

# 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

*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.

*Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* / Jon Kabat-Zinn

Call number: 5.8.2 2013

This book shows you how to use natural, medically proven methods to soothe and heal your body, mind, and spirit. By using the practices described within, you can learn to manage chronic pain resulting from illness and/or stress related disorders, discover the roles that anger and tension play in heart disease, reduce anxiety and feelings of panic, and improve overall quality of life and relationships through mindfulness meditation and mindful yoga.

*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.

## Websites

**American Cancer Society – Complementary and Integrative Medicine**

<https://www.cancer.org/cancer/managing-cancer/treatment-types/complementary-and-integrative-medicine.html>

The ACS website describes types of complementary and integrative methods as well as dietary supplements. They also provide information on how to interpret news about new cancer treatments and ways to prevent cancer.

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

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

The BCCA subscribes to The Natural Medicines Database, an impartial research collaboration that gathers evidence about complementary and alternative medicine therapies using scientific data and expert opinion. Their website includes information about natural health products in relation to breast cancer as well as cancer therapy.

### **Canadian Cancer Society – Complementary therapies**

<https://cancer.ca/en/treatments/complementary-therapies>

The CCS website lists definitions of standard cancer treatments, integrative cancer care, and alternative therapies. They also describe common complementary treatments along with things to consider when choosing a complementary therapy and practitioner.

### **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.

### **Medline Plus - Herbs and Supplements**

[https://medlineplus.gov/druginfo/herb\\_All.html](https://medlineplus.gov/druginfo/herb_All.html)

This alphabetical list of dietary supplements and herbal remedies from the National Library of Medicine's online health information resource provides details about effectiveness, usual dosage, and drug interactions.

### **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 as well as details about their free About Herbs app.

### **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.