

Integrative Oncology and Psychosocial Aspects of Care

**Middle East Cancer Consortium
Larnaca, Cyprus, June 22, 2007**

Barrie R. Cassileth, MS, PhD

**Laurance S. Rockefeller Chair in Integrative Medicine
Chief, Integrative Medicine Service,
Memorial Sloan-Kettering Cancer Center**

U.S. Cancer Survival Rates

- The 5-year US survival rate for all cancers combined is >64%.
- More than 10 million Americans with a history of cancer are alive today
- Cancer survival rates are the same in the UK, Australia and other developed countries

Good Survival Rates are Due to:

- Smoking cessation
- Earlier detection
- Modern treatments



Increased Numbers of Patients Surviving Cancer Treatment & Side Effects of Treatments had Important Consequences

- Goals and practices of Oncology evolved to meet patients' needs & to address quality of life
- Increased emphasis on symptom control
- Physical and emotional effects of treatment became an important emphasis

How Meet Patient & Survivor Needs?

Many disciplines aim to control symptoms and enhance quality of life:

- Supportive Care
- Rehabilitation
- Palliative Care
- Survivorship
- Pain Management
- Psycho-Oncology
- Integrative Oncology

All address patients' quality of life, not the tumor

- Supportive Care *pharmaceuticals*
- Rehabilitation *only physical problems*
- Palliative Care *terminal stages of disease*
- Survivorship *new & all-encompassing*
- Pain Management *only pain; pharmaceuticals*
- Psycho-Oncology *emotional problems*
- Integrative Oncology *uses non-invasive Rx*

Integrative Oncology

- Combines the best of mainstream care for tumor control, plus complementary therapies for quality of life
- Symptom control arm of cancer care at MSK Cancer Center
- Physical + emotional Sx and problems
- Attention to family as well as patient quality of life

Integrative Oncology

- Employs non-invasive, non-toxic, non-pharmacologic “complementary” therapies to enhance patients’ quality of life
- Used WITH mainstream care
- Inexpensive, safe, evidence-based, effective

Complementary Therapies

Reduce side effects and...

- Enable self-care and control
- Enhance well-being and quality of life
- Strengthen body to maximize treatment
- Reduce fear, distress, depression, anxiety
- Safe, non-invasive, inexpensive, easy to use

Most Useful, Data-Based Modalities

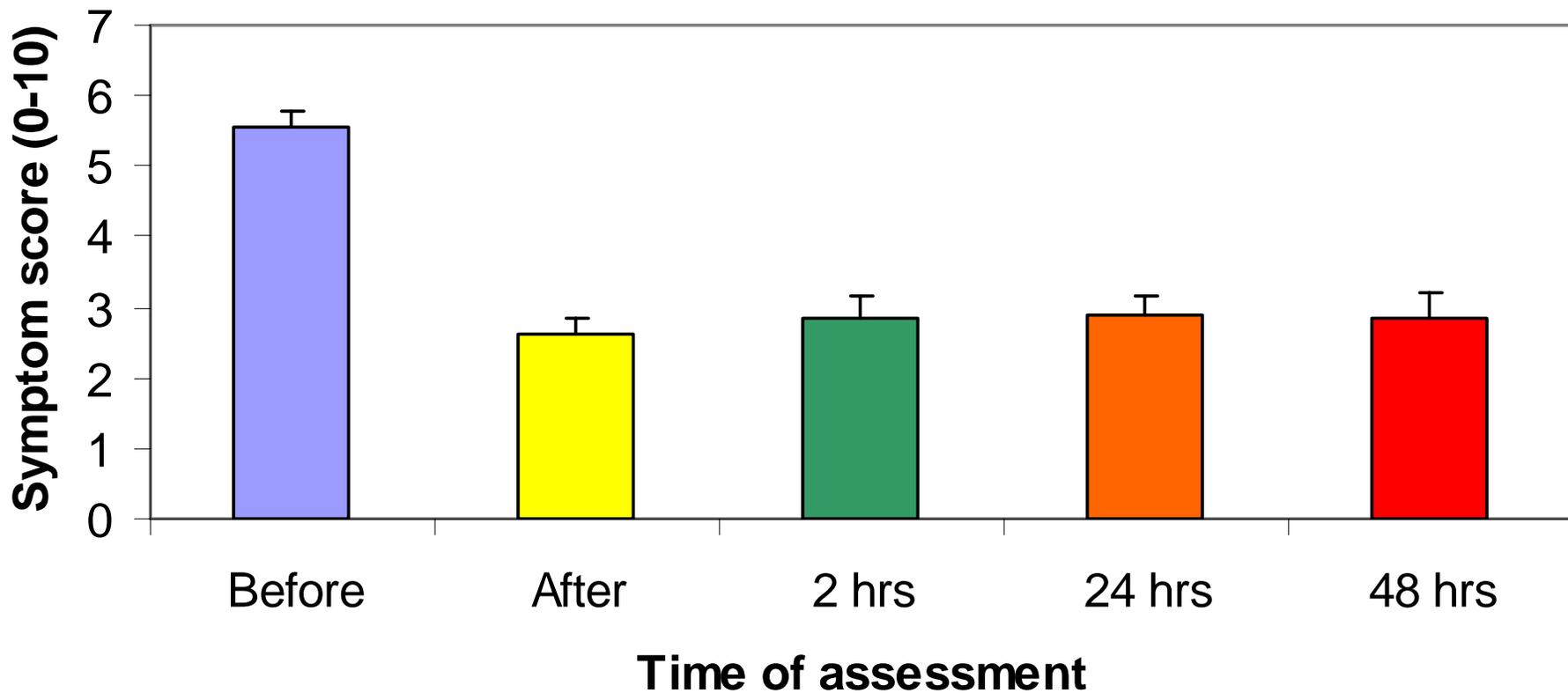
- Touch Therapies
- Mind-Body
- Music Therapy
- Acupuncture
- Fitness (exercise & nutrition)

Touch Therapies

- Massage
- Very light touch
- Reflexology (foot massage)
- Shiatsu



Symptom scores before and after massage therapy N=98





Significantly less distress in pts receiving music therapy vs those randomized to standard care

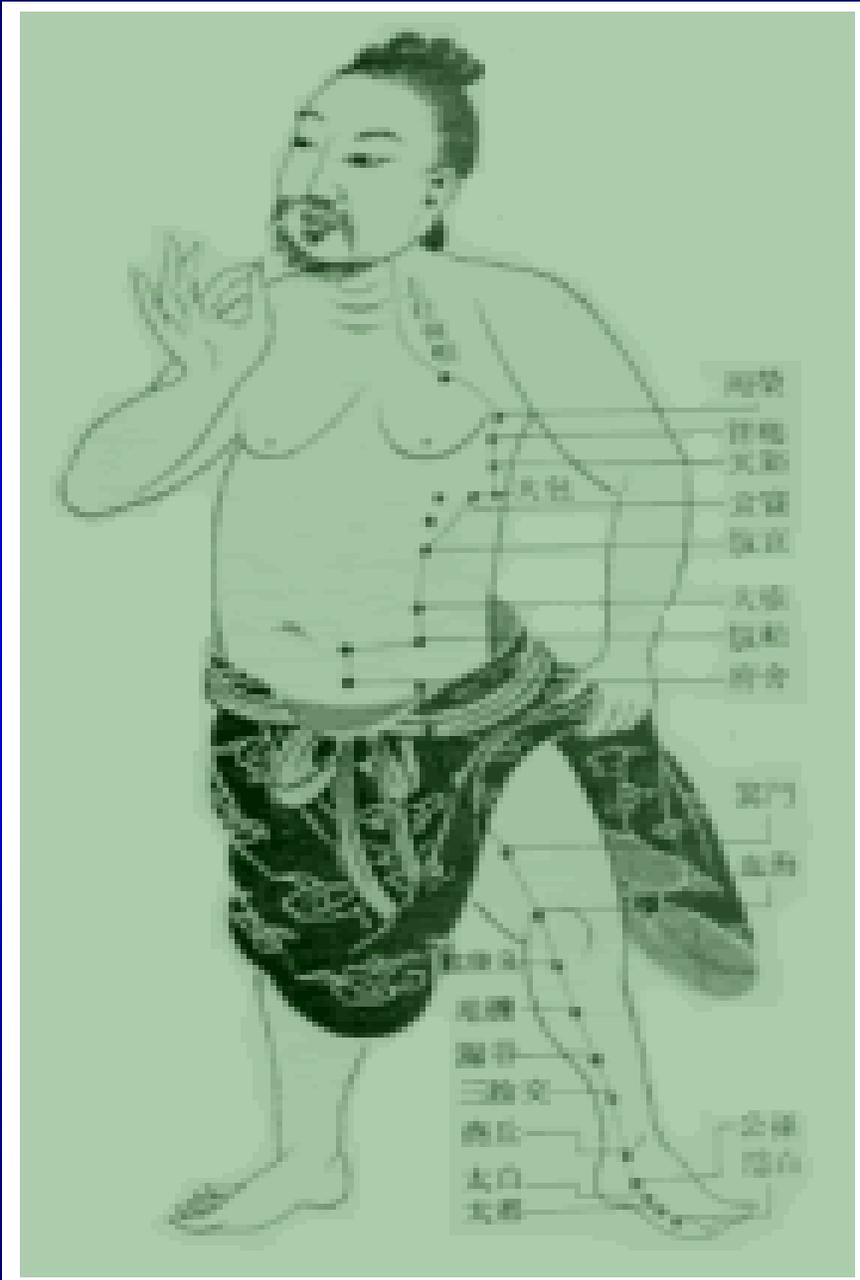
Cancer, Jan, 2004

Mind-Body Techniques

- Meditation
- Hypnotherapy (pre-op hypnosis)
- Relaxation therapies
- Yoga, qi gong, tai chi; other classes



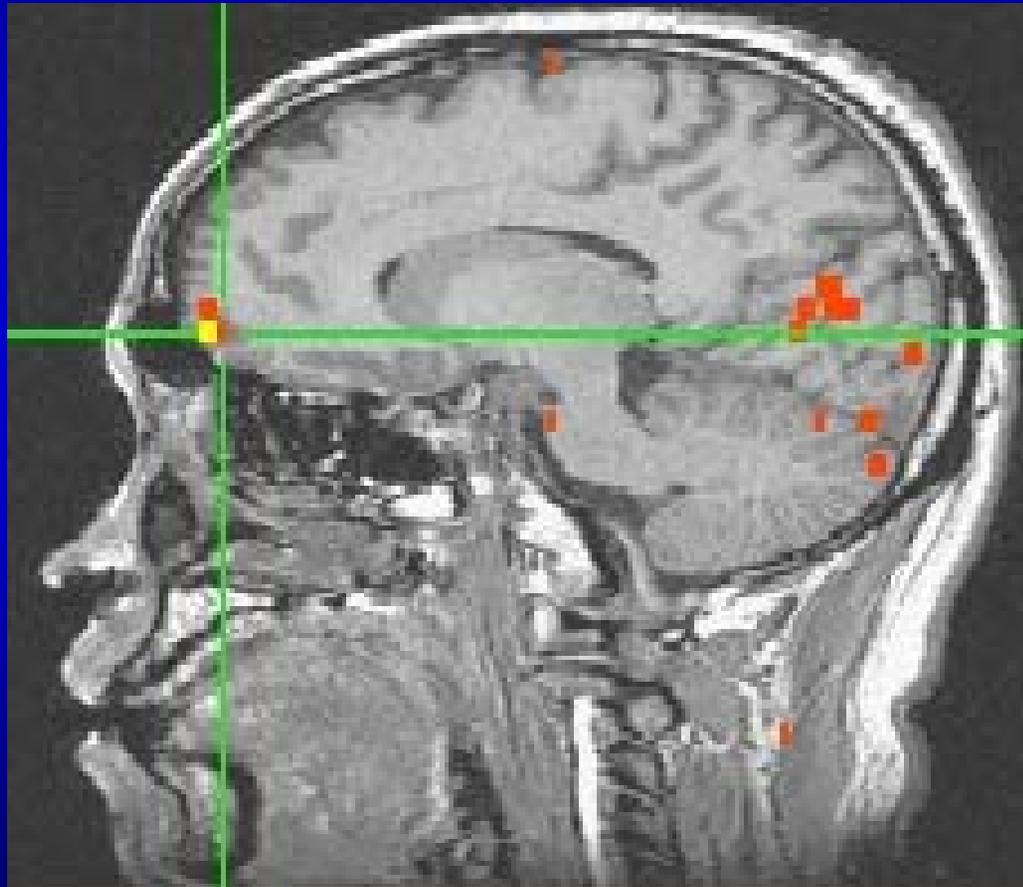
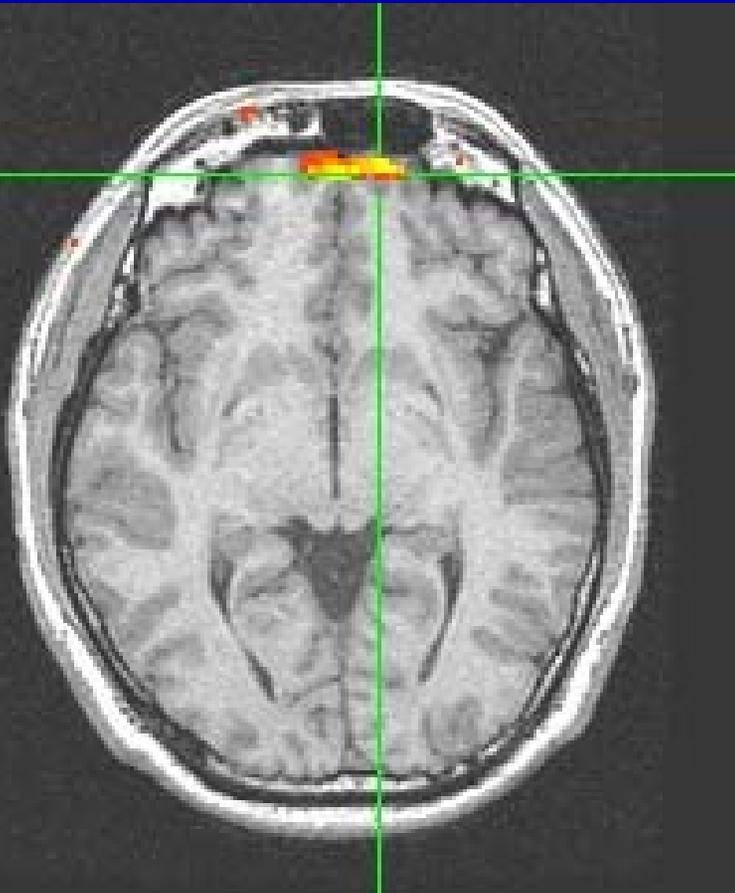
Acupuncture



Pre-Op Placement Of “Studs”



Acupuncture for Xerostomia fMRI Collaboration Research



Fitness Classes

Essential per new data on exercise and cancer survival

Nutrition and Herb Counseling

Herbs and Other Botanicals

- Faulty Assumptions
Natural = safe; Long-term use = effective
- Botanicals are unrefined pharmaceuticals
- ok for people not on prescription meds
- Concerns: contamination, toxicity, standardization, herb-drug interactions

www.mskcc.org/aboutherbs

220+ monographs; each contains

- Clinical Summary
- Scientific Name
- Also Known As
- Patient Use
- Constituents
- Mechanism of Action
- Warnings/Adverse Reactions
- Drug Interactions
- Dosage
- Literature Summary and Critique
- References



SAVE THE DATE
Society for Integrative Oncology
FOURTH INTERNATIONAL
CONFERENCE

November 15-17, 2007
Renaissance Parc 55 Hotel
San Francisco, California

Conference details and registration are on the SIO website
www.IntegrativeOnc.org



SIO Executive Office

c/o Center for Bio-Medical Communication, Inc., 433 Hackensack Avenue, 9th Floor, Hackensack, NJ 07601

Tel: (201) 342-5300 · Fax: (978) 614-2775



MSKCC Integrative Medicine Team

