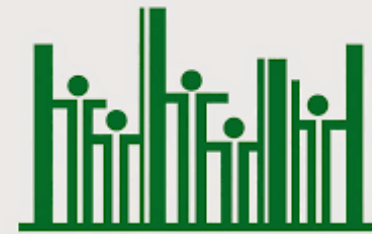


INTEGRATIVE CANCER CARE

Lung Cancer Awareness



**Mount
Sinai**



THE INSTITUTE
FOR
FAMILY HEALTH



INTEGRATIVE MEDICINE

“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 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 (eg, 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!

DIFFERENT
STAGES

Prevention

Treatment

Survivorship

TREATMENT PHASE

- 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)

DIETARY SUPPLEMENTS & CANCER TREATMENT

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, chemo-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”

RETURN TO
WELLNESS

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



LINKS

Institution	link
Academic Consortium for Integrative Medicine and Health	https://imconsortium.org/
Veteran's Administration Whole Health Initiative	https://www.va.gov/wholehealth/
Mount Sinai Integrative Medicine	https://www.mountsinai.org/patient-care/service-areas/community-medicine/integrative-medicine
The University of Arizona Andrew Weil Center for Integrative Medicine	https://integrativemedicine.arizona.edu/