



INTEGRATIVE MEDICINE WITH AND BEYOND CANCER

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UNM Center for Life



MINDFUL PAUSE...



INTRODUCTIONS...

INTEGRATIVE MEDICINE WITH AND BEYOND CANCER

- Integrative Medicine
- Contemplative Exercise with *purpose*
- Integrative Oncology
- Q&A



INTEGRATIVE MEDICINE DEFINITION:

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“...is the practice of medicine that reaffirms the importance of the **relationship** between practitioner and patient, focuses on the **whole person**, is **informed by evidence**, and makes use of **all** appropriate therapeutic approaches, healthcare professionals, and disciplines to achieve **optimal health and healing.**”

*consensus def'n of American Board of Integrative Medicine® (ABOIM) and the Consortium of Academic Health Centers for Integrative Medicine

INTEGRATIVE MEDICINE DEFINITION:

- *reaffirms relationship**
- *focuses on the whole person**
- *informed by evidence**
- *uses all appropriate approaches**
- *optimal health and healing**



DEFINING HEALTH...

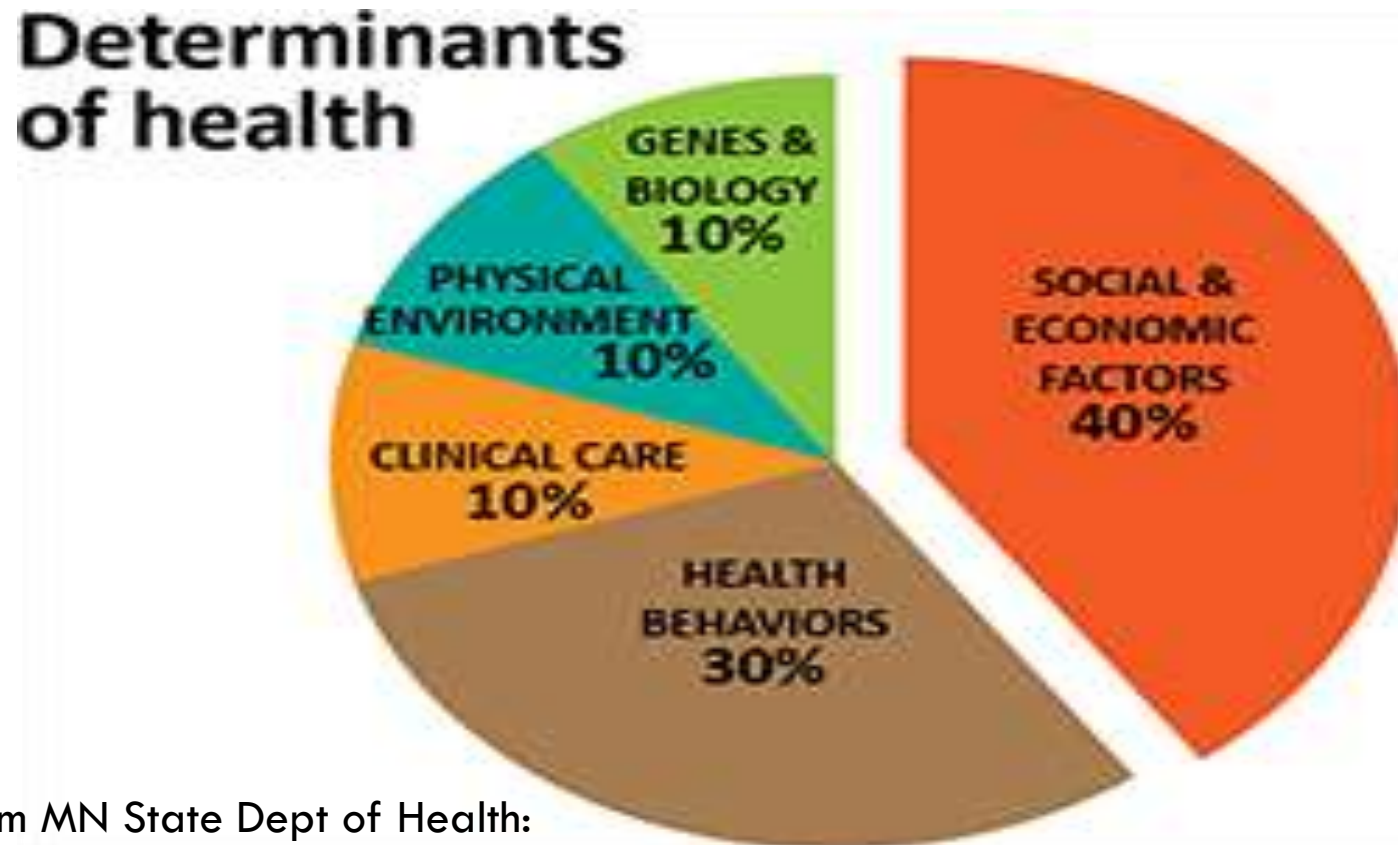
W.H.O. DEFINITION OF HEALTH:

“a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity.”*



* WHO. Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June 1946, and entered into force on 7 April 1948.

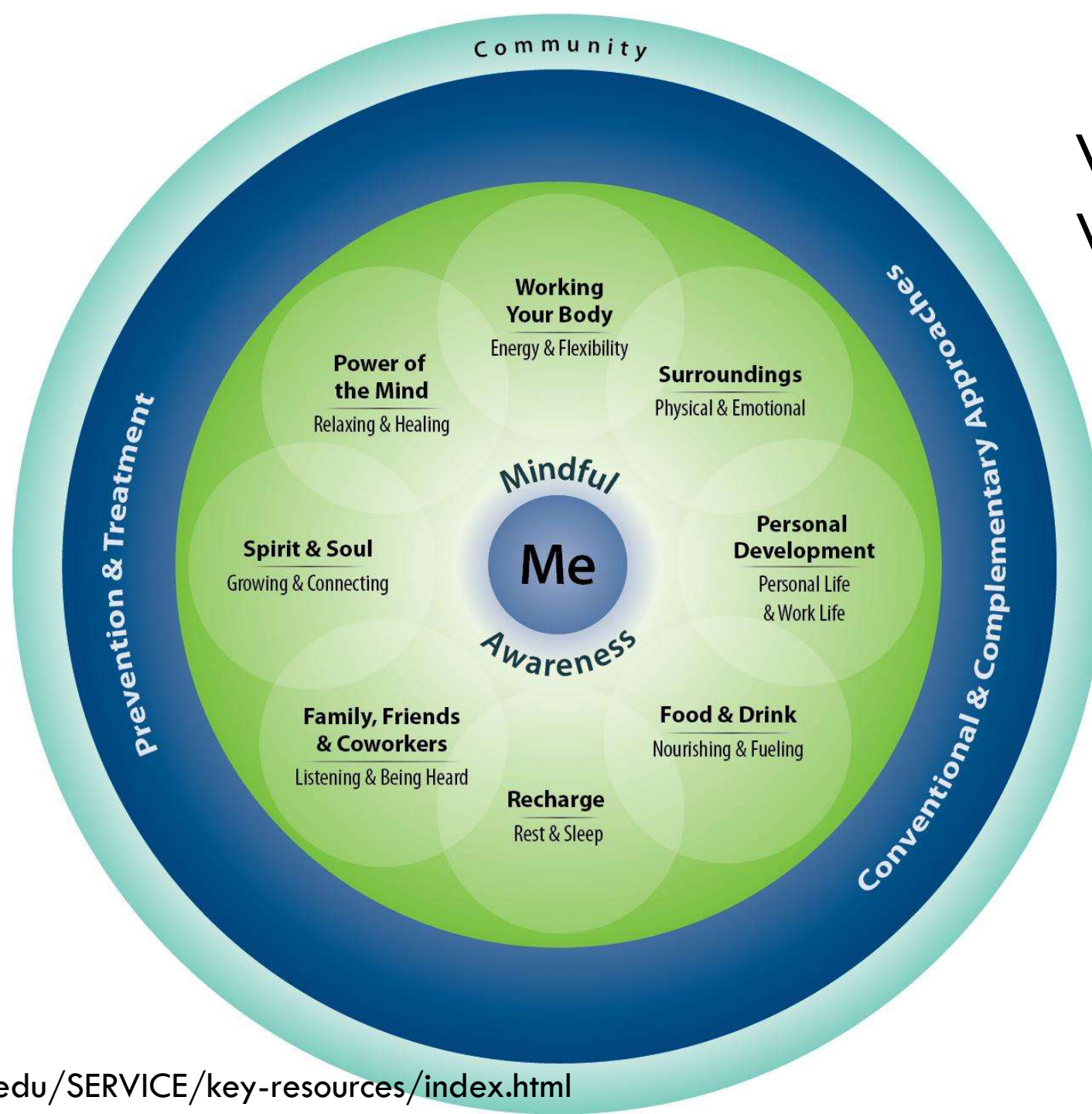
CONSIDER THE DETERMINANTS OF HEALTH...



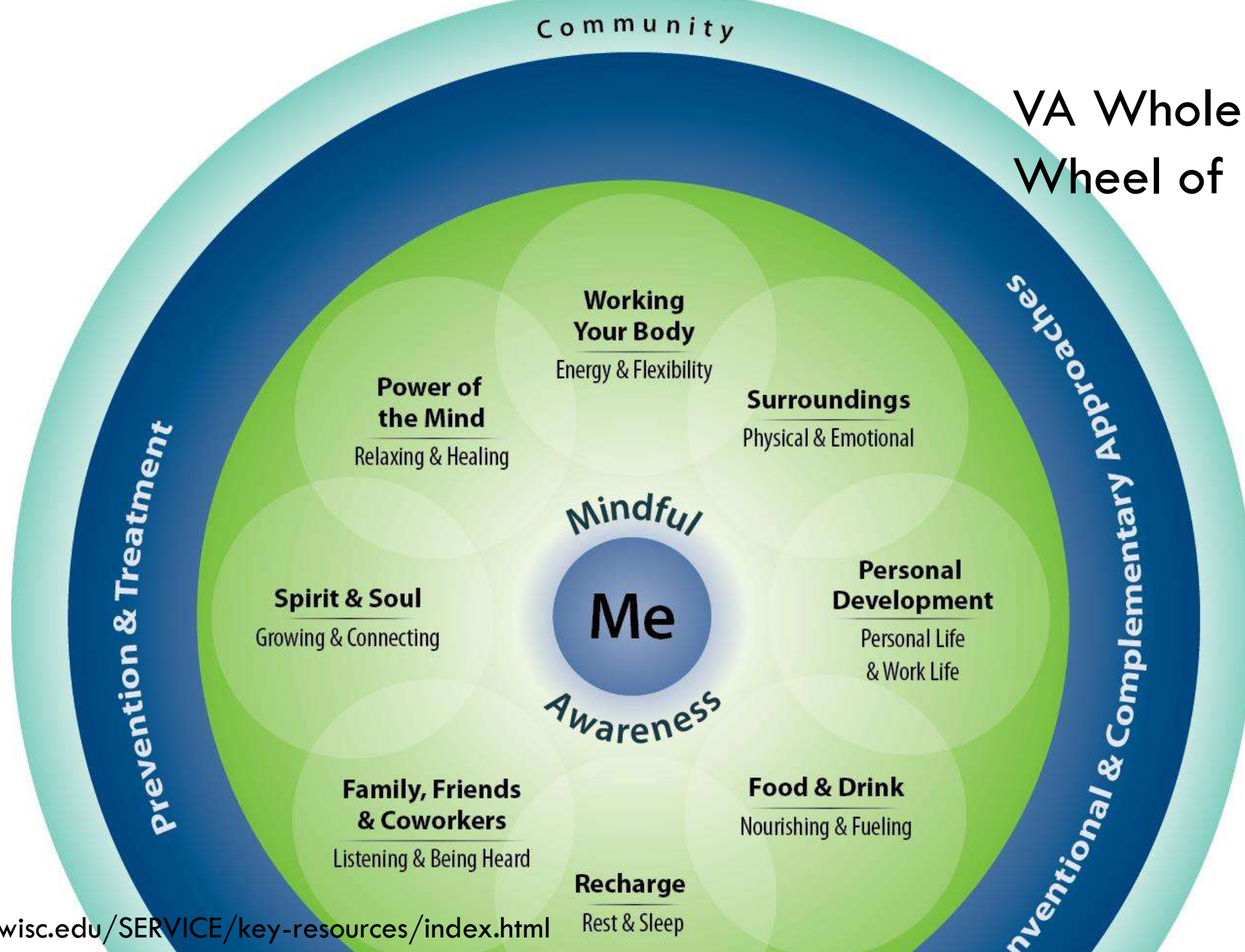
From MN State Dept of Health:

<http://www.health.state.mn.us/divs/che/creatinghealthequity.html>

VA Whole Health Wheel of Health



VA Whole Health Wheel of Health





MINDFUL PAUSE...

3 QUESTIONS:

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What do I need my health for?

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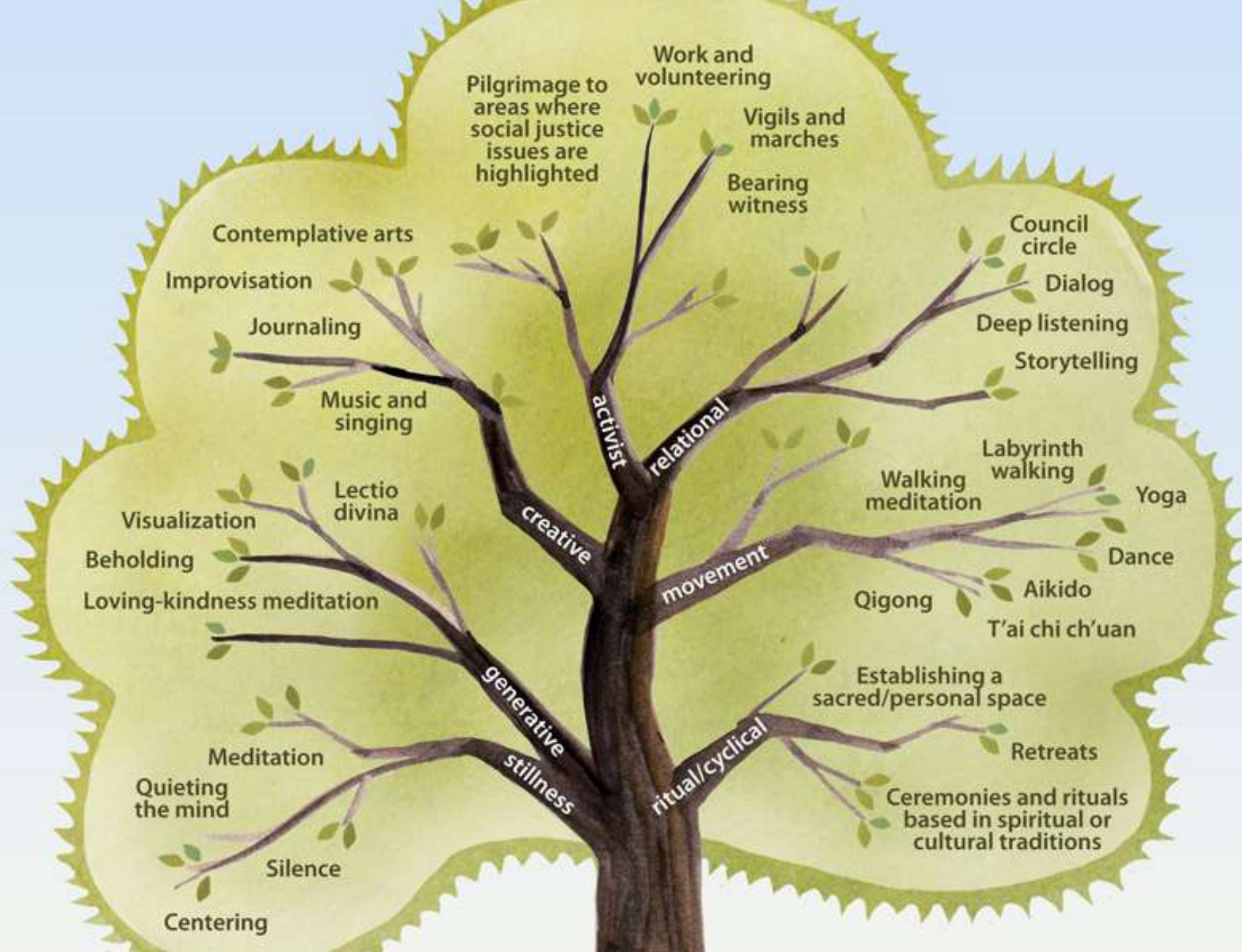
What is the next step toward
this purpose?

3 QUESTIONS:

What do I need my health for?

What is the next step toward this purpose?

Who/what do I need for support on this next step?



INTEGRATIVE ONCOLOGY



INTEGRATIVE ONCOLOGY

“The rational, evidence- based combination of conventional therapy with complementary interventions into an individualized therapeutic regimen that addresses the whole person (body, mind, and spirit) with cancer.”

Donald Abrams, *Integrative Oncology*, 2009



INTEGRATIVE ONCOLOGY: 6 PRINCIPLES

INTEGRATIVE ONCOLOGY: 6 PRINCIPLES

- First do no harm.
- Consider approaches that complement one another.
- Develop healthy communication with your care team.
- Utilize experts to help navigate information.
- Develop a preventive strategy from reliable sources.
- Stay centered in harmony and enthusiasm for life.

Supplement-Chemo Interactions



- 0 Potential for supplement- drug interaction (*J Clin Oncol.* 2004;22:2489M2503; *J Pediatr Hematol Oncol.* 2007;29:32M47)
 - 0 The risk of a **cytochrome P450M** modulated interaction
 - 0 *Camptothecins, cyclophosphamide, epipodophyllotoxins, vinca alkaloids, taxanes, and some of the epidermal growth factor receptor inhibitors.*
- 0 Botanicals known to **induce CYP 3A4**, and hence potentially **decrease** the concentration and efficacy of the cancer treatment include:
 - 0 *St. John's wort, echinacea, grape seed, kava, and possibly garlic*
- 0 **Ginkgo**, on the other hand, **may inhibit CYP 3A4**, yielding a higher dose and **potentially increased toxicity** of the chemotherapeutic interventions.



INTEGRATIVE ONCOLOGY: 6 PRINCIPLES

- Consider approaches that complement one another.

Treat with Acupuncture



Therapeutic Massage



INTEGRATIVE ONCOLOGY: 6 PRINCIPLES

- Develop healthy communication with your care team.

INTEGRATIVE ONCOLOGY: 6 PRINCIPLES

- Utilize experts to help navigate information.



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CENTER *for* LIFE
Preventive & Integrative Medicine Specialty Clinic

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centerforlife@unmmg.org

Clinical Services:

Integrative Medicine Consultations
Acupuncture and Chinese Medicine
Chiropractic Care
Massage Therapy
Lifestyle Medicine

Community Health Classes:

Mindfulness Based Stress Reduction
Awareness Through Movement
(Feldenkrais Method)

Resources

- 0 Books

- 0 *Choices in Healing* by Michael Lerner

- 0 Websites

- 0 www.susanlove.com

- 0 www.breastcancer.org

- 0 Database of Individual Patients

- 0 <http://www.dipex.org>

- 0 MD Anderson Complementary/Integrative Medicine Education Resources (CIMER)

- 0 <http://www.mdanderson.org/departments/CIMER>

- 0 Memorial Sloan Kettering site for herbs

- 0 <http://www.mskcc/html/11570.cfm>

- 0 Retreats

- 0 Commonweal

- 0 Sunstone

INTEGRATIVE ONCOLOGY: 6 PRINCIPLES

- Develop a preventive strategy from reliable sources.

ACS Guidelines for Nutrition and Physical Activity for Cancer Prevention

Achieve and maintain a healthy weight throughout life

- 0 Be as lean as possible throughout life without being underweight
- 0 Avoid excessive weight gain at all ages. For those who are currently overweight or obese, **losing even a small amount of weight has health benefits and is a good place to start**
- 0 Engage in regular physical activity and limit consumption of high-calorie foods as key strategies for maintaining a healthy weight.





ACS Guidelines for Nutrition and Physical Activity for Cancer Prevention

Consume a healthy diet, with an emphasis on plant foods

Choose foods and beverages in amounts that help achieve and maintain a healthy weight.

Limit consumption of processed meat and red meat.

Eat at least 2.5 cups of vegetables and fruits each day. Choose whole grains instead of refined grain products.

If you drink alcoholic beverages, limit consumption

Drink no more than 1 drink per day for women or 2 per day for men.



WCRF/AICR Recommendations



- 0 BODY FATNESS: Be as lean as possible within the normal range of body weight
- 0 PHYSICAL ACTIVITY: Be physically active as part of daily life
- 0 FOODS AND DRINKS THAT PROMOTE WEIGHT GAIN: Limit consumption of energy dense foods; Avoid sugary drinks
- 0 PLANT FOODS: Eat mostly foods of plant origin
- 0 ANIMAL FOODS: Limit intake of red meat and avoid processed meat
- 0 ALCOHOLIC DRINKS: Limit alcoholic drinks
- 0 PRESERVATION, PROCESSING, PREPARATION: Limit consumption of salt. Avoid mouldy cereals or pulses (pulses are legumes such as pinto beans, kidney beans and navy beans, dry peas, lentils, and others)
- 0 DIETARY SUPPLEMENTS: Aim to meet nutritional needs through diet alone
- 0 BREASTFEEDING: Mothers to breastfeed, children to be breastfed
- 0 SURVIVORS: Follow the recommendations for cancer prevention

Each of the WCRF/AICR recommendations is followed by a public health goal and a personal recommendation

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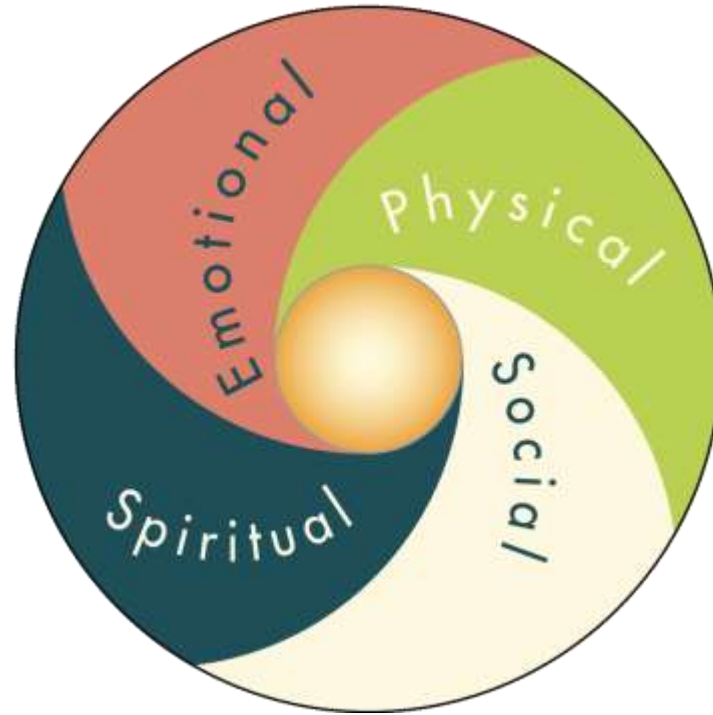
INTEGRATIVE ONCOLOGY: 3 TAKE-AWAYS

- Integrative medicine is relationship centered care.
- Talk to your oncologists about your CAM usage, and talk to your CAM provider about your oncology care.
- Involve a truly integrative provider (such as those at UNM Center for Life) if you are combining complementary and conventional treatments.



UNM CENTER *for* LIFE

Preventive & Integrative Medicine Specialty Clinic



hsc.unm.edu/health/patient-care/integrative-medicine/index.html

THANK YOU!

