that "no one will ever go through cancer alone."

[Research for Wellness](#): Created by SIO member and cancer survivor, Cheryl Leving, this website contains evidence-based information for a healthy "new normal" after cancer diagnosis and treatment, along with a list of integrative cancer programs in the US and much more.

[Integrative Oncology Centers](#): Glenn Sabin, long-time SIO patient advocate, has compiled this list on his FON Consulting website. Mr. Sabin is the author of [n of 1](#).

3. Taking Care of Your Health:

a. Virtual Integrative Cancer Programs:

[MSK Integrative Medicine at Home Membership Program](#): Low membership fee for virtually delivered fitness for everyone, music therapy, yoga, tai chi, kung fu, mindfulness meditation, dance therapy, and much more

Project Life MBC: A “membership based virtual wellness house for those living with Metastatic Breast Cancer and their loved ones” run by SIO Patient Advocate Committee member and CPAT panelist, Lesley Kailani Glenn.

Maple Tree Cancer Alliance: Free exercise oncology programs online

b. Healthy Lifestyle Resources:

Cook for Your Life

Ellicsr Kitchen

AICR Resources and AICR-SIO webinar: “Diet, Nutrition, Physical Activity & Cancer: Evidence to Action”

c. Natural Products, Herbs, Dietary Supplements:

About Herbs (get the app!)

Natural Medicines Database Professional version is free with SIO membership

KNOW Integrative Oncology Database Also available free as SIO membership benefit.

4. About the Society for Integrative Oncology:

- SIO website
- 19th Annual International SIO Conference in sunny Scottsdale, AZ, October 20-22, 2022, at the Scott Resort. SIO members receive a discounted registration rate! Conference scholarships available.
- Join SIO today!
- Follow SIO on social media:
 - Twitter: @integrativeonc
 - Facebook: @SocietyForIntegrativeOncology
 - Instagram: @integrativeonc
 - LinkedIn: @Society for Integrative Oncology
- Visit the SIO YouTube channel, and check out these two patient advocacy event recordings:
 - Finding Your Voice in Research and Legislative Advocacy with Desirée A. H. Walker and Jodi MacLeod

- Moving the Needle on Cancer Pain Management: Translating Acupuncture Research into Health Policy with Alec Stone, MA, MPA, of Oncology Nursing Society and Matthew Weitzman, MS, LAc, of Memorial Sloan Kettering Cancer Center
- SIO-ASCO Clinical Practice Guidelines: SIO has been developing clinical practice guidelines since the early 2000's, and we are working jointly with ASCO to develop more guidelines – stay tuned!
- Be sure to check out the helpful table (Table 2.) in the ASCO-endorsed guidelines on evidence-based use of integrative therapies during and after breast cancer treatment. This table on *Training and Licensure Information for A-Grade and B-Grade Integrative Therapies* gives information on training, licensure and regulation of integrative modalities such as acupuncture, yoga therapy, massage therapy, and hypnosis for the US and Canada as well as links to professional organizations. With this information, you can find appropriately trained integrative medicine practitioners in your locale for the safe and high-quality integrative care.
- More resources and content, including advice for the newly diagnosed, coming soon to the SIO Patient, Care Partner and Patient Advocate page!
- If you are interested in helping us create a new Patient Advocate Special Interest Group within SIO, please join the Society and email Jodi MacLeod (see below) with your interest, strengths, and suggestions. There is a process for applying to create a new SIG, which involves selecting co-chairs, adding at least five members, outlining the SIG's mission, vision, activities and areas of interest as well, and receiving feedback from the SIG Development Task Force.
- If you have questions about SIO, feel free to email Jodi MacLeod, Secretary for SIO, Co-chair of the SIO Patient Advocate Committee (jodi.write4wellness@gmail.com).

For CUPID Medical Students:

The following universities have integrative medicine fellowship programs:

1. Thomas Jefferson University Integrative Medicine
2. University of Arizona Andrew Weil Center for Integrative Medicine
3. Huntsman Cancer Institute Wellness & Integrative Health Center at University of Utah

Disclaimer: SIO does not promote for-profit companies, and inclusion in this list does not represent endorsement. The resources listed here, however, are evidence-based and of value to CPAT attendees.