

Tips to be proactive

- Use the 7 Healing Practices:¹



See *BCCT.ngo* for more information.

- Quit smoking.
- Move toward a healthy body weight.
- As one way of eating well, choose a Mediterranean diet² to include more olive oil, fruits and vegetables into each day.
- Relaxation, meditation, and yoga can reduce anxiety, support mood and improve quality of life.³
- Try acupuncture as a supportive therapy for depression, anxiety, fatigue, pain and hot flashes.⁴
- Create a supportive health care team! Ask your oncology center about integrative medicine services such as massage, acupuncture, naturopathic doctors, counseling, nutritionists, reiki, laughter therapy or others.

References

Links are clickable in the PDF on bcct.ngo.

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Wellness During Tamoxifen Treatment *Integrative Oncology Approaches*



**A collaboration of
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Nutrition and tamoxifen

Include 1 to 2 servings of organic whole soy foods daily (organic soymilk, tofu, edamame, tempeh and miso). Soy intake is associated with reduced mortality from all causes in people taking tamoxifen.⁵



Image from *kjokkenutstyr.net*

High vegetable intake is associated with reduced breast cancer recurrence in tamoxifen users.⁶



Image from *Masahiro Ihara*

Drinking green tea may help prevent recurrence and is safe to combine with tamoxifen.⁷



Image from *Kanko*

Natural therapies

Some natural therapies can work well with tamoxifen to improve overall health and quality of life. Connect with a naturopathic physician (oncanp.org) or integrative oncology professional (integrativeonc.org) for guidance. For more information on quality and sources for supplements, see bcct.ngo.

- Melatonin may reduce side effects, such as anxiety and depression, and improve survival.⁸
- CoQ10 can normalize blood lipid levels, lower inflammation and improve tumor markers.⁹
- Vitamin C can help lower inflammation and markers of oxidative stress.¹⁰
- *Coriolus versicolor*/turkey tail¹¹ and reishi mushrooms¹² provide immune support and boost energy level.
- Vitamin D₃ is safe and supports mood, bone health, energy level and immunity.¹³
- Black cohosh use is associated with lower risk of breast cancer recurrence.¹⁴

Natural approaches for hot flashes

Acupuncture may safely reduce hot flashes in patients with breast cancer.¹⁵

Adding magnesium to tamoxifen may reduce hot flashes.¹⁶

Black cohosh may be safe¹⁷ if you are taking tamoxifen and is associated with a reduction in hot flashes.¹⁸

Traditional Chinese medicine can be helpful in addressing hot flashes.¹⁹ Consult a practitioner for specific guidance.

Homeopathy may improve cancer patients' quality of life.²⁰ Consult a practitioner for specific guidance.



Precautions

In breast cancer survivors, adding vitamin E to tamoxifen for 5 years did *not* improve survival.²¹

Diindolylmethane (DIM) may reduce the effectiveness of tamoxifen.²²