What are your real choices in cancer therapies?

Surgery. Radiation. Chemo. Are these your only options?

64% of Americans with cancer use complementary and integrative cancer therapies. And almost 40% believe that alternative therapies alone can cure cancer.

What should you believe? How can you separate myth from science and facts?
Michael Lerner

President and co-founder of Commonweal

Co-founder of the Commonweal Cancer Help Program, Healing Circles, The New School at Commonweal, and Beyond Conventional Cancer Therapies

Author, Choices In Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer
BCCT Advisors

- Integrative Oncology Specialists
  - MD, ND/FABNO, RN, PhD
  - Established experts and selected early-career professionals
- Other Significant Advisors
  - Patients and survivors
  - Leaders of related organizations
The foundation of health-promoting therapies for people with cancer

7 Healing Practices

- Exploring What Matters Now
- Eating Well
- Moving More
- Managing Stress
- Sleeping Well
- Creating a Healing Environment
- Sharing Love & Support
ONCAs

Off-label, Overlooked or Novel Cancer Approaches

- Off-label (re-purposed) drugs not in standard use for cancer
- Neglected cancer therapies developed in mainstream science
- Cancer therapies with special promise in clinical trials
- Approaches developed by qualified researchers outside the US
- Selected diagnostic techniques in these categories
Nancy Hepp
BCCT Project Manager
Researches, writes and edits BCCT webpages
BCCT Summaries: Evidence Base

- Clinical practice guidelines
- Peer-reviewed journal articles, focusing on reviews and meta-analyses where available
- Books, especially programs and protocols and other works by our advisors, physicians, nurses, researchers and other providers
- Other articles and websites
  - Government and agency sites and reports
  - Professional organizations
  - News reports
  - Videos and interviews
BCCT Summaries: Organization

Separate effects of therapies into three realms:

- Treating the cancer
- Managing side effects and promoting wellness
- Reducing risk
Within each of these three realms, we separate clinical and preclinical evidence.

- Treating the cancer
- Managing side effects and promoting wellness
- Reducing risk
BCCT Cancer Summary Organization

- Clinical practice guidelines
- Examples of integrative approaches
- Integrative approaches:
  - Treating the cancer
  - Managing side effects and promoting wellness
  - Reducing risk
Natural products and ONCAs are grouped by levels of evidence:

1. Good clinical evidence of efficacy & safety, easy access
2. Good clinical evidence of efficacy & safety, limited access
3. Limited clinical evidence of efficacy but good safety, used in leading integrative programs
4. Limited clinical evidence of efficacy, or significant cautions, but potential significant benefit
5. Especially promising preclinical evidence of efficacy and safety
6. Evidence of no efficacy or may be dangerous
Laura Pole

Senior Researcher for BCCT

Oncology Clinical Nurse Specialist

Co-creator and co-coordinator of the Integrative Oncology Navigation Training at Smith Center for Healing and the Arts in Washington, DC

Palliative care educator and consultant

Health-supportive chef who co-developed and now coordinates and teaches Smith Center's "From Prescription to Plate: Culinary Translation in Cancer Care and Survivorship"
Navigating BCCT . . .

To Help Your Patients Navigate Integrative Cancer Care
“Each of the 4 times I have received a cancer-related diagnosis, I felt like I had been drop-kicked into a foreign country: I didn’t know the language, I didn’t understand the culture, I didn’t have a map and I desperately wanted to find my way home.”

– Jessie Gruman  
President and Founder  
Center for Advancing Health
Let’s Go Home

www.bcct.ngo
Tailoring the information to your patient
A guiding document

From Site Map and Overview page:
https://bcct.ngo/where-to-begin/getting-started/site-map-and-overview

or

Direct link to the document:
https://docs.google.com/document/d/e/2PACX-1vQLGjSGIpqrijLphgDe2Z9erGvNe1vfZBvtxwQs5oAclErm684u1D2cInMLYgc662o4upfXMKS/pub
Let’s explore using BCCT based on the person’s stage on the cancer path
The Breast Cancer Summary
Something to show and tell. . .
Summary PDF’s and Patient Education Brochures

Hot Off the Press!
Breast Cancer Quick Reference to Integrative Therapies

Beyond Conventional Cancer Therapies

This 400-page summary of science-based integrative breast cancer care is designed to provide that informed guidance.

Integrative breast cancer care has a remarkable amount to offer you. It can add to your treatment, help with side effects, benefit your quality of life, help you get well again, and reduce your risk of recurrence. Psychologically and spiritually, it can have transformative effects.

Let’s be clear: integrative cancer care means skillful choices in both conventional and complementary cancer therapies.

The very first step is deciding what your goals are. Your goals will guide you in choosing both conventional and complementary therapies. No matter what conventional therapies you choose, our 7 Healing Practices can be beneficial in many ways—physical, emotional, mental and spiritual. They are the foundation to strengthen you for rigorous conventional therapies, reduce side effects, build health and help reduce the risk of recurrence.

Beyond the 7 Healing Practices you will find many specific integrative therapies to explore. Don’t let the number of choices deter you. We’ve arranged them in an easy order to consider, starting with those with the greatest safety, efficacy, and ease of access. Also, don’t overlook our special category of Off-label, Overlooked or Novel Cancer Approaches (we call them ORCA’s). They have a lot to offer even if lifestyle changes seem too hard at this point.

I’ve known quite a few 20-year survivors of metastatic breast cancer—and I have known hundreds of women who have far outlived a metastatic prognosis.

We hope to help you live as well as you can for as long as you can with the optimal combination of conventional and complementary therapies. We hope to help you find a way to integrate the therapies that serve you best. That is how the best integrative oncologists do it—and we wish the best for you. Take it slow. Start with the simple things, like our seven healing practices, and move slowly toward the more complex decisions.

Don’t try to take all this in one bite. Take small bites, and come back as you are ready for more.

Not only will conventional treatment vary from one person.
Breast Cancer
Quick Reference to Integrative Therapies

7 Healing Practices

Eating Well
• Low-fat, high-fiber, plant-based diet, such as the Mediterranean diet (T) (A) (H)
• Cruciferous vegetables
• Foods containing omega 3s, especially DHA and EPA (in fish, some seafood, and enhanced eggs and dairy foods)
• Foods containing cannabinoids, such as beta-carotene (in sweet potatoes and carrots) and lycopene (in cooked tomatoes and watermelons)
• Green tea (T)
• Whole soy foods (tempeh, miso, esame, tofu) (T)
• Flaxseed or flax oil

Moving More
• At least 10 MET-hours (metabolic equivalents hours) per week, the equivalent of 3 hours of brisk walking (A) (T)
• A supervised program may lead to higher fitness levels than a self-directed program

Managing Stress
Mind-body approaches:
• Meditation (T) (A)
• Relaxation techniques (T)
• Yoga (T) (A)
• Music therapy
• Tai Chi (A)
• Hypnotherapy
• Expressive arts techniques
• CBT stress management (A)

Creating a Healing Environment
• Dark nights
• Bright mornings
• Limit chemical and radiation exposures

Sleeping Well
Natural products:
• Melatonin
• L-theanine (Suntheanine)
• Valerian
• 5-HTP
• Medical cannabinoids and cannabinoids
Mind-body approaches:
• Cognitive Behavioral Stress Management (CBSM) (A)
• Cognitive Behavioral Therapy for Insomnia (CBT-I)
• Mindfulness meditation (T) (A)
• Tai chi (A)
• Qigong
• Stress reduction practices (A)
• Yoga meditation (A)
• Yoga (T) (A)
• Body-Manipulative Therapies
• Acupuncture (T)

Sharing Love and Support
• Support groups
• Supportive-expressive therapy
• CBT social skills training

See BCCT.org for full details. Also see: "Taking Care of Your Heart" section on the BCCT Breast Cancer summary, "Wellness during Treatment Treatment"
Patient Ed Brochures: A Collaboration with KNOW Oncology
And there are more to come!

Protecting Your Heart during Adriamycin/Doxorubicin Chemotherapy

Protecting Your Heart during Herceptin/Trastuzumab, Perjeta/Pertuzumab or Kadcyla/Trastuzumab Emtansine
Send your patient home with a BCCT brochure as well . . .
And sent us your feedback...
What are Your Questions?

bcct.ngo
In summary

Patients want help in navigating integrative cancer care

Oncology Naturopaths want evidence-informed and evidence-based information to share with their patients.

Consider using BCCT as a trusted resource in “prescribing” information that will help patients wisely navigate Beyond Conventional Cancer Therapies
“When we are doing healing work, we honor something innate in the person—something which is sometimes deeply buried. The healing work is to bring that out into the light, into the day and allow it to do its work.”

—Rachel Remen