Donald Abrams: A Training for Health Professionals and Cancer Advocates, Part 1

Donald I. Abrams, MD, is chief of the Hematology-Oncology Division at Zuckerberg San Francisco General Hospital; an integrative oncologist at the University of California, San Francisco, Osher Center for Integrative Medicine; and professor of clinical medicine at the University of California, San Francisco. He was one of the original clinicians/investigators to recognize many of the early AIDS-related conditions. He conducted numerous clinical trials investigating conventional as well as complementary therapies in patients with HIV. His interest in botanical therapies led him to pursue a two-year fellowship in the Program in Integrative Medicine at the University of Arizona that he completed in December 2004. His particular passion in the field involves nutrition and cancer.

1. **00:50** Donald Abrams’ career path to integrative medicine
2. **06:54** What is integrative cancer care?
   a. The rational *evidence-informed* combination of conventional therapy with complementary interventions into an individualized therapeutic regimen that addresses the whole person (body, mind, spirit) with cancer
   b. relationship-centered care
   c. integrates conventional and complementary methods of treatment
   d. tools for healing, categories of integrative cancer care:
      i. mind-body medicine
      ii. manual therapy
      iii. energy therapies
      iv. pharmacological and biological therapies
      v. culturally-based healing traditions
   e. acceptance of integrative therapies by oncologists
   f. response to integrative therapies with select group (UK) with prostate cancer
   g. three domains of care:
      i. reducing risk of cancer
      ii. cancer treatment
      iii. system management and as a adjunct to conventional treatment
3. **17:10** Integrative cancer risk reduction: focus mainly on lifestyle issues:
   a. maintenance of healthy BMI
   b. regular aerobic and resistance exercise
   c. smoking cessation
   d. judicious use of supplements
4. Role of integrative therapies in symptom management and palliative care:
a. relieve or prevent treatment side effects
b. improve immune function
c. alter disease progression: prevent disease progression or metastasis, prolong survival.

5. **20:00** Goals of integrative oncology:
   a. increasing sense of control
   b. decrease ongoing inflammation
   c. increase the body’s innate immunity
   d. decrease stress

6. **25:35** Stress and cancer:
   a. Not much evidence that stress directly causes cancer; neither necessary nor sufficient to initiate carcinogenesis.
   b. In women with ovarian cancer who lacked social support and had higher levels of distress, tumor had higher levels of vascular endothelial growth factor (VEGF).
   c. Study of women scheduled for breast biopsy or lumpectomy randomly assigned to hypnosis or control group

7. **32:21** Michael Lerner and Donald Abrams in conversation on integrative cancer care
   a. stories of patients’ journeys with cancer
   b. What is a cure?

8. **50:25** The apparent increase in actual survival: evidence-informed and without toxic approaches

9. **53:74** Relationship of ecological paradigm of health and integrative oncology discussion

10. **59:00** Functional medicine/naturopathic medicine discussion