

Pathfinder Series: Complementary and Alternative Therapies (CAT)

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

Books

Holistic Cancer Care: An Herbal Approach to Reducing Cancer Risk, Helping Patients Thrive during Treatment, and Minimizing Recurrence / Chanchal Cabrera

Call Number: 3.15.5 2023

- in-depth guide to using herb-based therapies in conjunction with conventional treatments.

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

- authored by a married couple who have created mindfulness programs that help patients and caregivers to reduce stress, anxiety, pain, and discomfort throughout their medical ordeal.

Naturopathic Oncology / Dr.Neil McKinney

Call number: 0.1.3 2020

- explores concepts such as metabolic solutions, cancer stem cell management, epigenetic control over cancer genes, and immune activation against cancer.

Natural Strategies for Cancer Patients / Russell L. Blaylock

Call Number: 3.15.7 2019

- latest cutting-edge information on how and why cancer develops, why conventional treatments fail, and the critical role inflammation plays in all stages of this deadly disease.

So-Called Alternative Medicine (SCAM) for Cancer / Edzard Ernst

Call Number: 3.15.8 2021

- explains why alternative cancer cures are a fallacious concept.
- outlines the important role of alternative medicine in supporting cancer patients and improving their quality of life.

Websites

American Cancer Society – Complementary and Integrative Medicine

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

- describes types of complementary and integrative methods as well as dietary supplements.



BC Cancer Agency – Complementary & Alternative Therapies

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

- BC Cancer 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.



Canadian Cancer Society – Complementary therapies

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

- lists definitions of standard cancer treatments, integrative cancer care, and alternative therapies.



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>

- information and resources to help patients and physicians decide how best to integrate complementary and alternative therapies into their care, where appropriate.



Medline Plus - Herbs and Supplements

https://medlineplus.gov/druginfo/herb_All.html

- 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>

- searchable database of herbs and other products often used in complementary and alternative medicine (CAM).
- AboutHerbs app presented by the Integrative Medicine Service.



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

- use booklet and worksheets to open up a dialogue with your health care team about using CAM.

