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prevent over 50% of all cancers and cancer-related deaths. By changing lifestyle behaviors and decreasing harmful environmental exposures, we can "risk factors," says Dr. Cohen, "so if we begin using everything in our vast arsenal of integrative oncology.

What does the Future hold?

Practice Guidelines

Practice Guidelines Committee is working to develop integrative care as part of a fully-capitated insurance product. The Academic Consortium's Clinical Practice Guidelines are translated into practice guidelines and adopted in mainstream medicine (both education and clinical practice).

As the overwhelming body of evidence demonstrating the efficacy of integrative oncology interventions varies state by state - even with the same insurance carrier. Patient out-of-pocket expenditures for integrative oncology services are high. Providers must work with patients to find the best care options.

Payment for Services

For some patients, out-of-pocket costs can be burdensome. However, integrative oncology can be effectively built into the existing healthcare system, with evidence-based care options included.

Stress Management

Treatments for both common and rare cancers. Impact assessments among cancer centers so far favor centered integrative interventions like acupuncture, yoga, meditation, massage and other mind-body approaches.

Breast Cancer Treatment

patients living with cancer as well as hope for cancer prevention and control. Therapies, diet and other lifestyle changes and natural products, offer evidence-based options for cancer prevention and survival.

Lifestyle Modifications

Approximately 50% worldwide, according to the Society for Integrative Oncology (SIO). Patient-centered integrative oncology programs, rooted in evidence, are found at over 1,000 cancer centers.

Resources:

Developing and Implementing or Expanding an Integrative Oncology Program or Practice

1. Education and training programs for oncologists, nurses, dieticians and other professionals involved in integrative oncology.
3. Education and training for health care providers on evidence-based practices.
4. Research funding for integrative oncology studies.
5. Advocacy for policy changes to support integrative oncology.

What to do now to prepare for the future?

We have learned that as much as 70% of the world's cancers are due to environment or lifestyle factors, so prevention is key. Integrative oncology can complement conventional treatments to improve outcomes.

Empowering and Enabling Patients

Program, The University of Texas MD Anderson Cancer Center. Dr. Cohen points to national centers like SIO, ASCO, NCCN and others to provide a comprehensive approach.

ICOMPACT CIRCLES

The Integrative Oncology Research Institute (IORI) is collaborating with radiology practices, hospitals, and other organizations to improve patient outcomes in oncology. Our mission is to bring integrative oncology into mainstream medicine and facilitate this dialogue. When patients share their health philosophies and interests, they can evidence-informed guidelines with patients, such as ASCO/SIO clinical guidelines, can help facilitate this dialogue. When patients share their health philosophies and interests, they can be effectively counseled and empowered to take on their own care plan and treatments.

Managing expectations is an important component of integrative oncology care. Sharing evidence of effectiveness can help set realistic expectations and goals.

Education and training are key. Integrative oncology is not a component of fellowship training programs or residency training programs. Continuing education and training are needed to educate healthcare professionals on integrative oncology.

Email us at LCohen@MDAnderson.org

INTEGRATIVE ONCOLOGY

Evidence-based Treatment Options - and Hope

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