

MAKING DECISIONS: INTEGRATING COMPLEMENTARY THERAPIES AND STANDARD TREATMENTS

HOPE NEMIROFF

EXECUTIVE DIRECTOR *BREAST CANCER OPTIONS*

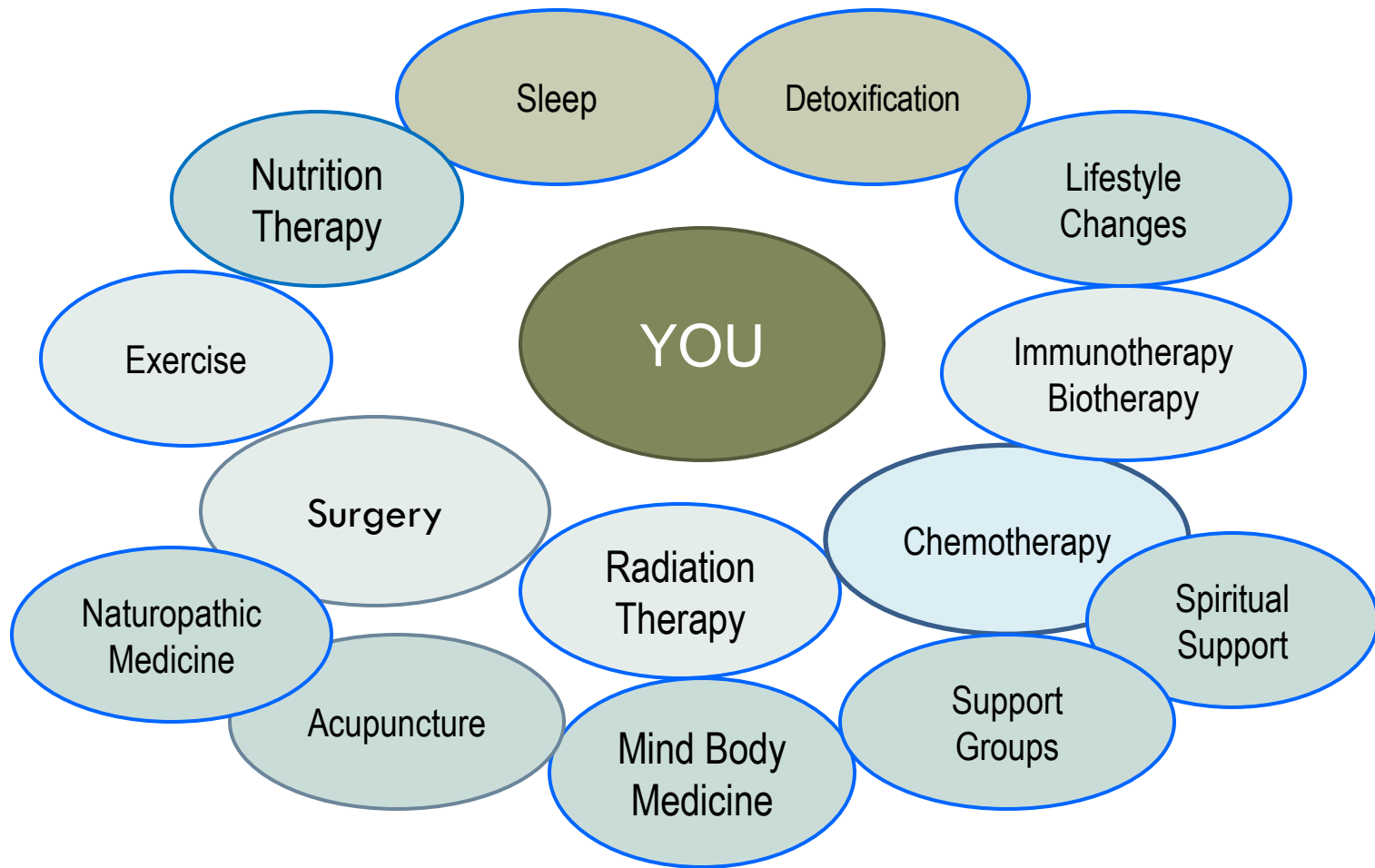
www.BreastCancerOptions.org 845-339-4673

WHY USE BOTH CONVENTIONAL & COMPLEMENTARY THERAPIES

- Complementary therapies work best as part of your total treatment plan.
 - ▣ Combined with conventional medical treatments they focus on areas often neglected by conventional medicine.
 - ▣ They can improve overall wellness and help manage symptoms.

Breast Cancer Options
11th Annual Complementary Medicine Conference

Survivorship 2012



WHY USE BOTH CONVENTIONAL & COMPLEMENTARY THERAPIES, con't

- ▣ Many complementary therapies rely on the recuperative power of the human body and the potential for certain stimuli to enhance natural healing. This may impact survival.
- ▣ Healing can take place at the physical, emotional, mental or spiritual level.

COMPLEMENTARY THERAPIES INCLUDE:

- Complementary medical systems (Traditional Chinese Medicine, Ayurveda, homeopathy, naturopathy)
- Mind-body interventions (biofeedback, hypnosis, mindfulness meditation, yoga, guided imagery)
- Biologically based therapies (supplements, herbals, vitamins, detoxification)
- Manipulation & body-based methods (massage, chiropractic, osteopathy, Stress reduction)
- Energy therapies (acupuncture, Reiki, magnets, therapeutic touch)
- Art or Music Therapy
- Support groups/Counseling/Therapy

COMPLEMENTARY THERAPIES, con't

What should be included as well:

- Dietary modification
- Exercise (3-4 hours per week)
- Sleep (7-8 hours per night in darkness)
- Detoxification & elimination of hormone disrupting and toxic chemical exposures

Copyright 2003 by Randy Glasbergen.
www.glasbergen.com



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

TALK TO YOUR DOCTORS

- Before using any Complementary therapy, patients should talk with all their doctors, both conventional & complementary —to make sure that all aspects of their cancer care work together.
- Learn which dietary supplements can interfere with which standard cancer treatments.

QUESTIONS TO THINK ABOUT WHEN CHOOSING COMPLEMENTARY THERAPY

- What do I want or expect from a complementary therapy?
- Are they all safe, or can they cause harm?
- How qualified are the therapists for this particular treatment?
- Have benefits been validated in research?
- What about anecdotal evidence?

QUESTIONS, con't

- How do I know if a therapy is working for me?
 - Have you done *before* and *after* testing to see if it has worked? ie...testing your “good” and “bad” Estrogen Metabolites to see if your ratio is optimal. If it was not optimal, did it change after you used an intervention like DIM?
 - Do you feel any different?

EVALUATING A THERAPY

- **ASK QUESTIONS** and **ALWAYS** do your own research.
- Be cautiously open-minded.
- Learn about the potential benefits and risks.
- Look at:
 - The types and number of studies done
 - The consistency of findings

EVALUATING A THERAPY, con't

- There is some scientific evidence showing that certain complementary approaches may be useful in managing some symptoms of cancer and side effects of treatment. There is no convincing evidence of their ability to prevent or cure cancer.
- To help patients make informed decisions about complementary medicine, The National Center for Complementary and Alternative Medicine (NCCAM) and the National Cancer Institute have a brochure: Thinking About Complementary and Alternative Medicine: A Guide for People with Cancer (NCI)

TESTING BEFORE & AFTER

- There are a number of tests that are not normally done for routine cancer testing that may give a patient information on immune status, hormone balance, chemical exposures, and nutrient status.
- This is also a way that you can evaluate if something is working for you

WHAT YOU CAN TEST FOR

- **Vitamin D levels:** Higher levels of vitamin D are associated with reduced incidence rates of breast cancer worldwide and lower rates of recurrence.
 - ▣ Vitamin D3 (calcitriol) promotes normal cell growth and differentiation and helps to maintain a healthy immune system.
 - ▣ The 25-hydroxy vitamin D test can be done at many labs. (*Curr Oncol Rep. 2010 Mar;12(2):136-42*)

WHAT YOU CAN TEST FOR

□ **Testing for toxic exposures and chemicals**

A build-up of toxic chemicals in the body can cause a variety of health problems including cancer. Body burden monitoring is the measurement of chemicals in our bodies and can be done at specialized labs.

□ **Chemicals that we are exposed to on a frequent basis:**

- Heavy metals lead, arsenic, and mercury
- PCBs
- DDT, organochlorine pesticides, and organophosphate Pesticides.
- Parabens
- Phthalates
- Bisphenol-A

□ **Labs:**

www.citlabs.com
www.Metametrix.com

HORMONAL BALANCE

- **The Estronex Profile** measures six important estrogen metabolites and their ratios to help patients assess whether they are at risk of developing estrogen sensitive cancers. (www.metametrix.com)

2-OHE:16 α -OHE1 (2:16 ratio) - 2:16 ratios less than 2.0 indicate increasing long-term risk for breast, cervical, and other estrogen sensitive cancers. Studies also indicate that this risk is modifiable and that nutritional and lifestyle interventions can help raise Estronex 2:16 ratios and decrease long-term risk.! It can also be modulated by supplements like DIM, which support a healthy estrogen balance by increasing beneficial 2-hydroxy estrogens and reducing the unwanted 16-hydroxy variety.

(Urinary estrogen metabolites in women at high risk for breast cancer. Carcinogenesis. 2009 Sep;30(9):1532-5.)

ADDITIONAL TESTING

□ **Nutritional Status**

Assess insufficiencies of certain essential fatty acids, vitamins, minerals, and amino acids.

□ **Digestive Function**

Intestinal flora imbalances can increase the risk of colon and breast cancer via bacterial activation of toxins and estrogen.

□ **Melatonin**

Research has demonstrated lower levels of protective melatonin in individuals with cancer.

Genova Diagnostics- www.gdx.net

LOWER YOUR RISK

- ❑ EXERCISE 3-4 hours per week.
- ❑ EAT A PLANT-BASED DIET– (organic preferred) with 4-5 servings of vegetables, fruits, some complex carbohydrates, good fats (high in omega 3's) and small amounts of organic protein.
- ❑ AVOID CHEMICALS, ie Parabens, phthalates, BPA and other hormone disrupting chemicals found in plastics, household & beauty products. Many xenoestrogens increase levels of estrogen, alter cell metabolism, and influence the pathways that increase the risk of cancer.
- ❑ MODIFY STRESS. Stress raises cortisol levels. High cortisol levels suppress immune response by reducing natural killer cell activity.
- ❑ SLEEP: At least 7-8 hours in total darkness to ensure normal melatonin levels.

Hope's Diet- Breakfast

Oat Groats ----- 1 ½ TBS

Grind both to coarse powder

Wheat Berries----- 1 ½ TBS

Boil 1 ½ cups water and add ground cereal. Simmer 5-6 minutes then turn off heat and cover pot for 5-6 minutes. (Cereal will continue to cook with flame off)

Grind 1-2 TBS of Flaxseeds to a fine powder and add to cereal after it has cooled a little bit. You can sweeten with a little bit of raw honey or maple syrup.

A soft boiled egg may be eaten if you are still hungry.

Mixed Citrus/Pineapple Juice

3 oz. pineapple juice

1 grapefruit juiced

1 orange juiced

1 lemon juiced

blend together and drink at breakfast

Lunch and Dinner

Salad

1 cup leafy lettuce(not iceberg) 1/3 cup shredded daikon radish
1/2 cup shredded red cabbage 1/2 cup red clover or broccoli sprouts
1/3 to 1/2 cup organic raw sauerkraut 1/2 red bell pepper
2-3 artichoke hearts

Vegetables (Cruciferous vegetables, 1-1 1/2 cups per day)

Broccoli	Cabbage	Collard Greens
Cauliflower	Kale	Brussel Sprouts

Asparagus- 1/2 to 1 cup per day

Fish

Eat 3 times a week...Salmon, trout, etc. Wild Caught if possible

Yogurt

1 cup of organic yogurt per day.

Fruit

1 cup of strawberries per day 1 cup of grapes per day

ADDITIONAL BEVERAGES

Green Tea

5 TBS of loose organic tea added to 1 quart of hot water.

Steep for 5-7 minutes

Cool and drink throughout the day

Vegetable Juice

Juice the following and blend together. Use organic whenever possible and consume each day

16 ounces of carrot juice (number of carrots depends on size)

1 red beet

2 cups spinach

1 apple

Resources

- **Center For Medical Consumers-** <http://medicalconsumers.org>
- **Steven C. Sickles-** The BCN News is delivered daily to 20,000 breast cancer patients, survivors, cancer organizations and health professionals. www.thebcnnews.com
- **Webdoctor-** www.ivanhoe.com
- **Medical News Today -** www.medicalnewstoday.com
- **NCCAM Update** is a service of the National Center for Complementary and Alternative Medicine, NIH, DHHS- <http://nccam.nih.gov>
- **Alternative Therapies in Health and Medicine-** www.alternative-therapies.com
- **Artemis-** www.hopkinsbreastcenter.org/artemis
- **Natural Standards Database-** An international research collaboration that compiles and synthesizes data on complementary and alternative therapies- www.naturalstandard.com
- **Townsend letter for Doctors and Patients -** Presents scientific information (pro and con) on a wide variety of alternative medicine topics. www.townsendletter.com
- **Women to Women-** Learn how they educate and innovate to improve women's health choices. www.womentowomen.com

BREAST CANCER OPTIONS



845-339-HOPE (4673)

www.BreastCancerOptions.org

hope@breastcanceroptions.org

*Information, Advocacy & Support
in the Hudson Valley*