



# **Cancer Survivorship Up Close and Personal**



**Evidence-based Integrative Oncology Tools that  
Translate into Definable Outcomes for Cancer  
Survivors**

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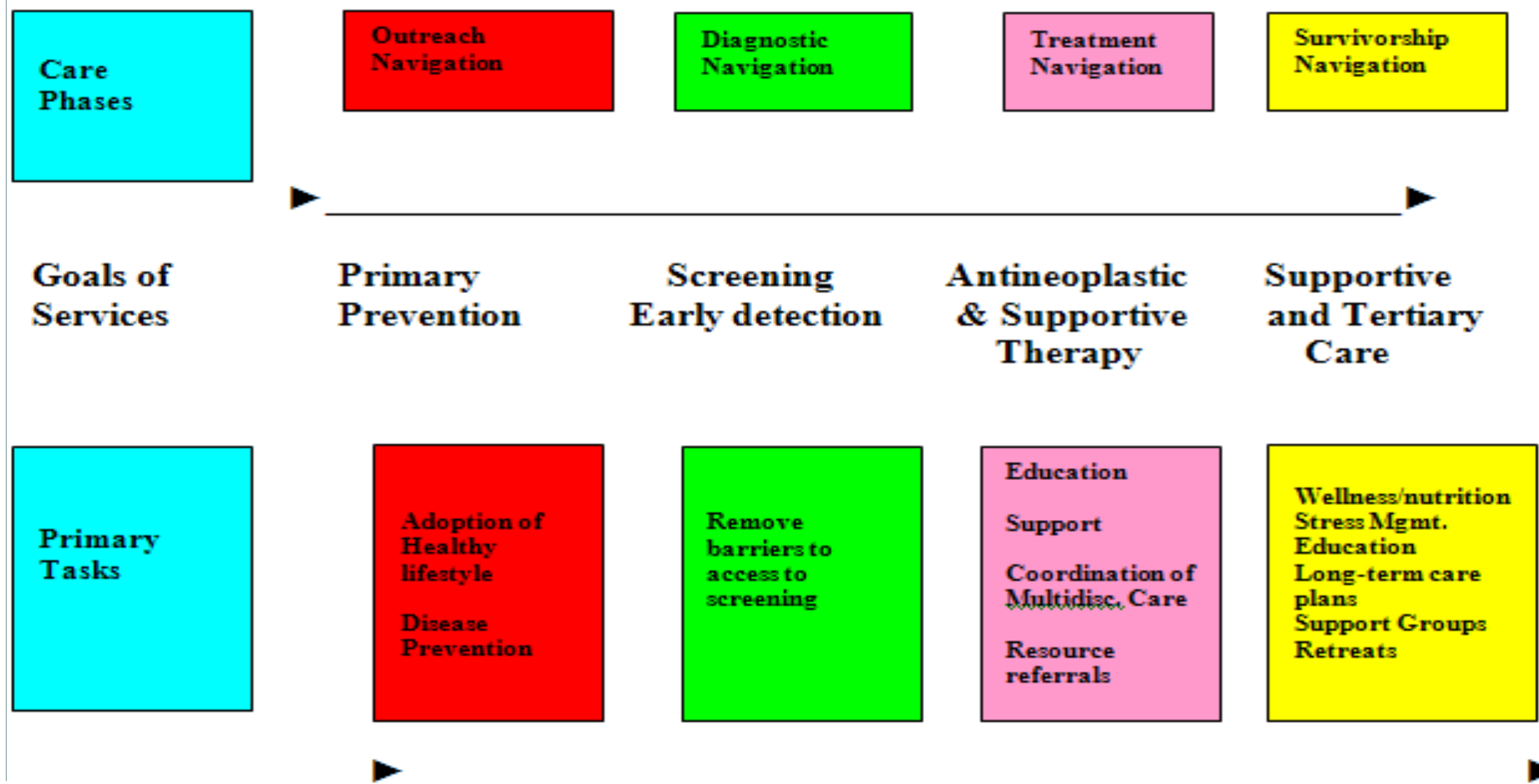
# Evidence based recommendations



## Guidelines For Advising Patients: Based on Evidence and Efficacy

<b>Therapies that may be <i>recommended:</i></b>	<b>Therapies that may be <i>accepted:</i></b>	<b>Therapies that should be <i>Discouraged or unacceptable:</i></b>
<b>Evidence supports efficacy</b>	<b>Evidence regarding efficacy is inconclusive</b>	<b>Evidence indicates inefficacy</b>
<b><i>and</i></b>	<b><i>but</i></b>	<b><i>or</i></b>
<b>Evidence supports safety</b>	<b>Evidence supports safety</b>	<b>Evidence indicates serious risk</b>

# Integrative Oncology Navigation through the Care Continuum





## CLINICAL PRACTICE GUIDELINES WE CAN TRUST

INSTITUTE OF MEDICINE  
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“**Clinical Practice Guidelines** are statements that include recommendations intended to optimize patient care that are informed by a systematic review of evidence and an assessment of the benefits and harms of alternative care options.”

– 2011, *US Institute of Medicine*



INSTITUTE OF MEDICINE

In November 2007, AICR and the World Cancer Research Fund published *Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective*, the most comprehensive report on diet and cancer ever completed.



These ten recommendations for cancer prevention are drawn from the WCRF/AICR Second Expert Report. Each recommendation links to more details.

- 1.Be as lean as possible without becoming underweight.
- 2.Be physically active for at least 30 minutes every day. Limit sedentary habits.
- 3.Avoid sugary drinks. Limit consumption of energy-dense foods.
- 4.Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
- 5.Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
- 6.If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
- 7.Limit consumption of salty foods and foods processed with salt (sodium).
- 8.Don't use supplements to protect against cancer.
- 9.\* It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.
- 10.\* After treatment, cancer survivors should follow the recommendations for cancer prevention.

# World Health Organization



At least one-third of all cancer cases are preventable. Prevention offers the most cost-effective long-term strategy for the control of cancer.

- Tobacco and alcohol use
- Physical inactivity, dietary factors, obesity and being overweight
- Infections, environmental pollution, occupational carcinogens, radiation exposure

# Transformation versus Translation

from Mumber MP, Integrative Oncology: Principles And Practice, Taylor and Francis, 2006.



**Table 1.5** Differentiating characteristics of interventions with translational and transformational intent

## *Translational*

A specific tool, technique or instrument designed to deliver a specific measurable outcome

Outcome is measurable quantitatively

External locus of control

Reductionistic; can be broken into parts

Definable, discrete, deliverable and replicable

Understandable on a rational level

Has levels of effect

## *Transformational*

A highly individualized experience which involves a profound perspective shift of the essence of one's true nature, bringing a larger sense of purpose, meaning and/or fulfillment

Outcome is qualitative and difficult to define or measure

Internal locus of control

Irreducible; whole

Ultimately mysterious; can set up condition but cannot force

Frequently indescribable

All or nothing

# Integrative medicine use among breast cancer survivors



- 2.8+ million breast cancer survivors in the US
- 48-80% of breast cancer patients use CIM
- Intended uses of CIM after diagnosis include:
  - Side effects
  - Quality of life
  - Physical functioning
  - Prevention
  - Comorbidities
  - Increase efficacy of conventional cancer therapies
  - Meet needs not addressed by conventional therapies

**Need for clinicians and patients to be able to make evidence-based decisions on CIM use**

Boon *BMC Women's Health* 2007, Holmes *BCRT* 2006, Greenlee *BCRT* 2009, Bright-Ghebry *BMC CAM* 2011, Saquib *ICT* 2011, ACS 2015



# MONOGRAPHS

The Role of Integrative Oncology in Cancer Survivorship

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## Contents

<b>Advancing the Science of Integrative Oncology to Inform Patient-Centered Care for Cancer Survivors</b> , J. J. Mao and L. Cohen	283
<b>Survivorship Care Planning: Unique Opportunity to Champion Integrative Oncology?</b> , J. H. Rowland and A. O'Mara	285
<b>National Cancer Institute's Support of Research to Further Integrative Oncology Practice</b> , J. D. White	286
<b>Building the Evidence Base for Integrative Approaches to Care of Cancer Survivors</b> , J. Briggs	288
<b>Integrative Oncology and Wellness Considerations in Cancer Survivorship</b> , K. D. Stein, T. Gansler, C. Doyle, R. Cowens-Alvarado, V. Krawiec, C. Steger, and E. C. Daniels	289
<b>A Patients' Perspective on Integrative Oncology: Getting Past the "War," Living With and Beyond Cancer</b> , J. Mailman	291
<b>Academic Health Centers and the Growth of Integrative Medicine</b> , B. Kligler and M. Chesney	292
<b>Advancing the Evidence Base and Transforming Cancer Care Through Interprofessional Collegiality: The Society for Integrative Oncology</b> , S. Bauer-Wu, S. Zick, R. T. Lee, L. G. Balneaves, and H. Greenlee	294
<b>Tai Chi, Cellular Inflammation, and Transcriptome Dynamics in Breast Cancer Survivors With Insomnia: A Randomized Controlled Trial</b> , M. R. Irwin, R. Olmstead, E. C. Breen, T. Witarama, C. Carrillo, N. Sadeghi, J. M. G. Arevalo, J. Ma, P. Nicassio, P. A. Ganz, J. E. Bower, and S. Cole	295
<b>Expectancy in Real and Sham Electroacupuncture: Does Believing Make It So?</b> , J. Bauml, S. X. Xie, J. T. Farrar, M. A. Bowman, S. Q. Li, D. Bruner, A. DeMichele, and J. J. Mao	302
<b>Tailoring Mind-Body Therapies to Individual Needs: Patients' Program Preference and Psychological Traits as Moderators of the Effects of Mindfulness-Based Cancer Recovery and Supportive-Expressive Therapy in Distressed Breast Cancer Survivors</b> , L. E. Carlson, T. Tamagawa, J. Stephen, R. Doll, P. Farris, D. Dirkse, and M. Specia	308
<b>Does a Community-Based Stress Management Intervention Affect Psychological Adaptation Among Underserved Black Breast Cancer Survivors?</b> , S. C. Lechner, N. E. Whitehead, S. Vargas, D. W. Annane, B. R. Robertson, C. S. Carver, E. Kobetz, and M. H. Antoni	315
<b>Associations Between Healthy Lifestyle Behaviors and Complementary and Alternative Medicine Use: Integrated Wellness</b> , J. B. Karlik, E. J. Ladas, D. H. Ndao, B. Cheng, Y. Bao, and K. M. Kelly	323
<b>Effects of Integrative Medicine on Pain and Anxiety Among Oncology Inpatients</b> , J. R. Johnson, D. J. Crespin, K. H. Griffin, M. D. Finch, and J. A. Dusek	330
<b>A Hybrid Effectiveness-Implementation Trial of an Evidence-Based Exercise Intervention for Breast Cancer Survivors</b> , R. S. Beidas, B. Paciotti, F. Barg, R. Branas, J. C. Brown, K. Glanz, A. DeMichele, L. DiGiovanni, D. Salvatore, and K. H. Schmitz	338
<b>Clinical Practice Guidelines on the Use of Integrative Therapies as Supportive Care in Patients Treated for Breast Cancer</b> , H. Greenlee, L. G. Balneaves, L. E. Carlson, M. Cohen, G. Deng, D. Hershrman, M. Mumber, J. Perlmutter, D. Seely, A. Sen, S. M. Zick, and D. Tripathy	346

Greenlee H et al, **Clinical Practice Guidelines on the Use of Integrative Therapies as Supportive Care in Patients Treated for Breast Cancer**, *JNCI Monograph* 2014

<http://jncimono.oxfordjournals.org>

+ 80 pages of supplemental materials

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# Grade A and B Recommendations



**Table 1: A and B grade recommendations from a systematic review of randomized controlled trials on the use of integrative therapies during breast cancer treatment**

Controlled trials on the use of integrative therapies during breast cancer treatment		
<b>Clinical Population:</b>	Breast cancer (BC) patients during treatment, including surgery, chemotherapy, hormonal/biological therapy, and radiation therapy.	
<b>Clinical Question:</b>	What integrative therapies can be used to prevent, treat and manage symptoms and side effects encountered during breast cancer treatment?	
<b>Clinical Applications</b>	<b>Recommendations</b>	<b>Strength of Evidence</b>
<b>Anxiety/Stress Reduction</b>	<u>Music therapy</u> is recommended for reducing anxiety during radiation therapy (RT) and chemotherapy (CT) sessions.	B
	<u>Meditation</u> is recommended for reducing anxiety in BC patients and those undergoing RT.	B
	<u>Stress management</u> is recommended for reducing anxiety during treatment, but longer group programs are likely better than self-administered home programs.	B
	<u>Yoga</u> is recommended for reducing anxiety in BC patients undergoing RT +/- CT and suggested for fatigued patients.	B
<b>Depression/Mood</b>	<u>Meditation</u> , particularly MBSR, is recommended for treating mood disturbance and depressive symptoms in BC patients undergoing RT.	A
	<u>Relaxation</u> is recommended for improving mood and depressive symptoms when added to SC.	A
	<u>Yoga</u> is recommended for improving mood in women undergoing RT +/- CT and for fatigued BC patients in addition to SC.	A
	<u>Massage</u> is recommended for improving mood disturbance in post-treatment BC patients.	B
	<u>Music therapy</u> is recommended for improving mood in newly diagnosed BC patients.	B
<b>Fatigue</b>	<u>Energy Conservation Counseling</u> is recommended for the treatment of fatigue.	B
<b>Quality of life and Physical Functioning</b>	<u>Meditation</u> is recommended for improving quality of life among BC patients.	A
<b>Chemotherapy Induced Nausea</b>	<u>Acupressure</u> can be considered for BC patients receiving CT as an addition to antiemetics to help control nausea and vomiting during CT.	B

# Examples of addressing these issues



Harbin Complete Cancer Care program

iThrive program

# iThrive



# Harbin Clinic Complete Cancer Care



Complete Cancer Care focusses on the use of evidence based complementary medicine such as massage, yoga, acupressure, meditation and music therapy along with conventional medical approaches like chemotherapy, radiation and surgery. Your Harbin medical team will make referrals to complementary providers and services to address your specific needs.

These complementary approaches are very valuable as supportive care during cancer therapy but are not currently paid for by insurance. Harbin has teamed up with Cancer Navigators to remove cost as a barrier for patients to benefit from these therapies.

# Democratic process



***“Under democracy one party always devotes its chief energies to trying to prove that the other party is unfit to rule - and both commonly succeed, and are right.”***

*~H.L. Mencken*

## Power of gratitude



"The seasons come and go, and go and come, to teach men gratitude."

—Prudence Jenkin