



INNOVATIVE INTEGRATIVE MEDICINE
PROGRAMS ADDRESS CANCER SURVIVORS'
UNMET NEEDS AT CHAPMAN WELLNESS
CENTER, PIEDMONT HEALTHCARE

Dennis Buttimer, M.Ed, RYT, CHC

Chapman Wellness Center, Piedmont Healthcare





"Healing is not a matter of technique or mechanism;
it is a work of spirit."

-Rachel Naomi Remen, M.D.

*University of California at San Francisco School of
Medicine*



What unmet needs?

- Human connection
- Grief and Emotions
- Understanding
psychoneuroimmunology
- Mental health symptoms
- Hope

“The need for connection and community is primal, as fundamental as the need for air, water, and food.” - Dean Ornish, MD

“I never give up hope.” – Dean Ornish, MD

Innovative Integrative Medicine Strategies



MINDFUL YOGA

“Yoga helps maintain quality of life, may lessen side effects in men undergoing prostate cancer treatment”

Neha Vapiwala, MD, Penn State University, Radiation Oncology, 2016



MINDFULNESS MEDITATION

“Meditation Eases Pain, Anxiety and Fatigue
during Breast Cancer Biopsy”

Mary Scott Soo, M.D.

Duke University Medical Center

Journal of the American College of Radiology

February 2016



EXPRESSIVE WRITING

“Randomized Controlled Trial of Expressive
Writing for Patients With Renal Cell Carcinoma
Randomized Controlled Trial of Expressive
Writing for Patients With Renal Cell Carcinoma”

2016- Journal of Clinical Oncology

The University of Texas MD Anderson Cancer
Center



Jeremy R. Geffen, MD, FACP

“Connection with other people lies at the heart of healing. This is true for cancer or any other illness. Though it can take many forms, the need for human connection is as basic as the need for surgery or chemotherapy or any other medical treatment.”

- Dr Jeremy Geffen, oncologist/author/speaker, The Seven Levels of Healing: A Journey Through Cancer

Other Promising Practices

- Support Groups
- Tai Chi/Qigong
- Art Therapy
- Humor/Laughter
- Acupuncture
- Drumming/Music
- Emotional Freedom Technique (EFT)



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