

# Pathfinder Series: Complementary and Alternative Therapies (CAM)

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This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books

*Cancer and Complementary Medicine: Your Guide to Smart Choices in Symptom Management* / Colleen O. Lee, Georgia M. Decker.

Call number: 3.15.6 2012

Written by two nurse experts in integrative medicine, this easy to use text helps readers sort out what can help and what may cause harm, looking at drug interactions and contraindications, therapy use by type of cancer, and general health and wellness.

*Integrative Oncology* / Donald. I. Abrams.

Call number: 3.15.3 2014

Integrative medicine is defined as healing-oriented medicine that takes account of the whole person, emphasizes the therapeutic relationship and makes use of appropriate therapies, both conventional and alternative. The book covers topics such as diet and cancer, botanical medicine, physical activity, mind-body medicine, and much more.

*Live Calm with Cancer (and Beyond...): A Patient & Caregiver Guide to Finding More Ease Through the Power of Mindfulness* / Tamara Green, David Dachinger

Call number: 5.5.2 2017

The authors are a married couple who have created transformative mindfulness programs that help patients and caregivers to dramatically reduce stress, anxiety, pain, and discomfort throughout their medical ordeal.

*Mindfulness-based Cancer Recovery* / Linda E. Carlson

Call number: 5.8.18 2010

This program is based on mindfulness-based stress reduction (MBSR), a therapeutic combination of mindfulness meditation and gentle yoga that can benefit cancer patients and survivors.

## Websites

### **BC Cancer Agency – Complementary & Alternative Therapies**

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/complementary-alternative-therapies>

The BCCA provides content from The Natural Standard, an impartial international research collaboration that gathers evidence about complementary and alternative medicine therapies using scientific data and expert opinion. Their “Recommended Websites” section suggests numerous other excellent web resources on CAM and there is also an excellent resource for Herbs and Supplements on MedlinePlus that the BCCA links to for more information about these topics.

### **Canadian Cancer Society – Complementary and Alternative Therapies**

<http://www.cancer.ca/en/cancer-information/diagnosis-and-treatment/complementary-therapies/>

The newly redesigned CCS website contains a lot more information than ever, and their CAM section has been expanded to include how to decide on specific therapies and what questions to ask about each. There is a list of common complementary treatments with information on what is involved, how they are used, what evidence there is for usage and potential side effects of treatment.

### **M.D. Anderson Cancer Center – Complementary, Alternative & Integrative Medicine**

<http://www.mdanderson.org/patient-and-cancer-information/cancer-information/cancer-topics/cancer-treatment/complementary-medicine/index.html>

This site offers information and resources to help patients and physicians decide how best to integrate complementary and alternative therapies into their care, where appropriate. The site includes an alphabetical list of therapies, nutrition and special diet information, energy therapies, mind-body approaches and more.

### **Memorial Sloan Kettering – About Herbs, Botanicals & Other Products**

<http://www.mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products>

Developed by the MSKCC’s Integrative Medicine Service, this is a searchable database of herbs and other products often used in complementary and alternative medicine (CAM). There is also a Frequently Asked Questions section to answer common questions about alternative therapies and treatments.

### **National Cancer Institute – Talking about Complementary and Alternative Medicine with Health Care Providers: A Workbook and Tips (downloadable booklet)**

[https://cam.cancer.gov/docs/workbook/talking\\_about\\_cam\\_workbook.pdf](https://cam.cancer.gov/docs/workbook/talking_about_cam_workbook.pdf)

Patients can use this book and its worksheets to open up a dialogue with their health care team about using CAM in their cancer care. In turn, health care providers can also use the sheets to help patients understand their choices in CAM, keep track of medications and any important interactions between conventional and CAM therapies, understand what CAM is and how it can help them.