

Integrative Medicine at SCCA: **A *New* Program for Survivors**

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Why Integrative Medicine at SCCA?

- Integrative medicine can **support patients during and after conventional treatment, throughout survivorship**
- **Many patients are using complementary and alternative therapies**, often uncoordinated with conventional care
- Need for a **truly integrated** clinical practice model
- Growing body of evidence on the use of integrative therapies to **manage symptoms, decrease side effects and improve quality of life**
- Need for patient education on **what works and what is safe**

Definitions

Traditional therapies

- *Culturally-based health practices*

Alternative therapies

- *Used in place of conventional medicine*

Complementary therapies

- *Used with conventional medicine*

Integrative medicine

- *Evidence-based use of complementary and supportive therapies in conjunction with conventional therapies*

What is Integrative Oncology?



Integrative oncology is a **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**.

Integrative oncology aims to **optimize health, quality of life, and clinical outcomes** across the cancer continuum and to empower people to prevent cancer and become active participants before, during and beyond cancer treatment.

Clinical Practice Guidelines on the Evidence-Based Use of Integrative Therapies During and After Breast Cancer Treatment

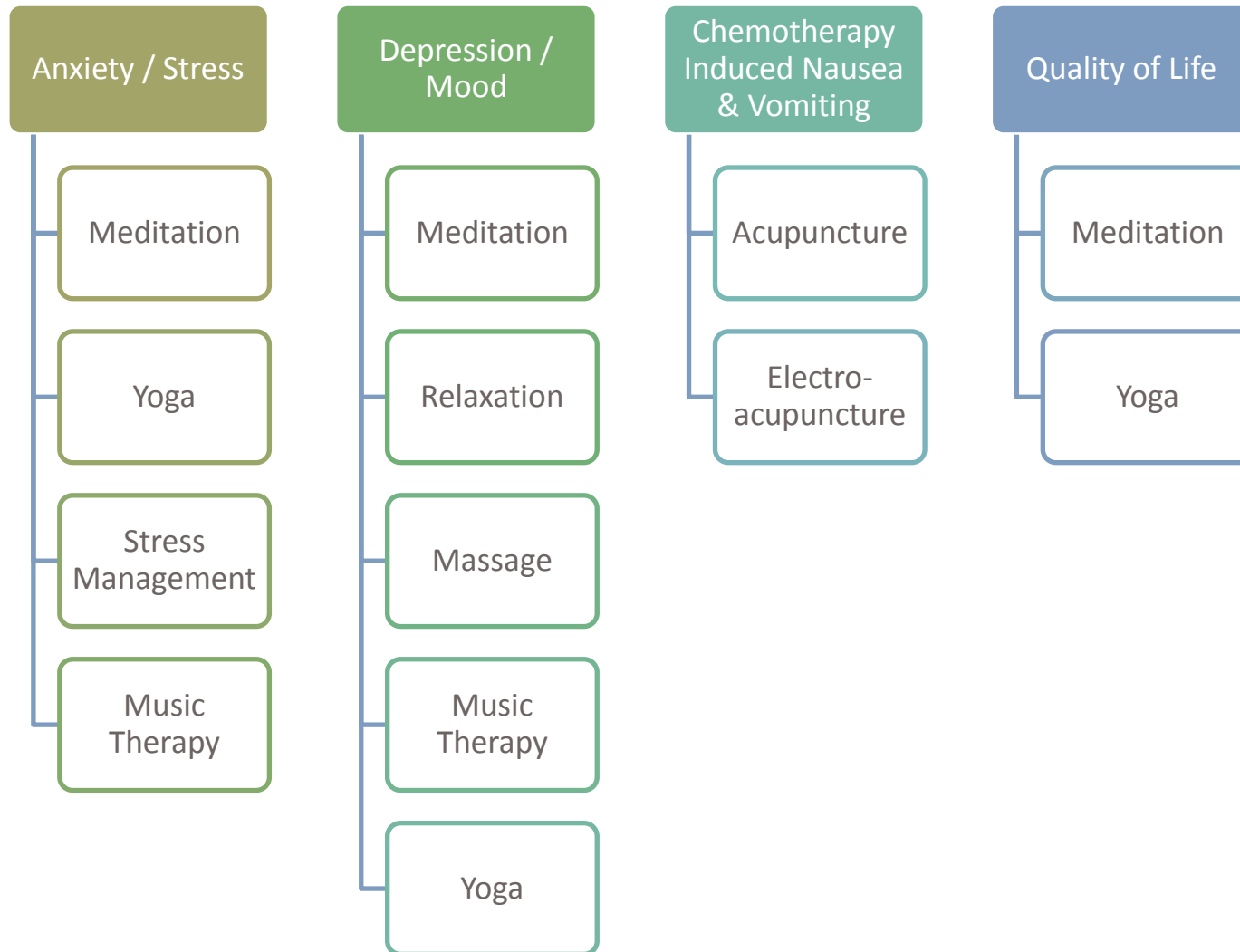
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CME**CNE**

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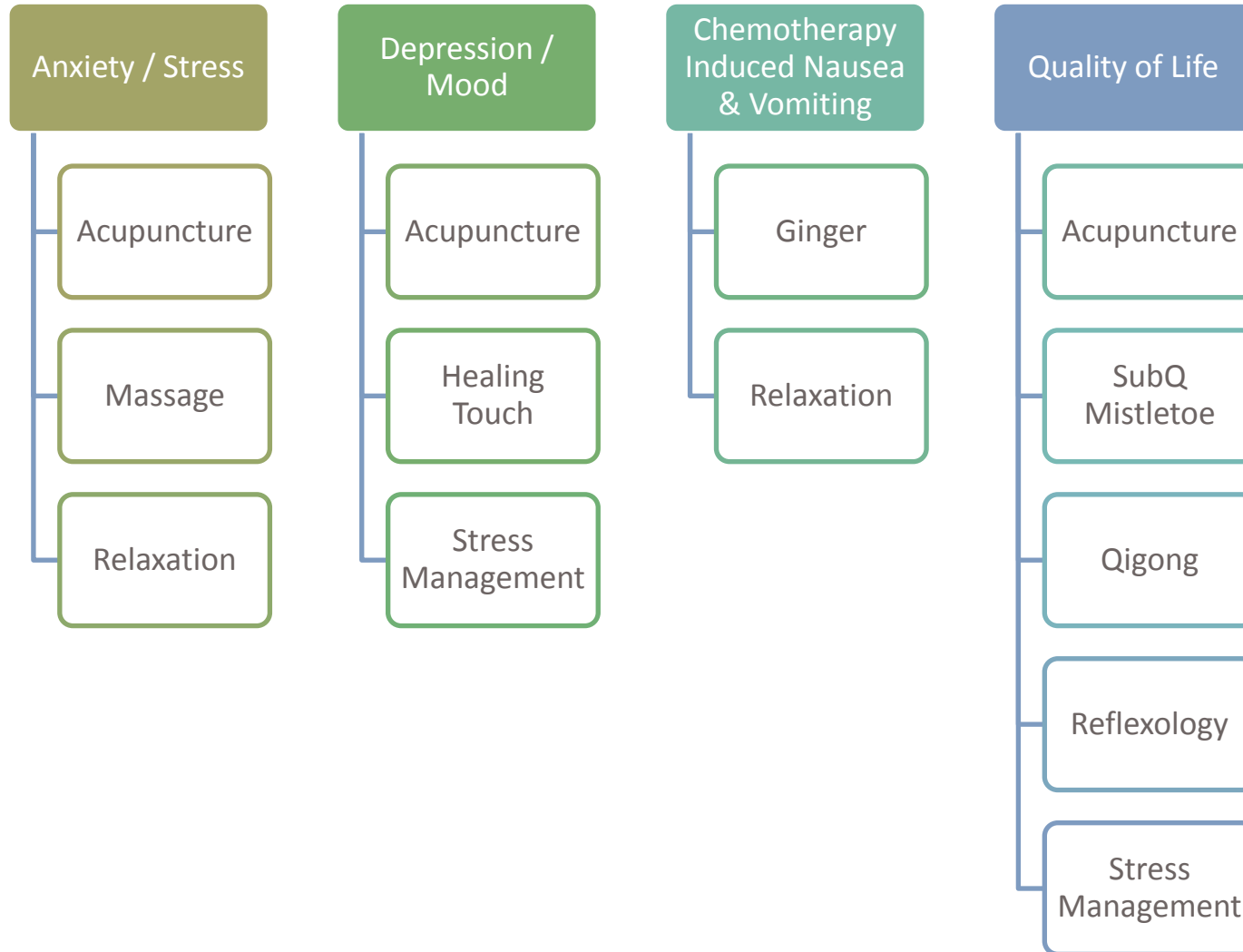
Abstract: Patients with breast cancer commonly use complementary and integrative therapies as supportive care during cancer treatment and to manage treatment-related side effects. However, evidence supporting the use of such therapies in the oncology setting is limited. This report provides updated clinical practice guidelines from the Society for Integrative Oncology on the use of integrative therapies for specific clinical indications during and after breast cancer treatment, including anxiety/stress, depression/mood disorders, fatigue, quality of life/physical functioning, chemotherapy-induced nausea and vomiting, lymphedema, chemotherapy-induced peripheral neuropathy, pain, and sleep disturbance. Clinical practice guidelines are based on a systematic literature review from 1990 through 2015. Music therapy, meditation, stress management, and yoga are recommended for anxiety/stress reduction. Meditation, relaxation, yoga, massage, and music therapy are recommended for depression/mood disorders. Meditation and yoga are recommended to improve quality of life. Acupressure and acupuncture are recommended for reducing chemotherapy-induced nausea and vomiting. Acetyl-L-carnitine is not recommended to prevent chemotherapy-

Recommended Therapies



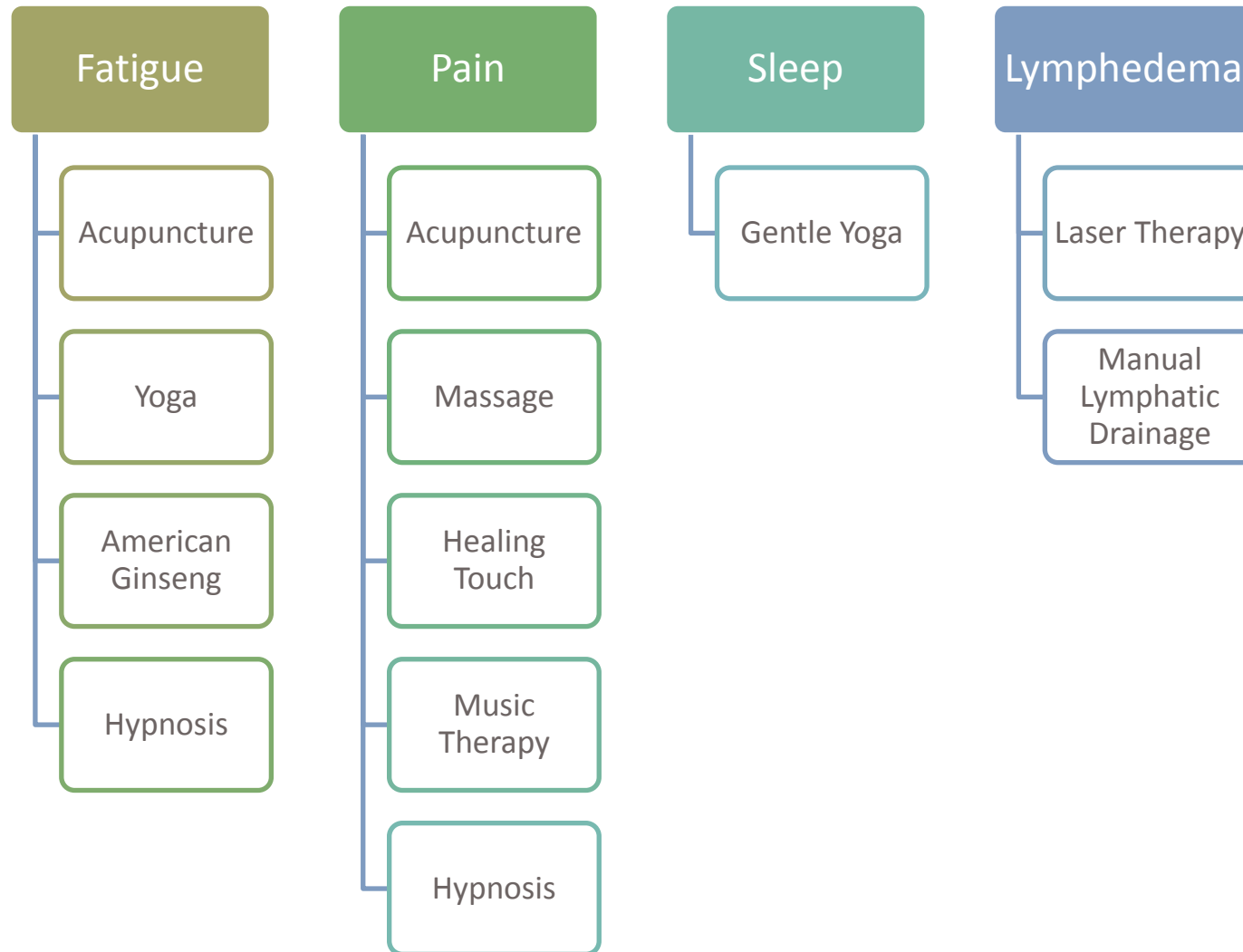
High certainty that the net benefit is substantial or moderate to substantial

Therapies to Consider



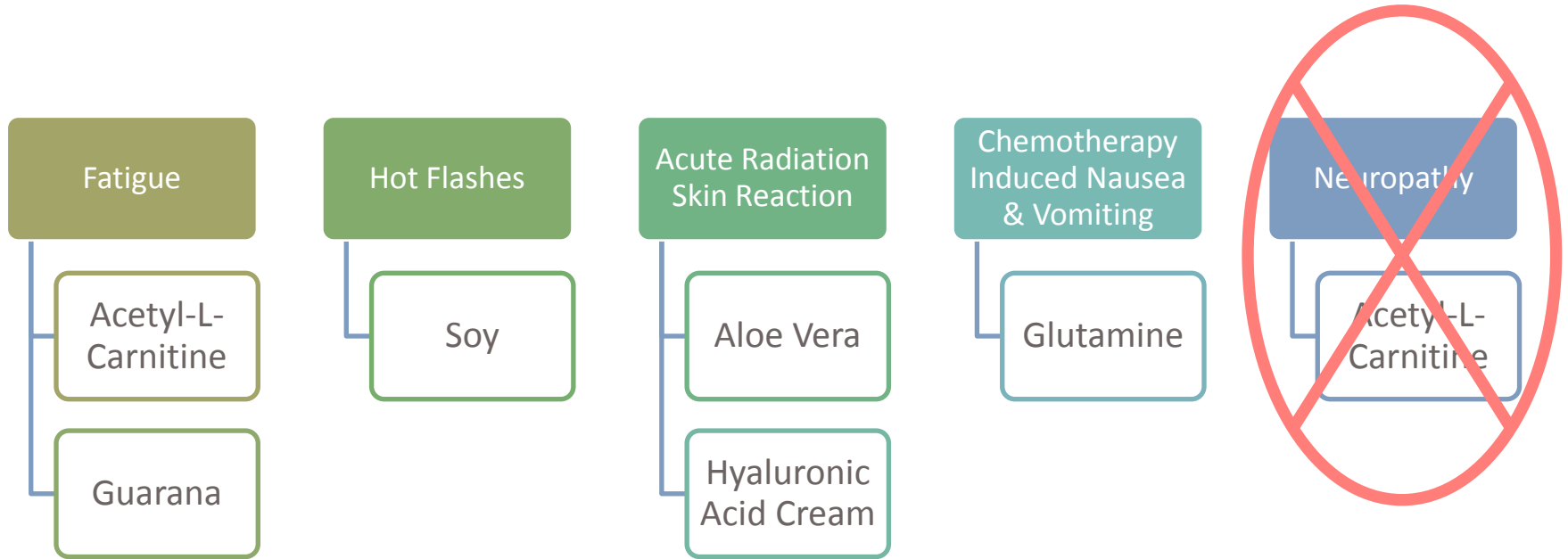
At least moderate certainty that the net benefit is small

Therapies to Consider



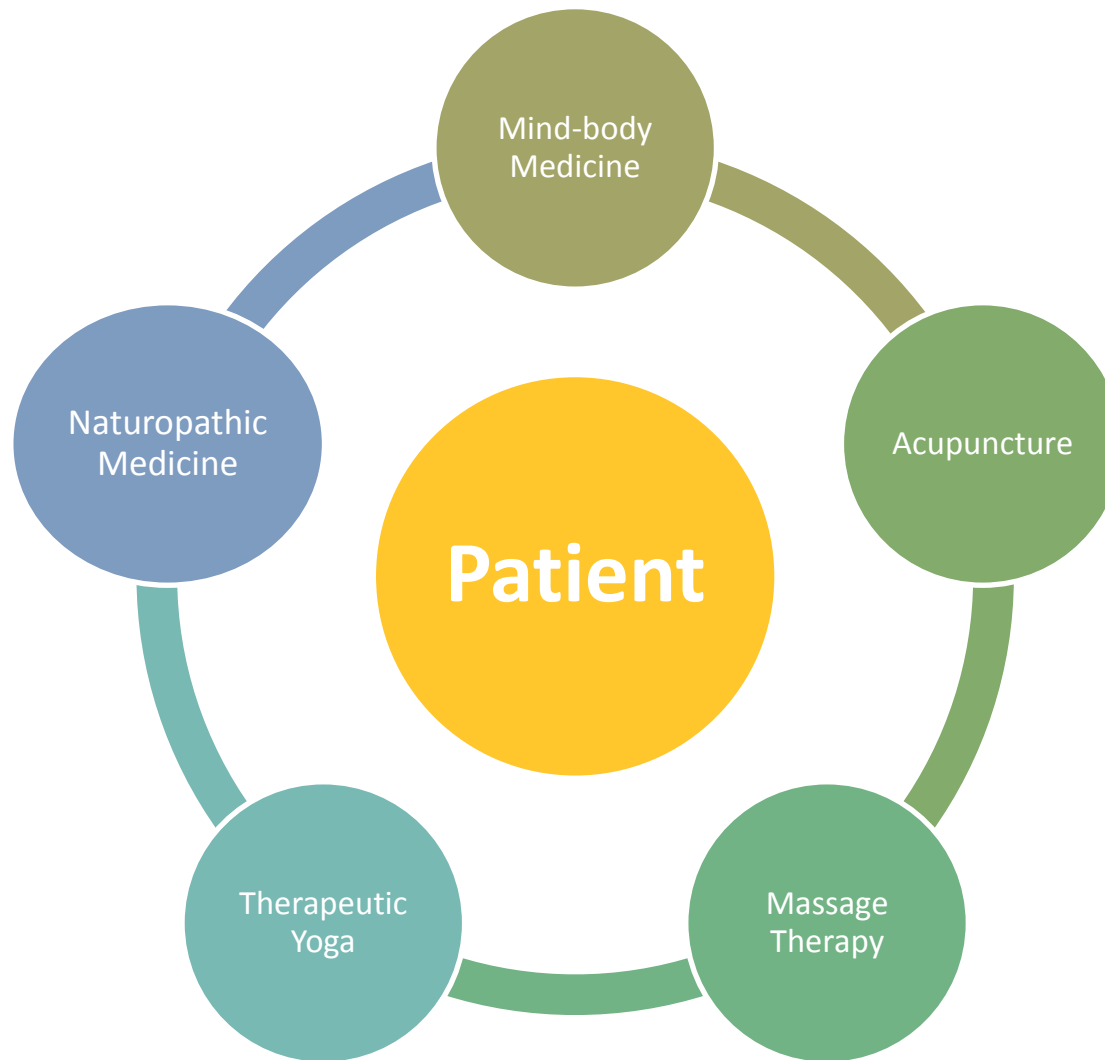
At least moderate certainty that the net benefit is small

Therapies with *No Benefit* or Harm

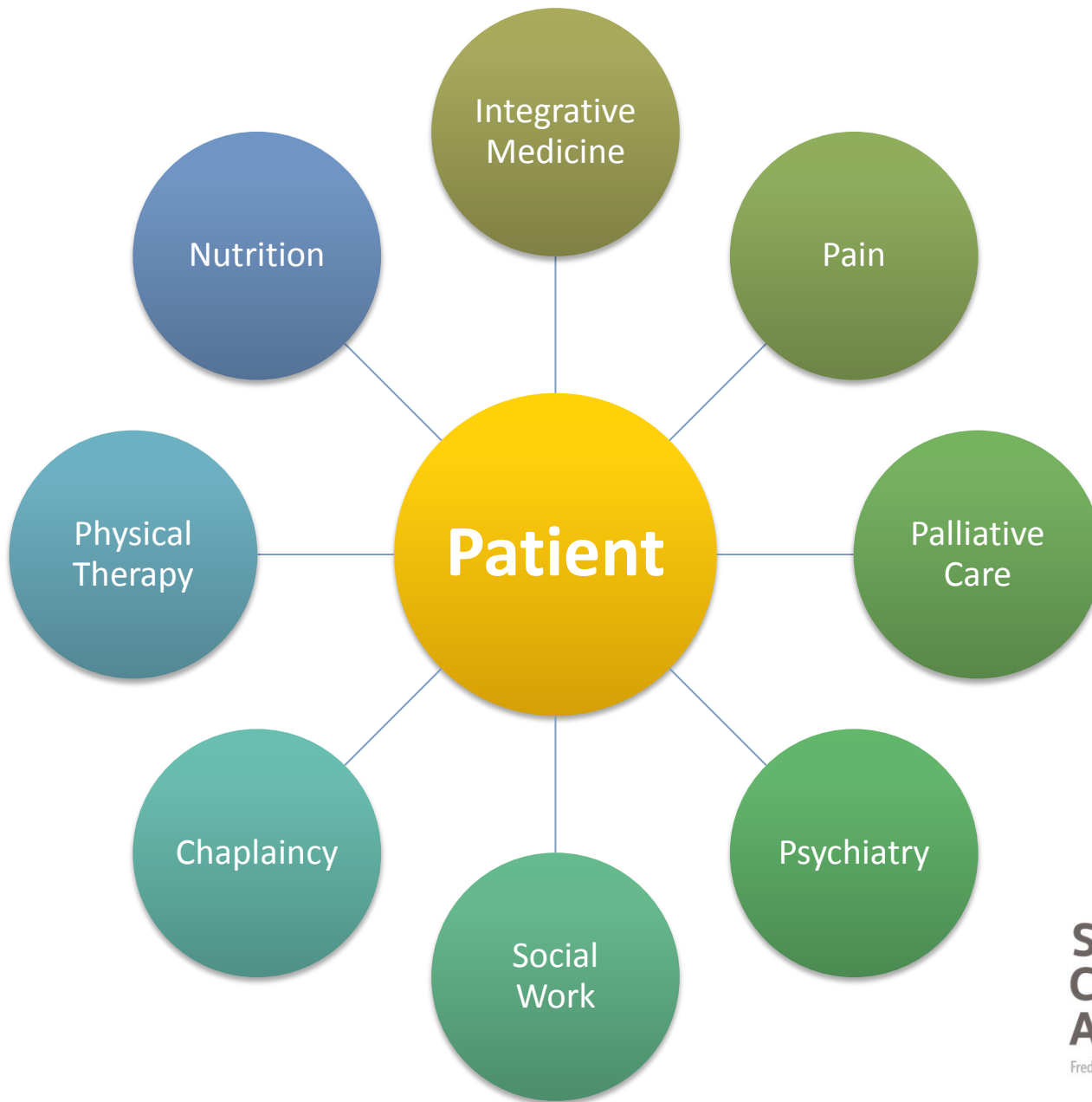


Not recommended due to no benefit or harm

Integrative Medicine Program at SCCA



Interdisciplinary Supportive Care at SCCA



Integrative Medicine: Program Framework

- Services **focus on symptom management and quality of life:** pain, fatigue, anxiety/depression, stress, nausea, sleep, lymphedema, neuropathy, diet, physical activity
- **Referrals** are welcome at any point along treatment and survivorship pathway, and patients can **self-refer**
- Resource for patients, families, clinicians and SCCA staff with an **educational focus**
- Provides platform for **novel patient-centered research**

Integrative Medicine Nurse Practitioner

Kathleen Sanders, ARNP-board certified, MPH



■ Training

- Board certified in Family Medicine
- Fellowship in Integrative Medicine
- Mindfulness Based Stress Reduction Training
- Mindfulness Based Eating Awareness
- Guided imagery
- Clinical Hypnosis
- Auricular Acupuncture

■ Clinical Focus

- Evaluate & guide an evidence-informed integrative medicine care plan
- Mind-body medicine
- Safe and appropriate use of dietary supplements
- Evaluate & guide dietary recommendations, in conjunction with Nutrition Services

Naturopathic Physician

Heather Greenlee, ND, PhD, MPH



■ Training & Leadership

- Board certified in Naturopathic Medicine, Bastyr Univ
- Acupuncture & Traditional Chinese Medicine
- Past President, Society for Integrative Oncology
- Member, Academic Consortium for Integrative Medicine & Health
- NIH-funded research portfolio on integrative health since 2001

■ Clinical Focus

- Evaluate & guide an evidence-informed integrative medicine care plan
- Safe and appropriate use of dietary supplements
- Practical implementation of national recommendations for diet, physical activity and weight management for cancer survivors

Acupuncturist

Jonathan Siman, MS, LAc



- **Training**
 - Board Certified Diplomate of Oriental Medicine: Acupuncture/Herbs
 - Washington State Licensed Acupuncturist
 - Previously, Memorial Sloan Kettering Cancer Center acupuncturist
 - Candidate, Doctor of Acupuncture and Chinese Medicine (Fall 2018)
- **Clinical Focus**
 - Mitigating side effects associated with chemotherapy, radiation and surgery
 - Focus on nausea, pain, hot flashes, neuropathy, mouth sores, insomnia
 - Improving quality of life during all stages of cancer care and survivorship

Massage / Therapeutic Yoga

Larra Dutton, LMT, CLT, RYT



- **Training**
 - Board Certified Licensed Massage Therapist
 - Oncology Massage Training
 - Registered Yoga Teacher
 - Certified Lymphedema Therapist
 - Lymphofascial Scar Training

- **Clinical Focus:**
 - Relaxation, stress reduction, insomnia, depression, fatigue, pain, and motion restriction due to surgical scarring

Evidence Based Lifestyle Changes



Guided by letting go of perfectionism and being kind and compassionate with ourselves

Our Research: *Acupuncture Trial*

Early Stage Breast Cancer Survivors (n=226)

Acupuncture for reducing Aromatase Inhibitor- induced joint pain

Patients were assigned to true acupuncture, sham acupuncture or waitlist control group for 12 weeks

Results: Patients who received true acupuncture had less pain up to 24 weeks

Take Home Message:

Acupuncture can curb treatment-related joint pain in breast cancer survivors



Lifestyle Guidelines for Cancer Survivors

1. Eat a plant-based diet

- 5-9 servings fruits/veg per day
- Eat whole grains
- Limit energy dense foods
- Limit red meat
- Limit alcohol



2. Engage in daily physical activity

- 30-60 min moderate-to-vigorous per day



3. Maintain a healthy body weight

- BMI 18.5-24.9 kg/m²



Our Research: *Cook For Your Health! Trial*

Latina Breast Cancer Survivors (n=70)

3-month Intervention

4 Nutrition Classes

3 Cooking Classes

2 Food shopping field trips

Results: Increase in fruits & vegetables intake; and reduction in total calories and fat intake after 12-months

Take Home Message: Nutrition education, hands-on cooking and shopping classes can lead to sustainable dietary change



We teach healthy cooking to people touched by cancer.



www.cookforyourlife.com

PI: H Greenlee, Funded by NCI

Our Research: *My Healthy Life! Trial*

Latina Breast Cancer Survivors
(n=200)

12-month Intervention (on-going)

Culturally tailored education

Hands-on culinary skill building

Food shopping education

Hands-on physical activity

Motivational text / email messaging

Outcomes:

Changes in diet and physical activity



Summary

- SCCA has a new Integrative Medicine program
- A body of evidence supports the **routine use of selected integrative modalities in the oncology setting**
- Clinical guidelines improve the ability for **patients and clinicians** to make informed healthcare decisions

To learn more about our program at SCCA:

Better together.

Fred Hutch

• Seattle Children's

• UW Medicine



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For Healthcare Professionals

NEW PATIENTS

DISEASES AND TREATMENTS

AFTER TREATMENT

RESOURCES



Patient Support

– Medical Support Services

Medical Support Services

During Your Care

Integrative Medicine

Psychiatry and Psychology Services

Nutrition

Genetic Counseling

Pain Care

Physical Therapy

Integrative Medicine

Integrative Medicine is a patient-centered, evidence-informed field of cancer care that utilizes mind and body practices, acupuncture, therapeutic massage, therapeutic yoga, natural products and lifestyle modifications, together with conventional cancer treatments.

While medical treatments focus on fighting the disease, Integrative Medicine, in collaboration with our other medical support services, can help you cope with treatment side effects and enhance your wellness and quality of life. Integrative Medicine providers at SCCA will work closely with your care team.

At Seattle Cancer Care Alliance (SCCA), we believe state-of-the-art care includes support for the healing of our patients in body, mind and spirit.



How Integrative Medicine can help

Questions about Integrative Medicine?

Ask your care team or email us at integrativemedicine@seattlecca.org.



THANK YOU!

