Complementary and Alternative Medicine:

Benefits, Role and Risks for Bone Marrow Failure Disease Patients

Sarah M. Rausch, PhD, LP
Director, Integrative Medicine
Wellness@Moffitt.Org
(813) 745-2194

Complementary and Alternative Medicine (CAM)

• **Complementary** medicine is used **with** conventional medicine.
  – Example: Gentle yoga for strength and flexibility during cancer treatment

• **Alternative** medicine is used **in place of** conventional medicine.
  – Example: High dose Vitamin C IV instead of undergoing conventional treatment (e.g. surgery, radiation, or chemotherapy) for cancer.
Integrative Medicine

• Integrates complementary therapies with evidence of safety and effectiveness into conventional medical treatment with goals of:
  – optimizing health promotion
  – preventing disease
  – improving patient outcomes
  – managing symptoms
  – improving quality of life

The problem..

• Up to 77% do not disclose that use
• 75% of physicians not comfortable discussing
• 50% patients try….
• Nobody really knows
Cost of CAM...

- $34 billion / yr in US
- 20 million more visits to CAM professionals than primary care

Approximately what percentage of Americans report using integrative medicine?

A. 20%
B. 40%
C. 60%
D. 80%
What percentage of cancer patients report using integrative medicine?

A. 25%
B. 50%
C. 75%
D. 90%

- 62% long-term Lymphoma survivors use CAM
- 73% of hospitalized cancer patients use CAM
- 44% of German Leukemia patients use CAM, with >half not disclosing to healthcare team

The problem..

- Up to 77% do not disclose that use
- 75% of physicians not comfortable discussing
- 50% patients try….
- Physicians most comfortable and familiar with biofeedback
- Nobody *really* knows
10 Top Selling Herbals

- Omega 3
- Garlic
- Echinacea
- Ginkgo
- Soy
- Cranberry
- Ginseng
- Black Cohosh
- St. John’s Wort
- Milk Thistle

*Ginkgo biloba* for preventing cognitive decline in older adults: a randomized trial.

- $250 million spent annually by Americans

Cost of CAM…

• $34 billion / yr in US

Mind-Body Connection..
Mind-Body Medicine….

- “I am of the opinion that the brain exercises the greatest power in the man”

- It is of more value to know what kind of person has a disease, than what kind of disease a person has

- "The natural healing force within each one of us is the greatest force in getting well."

Hippocrates – 460BC
History

- Florence Nightingale
- Helen Lorraine (Cook) Erickson
- Madeleine Leininger
- Sister Callista Roy
- Franciscans (Mayo)
Evolution in Patient Care:

Alternative → Complementary → Integrative

- Media
- Patient demand
- New Captain
- Providers
  - Personal experience, International training
  - Training, education
- Availability
- Cost / HMOs
- Empirical evidence
  - Journals, books
  - Improved understanding
  - PNI, vitamins/supplements
Evolution in Science:

Alternative → Complementary → Integrative

- 1998 NCI Office of Cancer Complementary and Alternative Medicine
- 2004 Society of Integrative Oncology 1st annual conference
- Medical Centers (Comprehensive Care)
- 2009 Institute of Medicine – Public Health Concern
- 2010……healthcare reform….

$300 million per year…
Biologically Based

- Foods
- Diets
- Supplements
- Herbs
- Vitamins

10 Top Selling Herbals 2008

- Omega 3
- Garlic
- Echinacea
- Ginkgo
- Soy
- Cranberry
- Ginseng
- Black Cohosh
- St. John’s Wort
- Milk Thistle
Mind-Body Therapies

• Mind-Body Medicine: Techniques designed to enhance the mind's capacity to affect bodily function and symptoms to promote health and well-being.
ANATOMY OF FEAR

Within seconds of perceiving a threat, the primitive amygdala sends a general alarm. The adrenal system promptly floods the body with adrenaline and stress hormones. Nonsensory physiological processes switch off, digestion slows, skin chills, and blood is diverted into muscles in preparation for a burst of emergency action. Breathing quickens, the heart races, and blood pressure surges, starving the body with oxygen while the liver releases glucose for quick fuel. The entire body is suddenly in a state of high alert, ready for fight or flight.

—J.S.
Mind-Body Medicine

- Focus is on how the following:
  - Emotional
  - Mental
  - Social
  - Spiritual
  - Behavioral

  *can directly affect health*

Let’s try..

- **Physical Stress**
  
  1......2.......3........4........5........6........7........8........9........10
  
  no stress  terrible

- **Emotional Stress**
  
  1......2.......3........4........5........6........7........8........9........10
  
  no stress  terrible
...and now....

• Physical Stress
  1........2........3........4........5........6........7........8........9........10
  no stress                                     terrible

• Emotional Stress
  1........2........3........4........5........6........7........8........9........10
  no stress                                     terrible
Evidence for Mind-Body Medicine

Cancer patients:

– Improved mood, sleep, QOL, coping
– Reduced disease-related & treatment-related symptoms
– Improved immune function

Evidence for Mind-Body Medicine

Pain:

– Arthritis
– Headache
– Low-Back Pain
Evidence for Mind-Body Medicine

Used during surgical preparation:
- Faster recovery
- Shorter hospital stay
- Reduced discomfort
- Less infection

Mind-Body Medicine in Hematology

CANCER CARE
Effects of a relaxation breathing exercise on fatigue in haemopoietic stem cell transplantation patients

Enhancing mental health services to bone marrow transplant recipients through a mindfulness-based therapeutic intervention
Sara Horton-Deutsch, Pamela O’Haver Day, Regina Haight, Michele Babin-Nelson

THE EFFECT OF USING MUSIC THERAPY WITH RELAXATION IMAGERY IN THE MANAGEMENT OF PATIENTS UNDERGOING BONE MARROW TRANSPLANTATION: A PILOT FEASIBILITY STUDY
Ola Jane Z. Scharer, Lynn C. Hebert, Patricia Mann, June L. Lineford
Summary of Clinical Guidelines for Integrative Oncology:

1. Ask patients about CAM use, provide information or referral
2. Massage effective for pain, anxiety
3. Acupuncture effective for pain, vasovagal
4. Assess supplements before every cancer treatment
5. Mind-body therapies safe, effective
Moffitt Integrative Medicine

Services:

OUTPATIENT
Integrative Medicine Consultation*
Classes & Individual Instruction*
- Meditation
- Yoga
- Tai Chi
- Qigong
- Meditation
Massage ($)
Acupuncture ($)
Relaxation Therapy (LP) (ins)
Nutritional Consultation (ins)
Pharmaceutical Consultation ($)
Full and half-day packages ($)
Staff yoga($)

INPATIENT*
Massage
Relaxation Therapy (LP)
Yoga

* - no charge
$ - fee-for-service
Ins - billed to insurance

Since January, 2010 patient reported outcomes gathered before and after each Integrative Medicine service

Please rate how you feel RIGHT NOW:

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<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<td>FATIGUE</td>
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<td>□</td>
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<td>SLEEP</td>
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<td></td>
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<td></td>
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</tr>
<tr>
<td>OVERALL QUALITY OF LIFE</td>
<td>□</td>
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</tbody>
</table>
Staffing

*all providers trained in Oncology-specific care within their area of practice*

-all patients in active treatment need physician clearance

-all inpatients need physician orders for service

**Staff:**

1 Director of Integrative Medicine
1 Medical Oversight Physician

1 Licensed Clinical Psychologist
1 yoga therapist
1 yoga therapist / massage therapist
1 Qigong instructor (Lac, DOM) [volunteer]
1 Oncology Massage therapist / Reiki therapist
1 Oncology Massage therapist / respiratory therapist
1 Oncology Massage therapist
1 MD Acupuncturist
3 back-up yoga instructors

Community providers, referrals, etc..

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**Gentle Yoga**

**Benefits:**

- Pain
- Anxiety, stress, mood
- Improved Sleep
- Quality of life
- Flexibility
- Strength
- Body Image Difficulties
- Balance
- Immune Function
Inpatient Yoga

Yoga - Outpatient (Overall)  
\( n = 856 \)

<table>
<thead>
<tr>
<th>Metric</th>
<th>Before</th>
<th>After</th>
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<tbody>
<tr>
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<td>2.33</td>
<td>1.08</td>
</tr>
<tr>
<td>Fatigue</td>
<td>2.30</td>
<td>1.36</td>
</tr>
<tr>
<td>Anxiety</td>
<td>2.39</td>
<td>1.30</td>
</tr>
<tr>
<td>Physical</td>
<td>2.21</td>
<td>1.36</td>
</tr>
<tr>
<td>Emotional</td>
<td>2.29</td>
<td>1.47</td>
</tr>
<tr>
<td>QOL</td>
<td>2.18</td>
<td>1.45</td>
</tr>
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</table>

**Reductions**
- Pain: -39%
- Nausea: -13%
- Fatigue: -42%
- Anxiety: -47%
- Physical: -38%
- Emotional: -43%
- QOL: -33%
Yoga - Inpatient (Overall)  
n = 63

<table>
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<td>1.78</td>
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<tr>
<td>Nausea</td>
<td>2.30</td>
<td>1.44</td>
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<td>2.17</td>
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<td>1.81</td>
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<td>Sleep</td>
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<td>2.14</td>
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<td>Overall Physical</td>
<td>4.17</td>
<td>2.18</td>
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<tr>
<td>Overall Emotional</td>
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<td>3.33</td>
</tr>
<tr>
<td>Overall QOL</td>
<td>4.00</td>
<td>3.87</td>
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</table>

Reductions
- Pain: -45%
- Nausea: -37%
- Fatigue: -48%
- Anxiety: -56%
- Physical: -48%
- Emotional: -50%
- QOL: -41%

Qigong

Benefits:
- Pain
- Anxiety, stress, mood
- Improved Sleep
- Quality of life
- Flexibility
- Strength
- Balance
- Inflammation
Reductions
- Pain -25%
- Nausea -16%
- Fatigue -32%
- Anxiety -35%
- Physical -27%
- Emotional -35%
- QOL -16%

Qi Gong (Overall)  
\( n = 115 \)

<table>
<thead>
<tr>
<th></th>
<th>Before</th>
<th>After</th>
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</thead>
<tbody>
<tr>
<td>Pain</td>
<td>2.35</td>
<td>1.77</td>
</tr>
<tr>
<td>Nausea</td>
<td>1.26</td>
<td>0.86</td>
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<tr>
<td>Fatigue</td>
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<tr>
<td>Anxiety</td>
<td>2.42</td>
<td>1.83</td>
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<tr>
<td>Sleep</td>
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<td>1.42</td>
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<tr>
<td>Overall Physical</td>
<td>2.62</td>
<td>2.08</td>
</tr>
<tr>
<td>Overall Emotional</td>
<td>2.58</td>
<td>2.58</td>
</tr>
<tr>
<td>Overall QOL</td>
<td>2.19</td>
<td>2.19</td>
</tr>
</tbody>
</table>

Massage Therapy  
“the art of rubbing” ... Hippocrates

• Benefits:
  - Pain (chronic and acute)
  - Nausea
  - Mood
  - Sleep
  - Fatigue
  - Stress/Anxiety
  - Acute distress
  - Isolation
  - Body image difficulties
  - Difficulties with anesthesia
  - Circulation
  - Restricted ROM
  - Musculoskeletal
Massage In-Patient
(Overall Scale Forms Returned)
n = 1724

Reductions
Pain -40%
Nausea -29%
Fatigue -38%
Anxiety -41%
Physical -42%
Emotional -42%
QOL -30%

Massage Out-Patient
(Overall Scale Forms Returned)
n = 441

Reductions
Pain -45%
Nausea -24%
Fatigue -45%
Anxiety -49%
Physical -43%
Emotional -46%
QOL -31%
<table>
<thead>
<tr>
<th></th>
<th>BMT Inpatient Massages</th>
<th>Chair Massage</th>
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<tbody>
<tr>
<td>Pain</td>
<td>2.04</td>
<td>2.68</td>
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<tr>
<td>Nausea</td>
<td>1.87</td>
<td>1.45</td>
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<tr>
<td>Fatigue</td>
<td>2.68</td>
<td>1.59</td>
</tr>
<tr>
<td>Anxiety</td>
<td>1.84</td>
<td>1.59</td>
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<tr>
<td>Overall Physical</td>
<td>4.16</td>
<td>2.80</td>
</tr>
<tr>
<td>Distress</td>
<td>4.16</td>
<td>2.54</td>
</tr>
<tr>
<td>Overall Emotional</td>
<td>4.19</td>
<td>2.54</td>
</tr>
<tr>
<td>Distress</td>
<td>4.39</td>
<td>2.80</td>
</tr>
<tr>
<td>Overall Quality</td>
<td>5.06</td>
<td>2.86</td>
</tr>
<tr>
<td>of Life</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Reductions**

- Pain: 47%
- Nausea: 39%
- Fatigue: 47%
- Anxiety: 56%
- Physical: 46%
- Emotional: 48%
- QOL: 35%

**Chair Massage**

- Pain: 2.58
- Nausea: 1.20
- Fatigue: 2.72
- Anxiety: 1.87
- Sleep: 1.01
- Overall Physical Distress: 2.72
- Overall Emotional Distress: 2.72
- Overall Quality of Life: 2.80

**Reductions**

- Pain: 36%
- Nausea: 16%
- Fatigue: 42%
- Anxiety: 47%
- Physical: 43%
- Emotional: 45%
- QOL: 33%
Acupuncture
Anne Hermann, MD

Benefits:
• Acute pain (postop, dental)
• Chronic pain (headache, low back)
• Hot flashes
• Neuropathy
• Fatigue
• Nausea
• Vomiting
• Constipation
• Cough, fever, anxiety, depressed mood, night sweats, dry mouth, dizziness, arthritis, fluid retention, immune activation, GI
**Acupuncture**

Reductions
- Pain: 52%
- Nausea: 19%
- Fatigue: 48%
- Anxiety: 54%
- Physical: 53%
- Emotional: 43%
- QOL: 32%

**Meditation (Overall)**

Reductions
- Pain: -43%
- Nausea: -19%
- Fatigue: -45%
- Anxiety: -54%
- Physical: -45%
- Emotional: -53%
- QOL: -37%
Patient Satisfaction

<table>
<thead>
<tr>
<th></th>
<th>1. Satisfaction</th>
<th>2. Quality</th>
<th>3. Likelihood</th>
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<tr>
<td>Inpatient Massage</td>
<td>4.92</td>
<td>4.88</td>
<td>4.91</td>
</tr>
<tr>
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<td>4.74</td>
<td>4.96</td>
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<td>Outpt Yoga</td>
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<td>4.68</td>
<td>4.64</td>
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<td>5.00</td>
<td>5.00</td>
<td>5.00</td>
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<tr>
<td>Qigong</td>
<td>5.00</td>
<td>5.00</td>
<td>5.00</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>4.46</td>
<td>4.54</td>
<td>4.54</td>
</tr>
</tbody>
</table>

(5= very satisfied / 1=very dissatisfied)

1. How satisfied were you with this session?
2. How would you rate the quality of care you received from your therapist / instructor today?
3. How likely would you be to recommend this service to a patient undergoing the same treatment as you?

Hematologic Disorders
CAM Use in Hematologic Disorders

• CAM use in hematologic disorders not documented
• Unique population
• Several mind-body therapies beneficial for this population, and several known benefits and risks for other solid-tumor populations, but unknown for hematologic populations

A survey on CAM Use

• Mayo Clinic Lymphoma survivors (>5 yrs)
• 612 patients
• Questionnaires assessed lifestyle, diet, nutrition, exercise, CAM use and beliefs
**CAM Use**

<table>
<thead>
<tr>
<th>CAM Type</th>
<th>Percentage (Standard Error)</th>
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<tbody>
<tr>
<td>Vitamins</td>
<td>53% (2.92)</td>
</tr>
<tr>
<td>Supplements</td>
<td>45% (3.97)</td>
</tr>
<tr>
<td>Therapies</td>
<td>54% (2.41)</td>
</tr>
</tbody>
</table>

*Higher rates of use associated with female gender, older age, and education for all of the above CAMs.

**Top Vitamins**

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>%</th>
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<tbody>
<tr>
<td>Calcium</td>
<td>33.14</td>
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<tr>
<td>Vitamin C</td>
<td>20.93</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>20.64</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>13.95</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>11.05</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>10.17</td>
</tr>
<tr>
<td>Magnesium</td>
<td>8.43</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>6.98</td>
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<tr>
<td>Zinc</td>
<td>6.10</td>
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### Top Supplements

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<th>SUPPLEMENT:</th>
<th>For Cancer</th>
<th>For Other Health Reasons</th>
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<tbody>
<tr>
<td>Green Tea</td>
<td>7.89%</td>
<td>13.45%</td>
</tr>
<tr>
<td>Flax Seed</td>
<td>3.51%</td>
<td>10.82%</td>
</tr>
<tr>
<td>Garlic</td>
<td>2.05%</td>
<td>11.11%</td>
</tr>
<tr>
<td>Herbal tea</td>
<td>1.75%</td>
<td>10.53%</td>
</tr>
<tr>
<td>Aloe</td>
<td>1.17%</td>
<td>4.09%</td>
</tr>
<tr>
<td>Wheat Grass</td>
<td>1.17%</td>
<td>1.17%</td>
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<tr>
<td>Echinacea</td>
<td>0.58%</td>
<td>11.11%</td>
</tr>
<tr>
<td>Grape seed</td>
<td>0.58%</td>
<td>2.63%</td>
</tr>
<tr>
<td>St. John’s Wort</td>
<td>0%</td>
<td>4.97%</td>
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### Top Therapies

<table>
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<th>THERAPY:</th>
<th>For Cancer</th>
<th>For Other Health Reasons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Religious/spiritual</td>
<td>10.23%</td>
<td>9.06%</td>
</tr>
<tr>
<td>Relaxation</td>
<td>3.80%</td>
<td>10.82%</td>
</tr>
<tr>
<td>Meditation</td>
<td>3.22%</td>
<td>9.06%</td>
</tr>
<tr>
<td>Massage</td>
<td>2.92%</td>
<td>16.96%</td>
</tr>
<tr>
<td>Yoga</td>
<td>2.05%</td>
<td>6.73%</td>
</tr>
<tr>
<td>Chiropractic</td>
<td>1.75%</td>
<td>30.12%</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>1.17%</td>
<td>6.14%</td>
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</table>
### STATEMENT of BELIEF:

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<th>Supp use</th>
<th>Ther use</th>
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<td>4.39%</td>
<td>-</td>
<td>.21</td>
<td>.16</td>
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<tr>
<td>2. They will prevent the spread of cancer</td>
<td>5.26%</td>
<td>-</td>
<td>.26</td>
<td>.16</td>
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<tr>
<td>3. They will assist other treatments to work</td>
<td>15.50%</td>
<td>-</td>
<td>.31</td>
<td>.22</td>
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<td>4. They will relieve my symptoms</td>
<td>16.67%</td>
<td>-</td>
<td>.31</td>
<td>.27</td>
</tr>
<tr>
<td>5. They have side effects</td>
<td>14.04%</td>
<td>-</td>
<td>.15</td>
<td>-</td>
</tr>
<tr>
<td>6. They weaken the body’s natural reserve</td>
<td>1.17%</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>7. It is the patient’s fault if they don’t work</td>
<td>1.16%</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>8. They assist the body’s natural forces to heal</td>
<td>21.35%</td>
<td>-</td>
<td>.33</td>
<td>.39</td>
</tr>
<tr>
<td>9. It is easy to understand how they work</td>
<td>4.39%</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>10. They will provide a boost to the immune system</td>
<td>15.20%</td>
<td>-</td>
<td>.32</td>
<td>.25</td>
</tr>
<tr>
<td>11. They are perfectly safe</td>
<td>9.06%</td>
<td>-</td>
<td>.14</td>
<td>.18</td>
</tr>
<tr>
<td>12. They will increase my quality of life</td>
<td>10.53%</td>
<td>-</td>
<td>.28</td>
<td>.20</td>
</tr>
<tr>
<td>13. They give a feeling of control over cancer</td>
<td>17.84%</td>
<td>-</td>
<td>.23</td>
<td>.18</td>
</tr>
<tr>
<td>14. They will prevent a recurrence</td>
<td>2.05%</td>
<td>-</td>
<td>.22</td>
<td>-</td>
</tr>
<tr>
<td>15. They can reduce effects of conventional medicine</td>
<td>4.09%</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

### Conclusions:

1. Hematologic cancer survivors use CAM at a higher rate than general public, lower than solid tumor populations

2. General lack of knowledge about CAM

3. Unaware of risks associated with CAM

4. Very small % using mind-body therapies – the therapies with evidence of effectiveness and safety
Patient Comments:

“She has done wonders for me and my back...I now take less narcotic pain medication. Moffitt is amazing to offer these therapies... in my opinion, this is the best program Moffitt has...”

“Thank you Moffitt for offering these integrative treatments....at one point I was very low, in a lot of pain and suffering so much...I gave up...then I started receiving massage and I had something to look forward to...I felt so much better...God Bless Moffitt”

“...the touch therapy for me helps to facilitate stress reduction which in me turns down the volume of symptoms of this disease and its treatment”

“...everyone should know Moffitt offers these services...I think everyone should come here to get well...not to get treated for being sick...”

The future...

• Personalized Medicine
• Cost Effectiveness
Next steps

Genetic predisposition

Mind-Body interventions (yoga, tai chi)

Expression levels

Relevance to Care:

Improved understanding for recommendations, contraindications

Comprehensive care
Cost-Effective Care
Efficient Care
Personalized Care

Improved QOL, clinical outcomes
Quality of care
Decreased Healthcare Costs
Satisfied Consumers
Moffitt Research Trials

- Chemoprevention with Nutriceuticals
- Massage during hospitalization
- CAM use in cancer patients
- Pilates for breast cancer
- Yoga for breast cancer
- Acupuncture for hot flashes, pain, nausea
- Genetic predictors of morbidity

The future of medicine..
Resources:

- www.cancer.gov
- www.nccam.nih.gov
- www.integrativeonc.org
- wellness@moffitt.org