Integrative Oncology
Advancing Survivorship

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What can I do?

How do you recover?

How to load the boat without sinking it!!!
Outline

- Define Integrative Oncology
- Evidence based guidelines
- During treatment
- Treatment side-effects
- Survivorship
**Integrative Oncology definition**

- patient-centered, evidence informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments

- 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 treatments
Mission: **advance evidence-based, comprehensive, integrative healthcare** to improve the lives of people affected by cancer.

**Evidence-based guidelines** for incorporating complementary and integrative therapies into conventional oncology clinical practice
Improving the overall care of patients with lung cancer

15 recommendations
All lung cancer patients should be asked about their interest in and usage of complementary therapies. Counseling on the benefits and risks of those therapies should be provided.

Mind-body modalities - reduce anxiety, mood disturbance, sleep disturbance, and improve quality of life (QOL).

Mind-body modalities are suggested as part of a multidisciplinary approach to reduce acute or chronic pain.
● Mind-body modalities - reduce anticipatory chemotherapy-induced nausea and vomiting

● Yoga - reduce fatigue and sleep disturbance while improving mood and QOL

● Anxiety or pain - massage therapy

● Nausea and vomiting from either chemotherapy or radiation therapy - acupuncture

● Cancer related pain and peripheral neuropathy - acupuncture
**Integrative Oncology Goals:**

- Incorporate complementary therapies
- Physical, psychological, social, and spiritual
- Enhance patient sense of control
- Optimize healing process
- Minimize side effects of treatment
- Maximize recovery
- Decrease risk of recurrence
### Integrative Oncology Consult Clinic:

<table>
<thead>
<tr>
<th>Service</th>
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</thead>
<tbody>
<tr>
<td>Newly diagnosed patient starting treatment</td>
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<tr>
<td>Treatment side-effects management</td>
</tr>
<tr>
<td>End of treatment recovery</td>
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<tr>
<td>Cancer recurrence risk reduction</td>
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<td>Any patient with supplement questions</td>
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<tr>
<td>Nutrition, physical activity, sleep, supplements, sexual health, stress management, environmental health, referral for Integrative modalities</td>
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Why Integrative Oncology?

- 60% - 90% using therapies/supplements
- Most do NOT tell their oncologist
- Reliable source of info and advice about IO therapies
- Sense of disempowerment and inability to partner in their care
“miracle cure" "secret ingredient," “natural” "ancient remedy"
Key Issue - Supplements

- Potential drug – supplement/herb interaction
  - Studies not available (practicality, feasibility, financial)
  - Evidence informed
DURING TREATMENT
Integrative Plan - During Treatment

- Avoidance of most supplements during chemotherapy
- Gut health – probiotic?
- Sleep – yoga, acupuncture, exercise, CBT
- Hydration, taste changes, weight changes
- Nausea – ginger, acupuncture
- Exercise/physical activity
- Nutrition – anti-inflammatory
- Stress management
Facts:

- Being diagnosed with cancer and undergoing treatment is STRESSFUL!

- Symptoms of depression, anxiety, worry, sleep disturbances, and decrease in physical functioning

- Side-effects
Treatment Side-effects

- GI issues
- Fatigue
- Neuropathy
- Memory issues
- Anxiety/Depression
- Weight loss
- Pain
- Sleep issues
Yoga

- “chemo brain”
- Anxiety
- Pain
- Insomnia
Fatigue

- Labs
- Exercise
- Medication
- Yoga
- Stress
- Tai chi
- Sleep
THAT'S ODD... MY NECK SUDDENLY FEELS BETTER...

EARLY ACUPUNCTURE
NCCN Recommendations on Acupuncture

5 of 11 NCCN Supportive Care Guidelines recommend acupuncture
Insomnia

- Nutrition
- Exercise
- Stress Management
- Yoga
- Massage
- Mindfulness relaxation

If only I had insomnia during the day....
“One quarter of what you eat keeps you alive, the other three quarters keeps your doctor alive”

UNKNOWN
INGREDIENTS: CULTURED GRADE A NON FAT MILK, CHICORY ROOT FIBER, WATER, CONTAINS LESS THAN 1% OF VEGETABLE JUICE CONCENTRATE (FOR COLOR), NATURAL FLAVORS, STEVIA LEAF EXTRACT, MALIC ACID, SODIUM CITRATE, SEA SALT, VITAMIN D3.

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CONTAINS ACTIVE YOGURT CULTURES
Survivorship Issues
“Cancer may leave the body but it never leaves their life” – LAF

Cancer is not one event, it is a journey

Journey does not end when treatment ends
"[This book] could make an enormous difference in your life and health in important ways too numerous to count."
—JON KABAT-ZINN, Ph.D., University of Massachusetts Medical School

MINDFULNESS-BASED CANCER RECOVERY

A Step-by-Step MBSR Approach to Help You Cope with Treatment & Reclaim Your Life

LINDA E. CARLSON, Ph.D., R.PSYCH.
MICHAEL SPECIA, Psy.D., R.PSYCH.
FOREWORD BY ZINDEL SEGAL, Ph.D.
Bring quality to the lives we have fought so hard to keep

How do we become stronger?
Fighting cancer can be overwhelming

It can be scary and confusing

Complex physical, emotional and social issues related to life during and after treatment

Worry about a recurrence or progression

Long-term or late side effects of treatment
Changing Face of Survivorship

- Cancer for many has become a chronic treatment

- Cancer is for most, a family illness
Transition Point

- Recovery is a process, not a date on a calendar
- Recovery can take longer than actual treatment
- “Fight mode” to “hope it doesn’t come back mode”
The Law of Cancer

For every physical effect, there is an equal reactive psychological effect
Disrupts Psychological Well-being

- Anxiety, Depression
- Loss of control, self-esteem
- Uncertainty and vulnerability
  - Fear of Recurrence
  - Fear of future
  - Death anxiety
  - Late Effects
Breathwork

- consciously - unconsciously

- completely voluntary act or completely involuntary act

- voluntary nervous system - involuntary (autonomic) system.

- Breath is the bridge between these two systems
...AND YOU THINK YOU HAVE STRESS..
I Didn’t Survive Cancer To Die From Stress
Possible cancer stressors…….

- Facing the possibility of death
- Chemotherapy
- Cancer surgery and its recovery
- Family and friends pulling away
- Inability to fulfill past work, family, etc. roles
- Returning to “normal”
- Possibility of recurrence
- How your family will cope with the possibility of your absence
"Don't deny the diagnosis, just defy the verdict that is supposed to go with it."

Norman Cousins 1989
WHAT CANCER CANNOT DO

Cancer is so limited...

It cannot cripple love,
It cannot shatter hope,
It cannot corrode faith,
It cannot destroy peace,
It cannot kill friendship,
It cannot suppress memories,
It cannot silence courage,
It cannot invade the soul,
It cannot conquer the SPIRIT.
Positive Effects from cancer

- Significant number of survivors experience
  - Strengthened relationships
  - A sense of gratitude
  - A sense of empowerment
  - Increased appreciation for life
Integrative Oncology Clinic Providers

Dr. Chasse Bailey-Dorton, MD, MSPH, FAAFP, Chief, Integrative Oncology

Rebecca Greiner, PhD, PA, Integrative Oncology

Shamille Hariharan, MD, MPH, Integrative Oncology

Levine Cancer Institute
Locations

- Oncology Massage
- Acupuncture
- Healing Touch
- Yoga
- Art

- Yoga/Qigong
- Music Therapy
- Meditation

- Oncology Massage, Yoga, Tai Chi, Art, Music Therapy

- Oncology Massage, Acupuncture, Healing Touch, Yoga, Tai Chi, Art, Music Therapy, Meditation

- Oncology Massage, Acupuncture, Healing Touch, Yoga, Art

- Yoga/Qigong
2020 Lung Cancer Wellness Retreat
October 16-25

10 days of Wind River Magic
Rekindle, Reclaim, & Restore the Magic in YOU
with Powerful Shared Experiences & Survivor Connections

IS THIS RETREAT FOR ME? YES!
A unique experience where you will tap into your playful side! Host Cheryl Lecroy will lead you through healing arts, mindfulness, and laughter with special guests: Greg Whitt (Drumming) Mike Gentile (Tai Chi) and Shirley Ballantine (Healing Touch) plus meaningful connections with other lung cancer survivors and SO much more!!

WHAT YOU NEED TO KNOW
• Each of the 10 days will have surprise nuggets of joy, a mix of virtual interaction via Zoom and self-paced activities based on your schedule
• Internet will be necessary
• Each day will be 30 – 90 minutes
• There is NO charge
• Open to lung cancer survivors from NC

Space is Limited! Register Today at:
www.winddriverservices.org

info@WindRiverServices.org

LUNG CANCER INITIATIVE of North Carolina
A NETWORK OF HOPE AND ACTION

Levine Cancer Institute