



Cancer Treatment Centers of America®

Integrative Cancer Care



Comprehensive Cancer Care Network

ATLANTA | CHICAGO | PHILADELPHIA | PHOENIX | TULSA



What is **INTEGRATIVE CARE?**

Many patients underestimate how dramatically cancer can affect them, *physically* and *emotionally*.

An integrative approach to cancer care treats the disease with surgery, chemotherapy, radiation therapy and other conventional approaches, while also helping patients with strength, stamina, tolerance of treatment regimens and quality of life, with integrative therapies.

Integrative care has two layers. First, conventional treatments attack the disease itself. At the same time, integrative therapies help combat cancer-related side effects. Delivered simultaneously by a collaborative team of clinicians – that's integrative care.

Integrative care also includes pain management, a medical field focused on reducing pain and improving quality of life, at any stage of cancer. Techniques including prescription medications, implanted pain pumps and nerve blocks as well as integrative supportive therapies may improve quality of life before, during and after treatment. Our experienced pain management team cares for you throughout treatment to help reduce your pain and increase comfort.

Each integrative care provider on your team will work closely with your oncologist and other members of the care team to help reduce side effects and make your cancer journey as smooth as possible.

Did you **KNOW?**



Up to
80%
of adults living
with cancer are
malnourished.



At diagnosis,
1 IN 2
patients has
some form of
nutritional deficit.



65%
of patients take a
natural supplement
during treatment.



At least
7 IN 10
cancer patients
undergoing treatment
experience fatigue.



1 IN 3
cancer patients
continues to
experience pain
after treatment.



Fewer than
1 IN 5
patients receives
spiritual support
from a doctor.

Supportive **THERAPIES**



ACUPUNCTURE

Acupuncture is a form of ancient Chinese medicine in which fine, sterile needles are applied to specific areas of the body. The needles are usually left in place for 20-40 minutes.

Our acupuncturists are experienced practitioners who offer techniques that may help alleviate certain treatment-related side effects such as nausea and vomiting, pain and other common symptoms, including stress and insomnia. If you choose to incorporate acupuncture into your care plan, your acupuncturist will be in regular communication with your care team to evaluate your progress.



SYMPTOMS ADDRESSED

Dry mouth, hot flashes, insomnia, nausea/vomiting, pain, peripheral neuropathy

CHIROPRACTIC CARE

A chiropractor is a health care professional who focuses on disorders of the musculoskeletal and nervous systems, and the effects these disorders may have on general health.

Our chiropractors provide techniques designed to relieve pain and stiffness in the joints and muscles caused or intensified by surgery, chemotherapy or radiation therapy.

Cancer and its treatments often cause stress on the musculoskeletal system. Some cancer patients experience peripheral neuropathy, aches and pains in the neck and/or back, muscle tension, headaches or difficulty walking. Chiropractic care may help reduce stress and increase mobility, flexibility, strength and function.



Our licensed chiropractic practitioners have expertise in using non-invasive manual or instrument procedures to realign the muscles and joints of the body, particularly the spine. They work closely with our oncologists and the rest of your care team to recommend strategies to help reduce stress on the nervous system without the use of drugs or surgical treatment. They also will communicate with your chiropractor at home, if you have one, in order to share what techniques are safe for you during cancer treatment.



SYMPTOMS ADDRESSED

Headaches, immobility, memory/cognition issues, nausea/vomiting, pain, peripheral neuropathy, numbness, fatigue

MIND-BODY MEDICINE

Our mind-body medicine program supports patients before, during and after cancer treatment. An integral part of our whole-person care model, mind-body medicine recognizes the powerful ways in which emotional, mental, social and behavioral factors may directly affect a patient's physical health. Our licensed mental and allied health professionals offer therapeutic practices and techniques to help patients respond to a cancer diagnosis and treatment regimen in empowering and stress-reducing ways, so you are better able to improve your health, relationships and overall well-being. It's your decision if you would like to meet with a mind-body therapist and/or participate in services such as:

- Individual, couples and family counseling
- Relaxation and guided imagery
- Wellness practices for stress management/reduction

Our mind-body therapists work closely with your entire care team, offering feedback and input where appropriate. They are available to support you in making ongoing care decisions and, when needed, can try to connect you with qualified practitioners, support groups and counseling services in your area once you return home.



SYMPTOMS ADDRESSED

Anxiety/stress, body image concerns, depression, fatigue, hot flashes, insomnia, intimacy/relationship challenges, pain

NATUROPATHIC SUPPORT

Naturopathic support provides support to help with side effects, including education about natural products, lifestyle counseling and dietary supplements. Naturopathic support may help manage a variety of conditions including digestive issues, sleep disturbances and fatigue.

As part of the evaluation process, naturopathic support team members are available to help you throughout treatment.

Your naturopathic support team also will review current supplements to identify potential herb-drug-nutrient interactions and determine whether they are safe and appropriate. Naturopathic support providers coordinate carefully with all members of your care team.



SYMPTOMS ADDRESSED

Digestive issues, fatigue, hot flashes, insomnia, mucositis, nausea/vomiting, peripheral neuropathy, weight loss

NUTRITION THERAPY

Nutrition therapy is designed to help prevent or correct malnutrition, prevent muscle and bone loss, maintain or restore digestive health, maintain strength and energy, help support the immune system and help the body heal during treatment. Nutrition education and counseling may also help you make dietary changes to improve your overall health and well-being. Our goal is to help you stay strong and nourished throughout your cancer treatment and beyond.

Your medical oncologist or other care team member may consult with a CTCA dietitian to assist with any challenges you may have or you may request an individual consultation. During this visit, one of our dietitians will give you a comprehensive nutritional assessment to identify daily goals for calories, protein and essential nutrients. The dietitian will review your health history, disease type and treatment plan to recommend nourishing foods during your cancer care.

The dietitian will also monitor your nutrition status throughout your treatment, making modifications as needed to help address side effects, prevent treatment interruptions before they arise and make supplement recommendations as appropriate.

Our dietitians communicate regularly with the oncologists and other members of your care team. Your dietitian may alert other members of your care team, such as your medical oncologist, to specific challenges you may be experiencing. Working together in a team environment, all under one roof, allows for a truly integrative approach to treating cancer.



SYMPTOMS ADDRESSED

Digestive issues, dry mouth, eating difficulties, fatigue, loss of appetite, malnutrition, mucositis, nausea/vomiting, weight loss, taste/smell deficiencies

ONCOLOGY REHABILITATION

Oncology rehabilitation uses a wide range of customized therapies to help rebuild strength and endurance, regain independence, reduce stress and maintain the energy needed to participate in daily activities and restore quality of life.

Some rehabilitation therapies we offer include:

- **Physical therapy**, which includes individualized exercise programming to help reduce fatigue and improve physical function, safety and overall well-being
- **Occupational therapy** to assist with daily living activities that are important to your routine and quality of life, such as dressing, showering and eating
- **Speech and language pathology** to address such issues as dry mouth, difficulty swallowing, loss of voice, and cognitive or memory changes
- **Massage**, which may help reduce cancer-related discomfort and improve quality of life during cancer treatment

Additional services and programs to promote recovery after radiation, surgery, chemotherapy treatments or medications include:

- Lymphedema risk reduction and treatment
- Programs to address sexuality concerns
- Support to address incontinence
- Weight management and mobility training
- Healthy lifestyle coaching
- Help in dealing with fatigue and sleep disturbances
- Assistance in treating neuropathy



SYMPTOMS ADDRESSED

Anxiety/stress, balance, digestive issues, dry mouth, eating difficulties, fatigue, immobility, insomnia, intimacy/relationship challenges, lymphedema, malnutrition, memory/cognition issues, numbness, pain, weight loss, mucositis, body image concerns

SPIRITUAL SUPPORT

Spiritual support may be an important part of your treatment. Nurturing your faith may help you better cope with the spiritual and emotional challenges associated with cancer. We strive to provide individually appropriate spiritual support services for patients and their family members. If requested, a member of our pastoral care team will meet with you soon after your first visit to the hospital.

If you choose, you may integrate spiritual care into your treatment in a variety of ways. A few examples include:

- Individual and group prayer
- Counseling by a faith representative of your choice
- Worship services
- Communication between our pastoral care team and your family's spiritual advisors at home
- Support with end-of-life issues and decisions

Chaplains may also visit with you before surgery to provide prayer and counsel to patients, caregivers and family members.



SYMPTOMS ADDRESSED

Anxiety/Stress
Depression
Fatigue
Insomnia
Pain





For more information about integrative cancer care at Cancer Treatment Centers of America®, please visit cancercenter.com/integrative-care or speak with a care manager at your hospital.



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