

## Integrative Medicine in Oncology

### CONTENTS

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**Erratum** **xi**

**Preface** **xv**

Moshe Frenkel and Lorenzo Cohen

**Dietary Supplement Use in Cancer Care: Help or Harm** **581**

Mary L. Hardy

Conventional wisdom generally recommends complete avoidance of all dietary supplements, especially during chemotherapy and radiation. This interdiction persists, in spite of high rates of dietary supplement use by patients throughout all phases of cancer care, and can result in patients' perceptions of physicians as negative, thus leading to widespread nondisclosure of use. A review of the clinical literature shows that some evidence for harm does exist; however, data also exist that show benefit from using certain well-qualified supplements. Physicians should increase their knowledge base about dietary supplement use in cancer and consider all of the data when advising patients. Strategies that are patient-centered and reflect the complete array of available evidence lead to more nuanced messages about dietary supplement use in cancer. This should encourage greater disclosure of use by patients and ultimately increase safety and efficacy for patients choosing to use dietary supplements during cancer care.

**Review of Reliable Information Sources Related to Integrative Oncology** **619**

Kate Boddy and Edzard Ernst

Health care professionals, patients, and care givers require access to good quality, reliable information about integrative oncology. Despite the vast resources available, it can be difficult to find objective, evidence-based information. This article provides an overview of reliable integrative oncology information from various resources. Selection methods are detailed and evaluation performed using a validated instrument. Resources that met the selection criteria and produced high evaluation scores are reviewed in detail. Resources include research databases, clinical databases, online information systems, and print media.

**The Value of Acupuncture in Cancer Care** 631

Weidong Lu, Elizabeth Dean-Glower, Anne Doherty-Gilman,  
and David S. Rosenthal

Clinical research on acupuncture in cancer care is a new and challenging field in oncology. The evidence currently available has suggested that acupuncture is a safe and effective therapy to manage cancer and treatment related symptoms, while giving patients the ability to actively participate in their own care plan. This article explains the potential benefits of acupuncture and describes the difficulties in studying its effectiveness.

**The Value of Massage Therapy in Cancer Care** 649

Cynthia D. Myers, Tracy Walton, and Brent J. Small

Massage therapy is increasingly available as a supportive therapy to patients in medical centers providing cancer treatment. This article provides an overview of the evidence base relevant to the use of massage with the intended goal of alleviating symptoms and side effects experienced by cancer patients. Collectively, the available data support the view that massage, modified appropriately, offers potential beneficial effects for cancer patients in terms of reducing anxiety and pain and other symptoms. Replication of preliminary studies with larger, more homogeneous patient samples and rigorous study designs will help to clarify which massage modalities have the most potential benefit for which patients before, during, and after specific types of cancer treatment.

**Evidence-Based Botanical Research: Applications and Challenges** 661

K. Simon Yeung, Jyothirmai Gubili, and Barrie Cassileth

Use of herbal supplements is on the rise around the world, but limited data exist on the safety and efficacy of botanical products. Efforts to subject botanicals to rigorous scientific research began recently. There are many problems associated with botanicals research, however. These include procuring the study agents, selecting appropriate study method and clinical trial design, navigating through regulatory obstacles, and obtaining funding. Evidence-based botanical research can help to validate traditional uses and to facilitate new drug development. Concerted efforts of governmental agencies and industry are essential to ensure continuance of high-quality botanicals research.

**From Studying Patient Treatment to Studying Patient Care: Arriving at Methodologic Crossroads** 671

Marja J. Verhoef and Anne Leis

Cancer care is multifactorial and patient centered. It can be described as a complex package of interventions, delivered at different times and places with different intentions, which interacts and cannot be evaluated in isolation. The authors discuss the evolving nature of cancer care and

address the challenges faced by biomedical research methodology when applied to cancer care. In addition, they identify new research directions to meet these challenges. These include qualitative research, mixed methods research, and approaches based on systems thinking.

### **Mind-Body Medicine and Cancer**

683

James S. Gordon

Mind-body medicine, grounded in a respectful, therapeutic partnership, should be a central element in the care of every person diagnosed with cancer. This article reviews some of the physiologic foundations of mind-body medicine, the introduction of mind-body approaches to cancer care in the 1970s, the specific mind-body approaches that have been used, and the evidence that supports their use. The importance of group support for enhancing the effectiveness of these approaches is discussed. Guidelines are offered for integrating mind-body approaches and perspectives in the care of people who have cancer.

### **Practical Hypnotic Interventions During Invasive Cancer Diagnosis and Treatment**

709

Nicole Flory and Elvira Lang

Novel advances in biotechnology and medical imaging techniques have enabled an evolution toward earlier diagnosis and treatment by way of “minimally invasive” surgical techniques performed on the conscious patient without the use of general anesthesia. Although the risks of diagnostic and therapeutic interventions have been reduced with these approaches, patients still face many physical and psychologic challenges. Several randomized controlled trials have shown that hypnotic techniques are effective in reducing pain, anxiety, and other symptoms; in reducing procedure time; and in stabilizing vital signs. The benefits of adjunctive hypnotic treatments come at no additional cost. Patients, health care providers, hospitals, and insurance companies are advised to take advantage of hypnotic techniques.

### **Incorporating Complementary and Integrative Medicine in a Comprehensive Cancer Center**

727

Moshe Frenkel and Lorenzo Cohen

This article provides a model of integrating complementary and integrative medicine into cancer care in a comprehensive conventional cancer center. This model requires a patient-centered approach with attention to patients’ concerns and enhanced communication skills. A discussion of patients’ psycho-social-spiritual perspectives is a crucial component in this approach. In addition, complementary and integrative medicine practitioners and conventional practitioners’ involvement and cooperation in developing this integration process are essential. This process requires tremendous team effort, institutional culture change, trust and open communication between all members of the health care team, and support from institutional leaders.

**Ethical Issues in Integrative Oncology****737**

Eran Ben-Arye, Elad Schiff, and Ofra Golan

Integrative oncology relates to an emerging dialog between complementary and alternative medicine (CAM) scholars, oncologists, family practitioners, and other health care providers who envision an extended and holistic patient-centered approach to oncology care. The multiple commitments of integrative oncology to a medical humanistic approach and to a strong evidence-based foundation may impose considerable ethical concerns and dilemmas. The authors use narrative ethics to present a case study that exemplifies the ethical challenges confronting physicians and health care providers who wish to provide an integrative approach for their patients. An ethical analysis of the narrative is provided to help clarify the ethical issues and conflicts within it. Finally, a framework that may transform ethical constraints to a communication tool is proposed.

**Remarkable Recoveries: Research and Practice from a Patient's Perspective****755**

Marc Ian Barasch

Mind-body therapies are often portrayed in the literature as self-palliative, adjunctive, and complementary, but rarely as contributive to cure. Many physicians continue to view them as acceptable indulgences so long as they are harmless and the patient remains fully compliant with a standard treatment regimen. The possibility that such modalities might help drive the healing process itself is infrequently acknowledged. This article addresses the topic of such therapies, examining remarkable recoveries in cancer, and suggesting the need for a "Remarkable Recovery Registry" to expand the literature on these cases. The author discusses the importance of complementary alternative medicine, and emotional and psychologic support in the treatment regimen, and the need for health care providers and patients to work together to provide the best emotional environment for the healing process.

**Practicing a Medicine of the Whole Person: An Opportunity for Healing****767**

Rachel Naomi Remen

Integrative medicine has been defined in several ways. For some it is a discipline that combines such approaches to the resolution of disease as acupuncture and homeopathy, meditation and imagery with more familiar and accepted health practices, such as surgery, pediatrics, and oncology. For others it is about cultivating awareness and sensitivity beyond symptoms to the mental, emotional, and spiritual needs of the patient. But, integrative medicine is more than the weaving together of techniques, or understanding the intimate interaction of the mental, emotional, and spiritual dimensions of human experience. It is about rethinking the task of medicine and the infrastructure of relationships and beliefs that have limited its power to serve all people.

**Index****775**