INTEGRATIVE CANCER CARE

Lung Cancer Awareness
“Integrative medicine and health 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 and lifestyle approaches, healthcare professionals and disciplines to achieve optimal health and healing”

- Academic Consortium of Integrative Medicine and Health
DR TEETS’ BACKGROUND

- Board certified in Family Medicine and Integrative Medicine
- Fellowship in Integrative Medicine from University of Arizona’s Andrew Weil Center for Integrative Medicine Center 2006
- Director of IFH Integrative Family Medicine Fellowship and Mount Sinai Family Medicine Residency Integrative Curriculum
- Integrative Medicine Research (Site lead for NIH-funded study on acupuncture in 65+ patients)
- Secretary for the Board of Academic Consortium of Integrative Medicine and Health
INTEGRATIVE FAMILY MEDICINE

• Role in primary care to focus on whole person
  • Supportive to patient for their care
    • Emphasis on patient empowerment
    • Counseling on nutrition, movement, stress management, and dietary supplements
    • Referrals to acupuncture, chiropractors, osteopaths, mind-body practitioners, etc
    • Follow “conventional” standards of care as well
    • Treatment of many chronic diseases such diabetes, hypertension, hypothyroidism, congestive heart failure, asthma etc
COMPLEMENTARY & INTEGRATIVE HEALTH (CIH) MODALITIES

- Chinese Medicine
- Acupuncture
- Licensed trained at acupuncture schools such as Pacific College of Health Sciences
- Certified acupuncturist are medical providers (MDs, DOs) who have done 300 hours of training to practice acupuncture
- Chiropraxy, Osteopathic Manipulation, Therapeutic Massage, Healing Touch
- Integrative Nutrition
- Meditation / breath work (e.g., Mindfulness Based Stress Reduction (MBSR)), Yoga
WELLNESS APPROACH

Focus on wellness versus illness

Nutrition, physical activity, stress management

CIH Modalities

What’s important to the patient?

Means to choose appropriate modalities for support

Patient-centered approach
CANCER AND PATIENTS

CIH modalities are being used!
• Depends on specific cancer but some general approaches
  • Immune system support
    • Sleep, good nutrition, movement, community
    • Mind-body strategies such as meditation, prayer, yoga
  • Mitigating side effects
    • “High Touch” modalities
      • Acupuncture, Therapeutic Massage, Healing Touch
    • Very judicious use of dietary supplements → be careful for supplement / chemo / med interactions (example of St. John’s Wort)
Given the stakes and risk of interactions of dietary supplements with cancer therapy, best to discuss any dietary supplement use with oncology

Ideally any judicious use would be in team-effort between Oncology and Integrative Provider
LUNG CANCER INTEGRATIVE

- Positive but inconsistent evidence, low harm to try
- Healthy diet low in animal meat (anti-inflammatory diet)
- Mind-body modalities to help in quality of life, chemotherapy-related nausea / symptoms
- Acupuncture to manage symptoms
- Therapeutic massage can be helpful for anxiety
- Yoga for quality of life
BENEFICIAL FOODS SPECIFIC TO LUNG CANCER

Fruits and non-starchy vegetables

Foods high in

- Carotenoids: carrots, cantaloupe, spinach, pumpkin, sweet potatoes
- Selenium: brazil nuts, cremini mushrooms, organic eggs, grass-fed beef
- Quercetin: capers, dill, kale, sweet potatoes, apple

Green Tea, soy, garlic, pomegranate (Frenkel et al 2018)
SURVIVORSHIP

- Effort is focused on surveillance for cancer
- In addition: what additional steps they can take to prevent
  - Late effects of treatments, prevent a recurrence
  - Improve quality of life
  - Prolong their life (Frenkel 2015)
- Philosophy
  - Address understandable fear
  - Look for empowerment, “things to do”
Nutrition
Physical activity
Sleep and mental health
Social support
Stress management
ANTI-INFLAMMATORY DIET

- Example of Mediterranean Diet
- Priority on plant-based foods, fruits and vegetables
  - Fiber
  - Vitamins
- Good fats such as omega 3 fatty acids, oleic acid from olive oil
- Judicious use of animal products (if desired)
- Limit processed foods, sugars, high fats
- Low levels or no alcohol

[Diagram showing various food groups including healthy sweets, supplements, teas, healthy herbs & spices, other sources of protein, healthy fats, cooked Asian mushrooms, whole-soy foods, fish & shellfish, whole & cracked grains, pasta, beans & legumes, vegetables, and fruits.]
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