



Interdisciplinary End of Life Symposium

Workshop 1:

Supportive Oncology - Early Integration of Palliative Care

■ The Intersection of Supportive & Integrative Oncology

Richard T. Lee, MD, FASCO

Clinical Professor

Cherng Family Director's Chair for the Center for Integrative Oncology

Medical Director, Supportive and Integrative Oncology Program, Orange County

Departments of Supportive Care Medicine and Medical Oncology

Cherng Family Center for Integrative Oncology

City of Hope Comprehensive Cancer Center

Disclosures

- I do not have any relevant financial relationships.

This presentation and/or comments will provide a balanced, non-promotional, and evidence-based approach to all diagnostic, therapeutic and/or research related content.

Cultural Linguistic Competency (CLC) & Implicit Bias (IB)

STATE LAW:

The California legislature has passed [Assembly Bill \(AB\) 1195](#), which states that as of July 1, 2006, all Category 1 CME activities that relate to patient care must include a cultural diversity/linguistics component. It has also passed [AB 241](#), which states that as of January 1, 2022, all continuing education courses for a physician and surgeon **must** contain curriculum that includes specified instruction in the understanding of implicit bias in medical treatment.

The cultural and linguistic competency (CLC) and implicit bias (IB) definitions reiterate how patients' diverse backgrounds may impact their access to care.

EXEMPTION:

Business and Professions Code 2190.1 exempts activities which are dedicated solely to research or other issues that do not contain a direct patient care component.

The following CLC & IB components will be addressed in this presentation:

- *The workshop will highlight the importance of understanding cultural background and issues of diversity as it pertains to incorporating integrative therapies for patients with cancer.*
- *The workshop will address common disparities that occur among patients with cancer that may impact access and delivery of integrative services.*

Objectives

- What is integrative medicine? Why does it matter to me?
 - Integrative, Complementary, and Alternative Medicine (ICAM)
 - Integrative Oncology
- Integrative approaches to managing symptoms
 - Review of the evidence-base



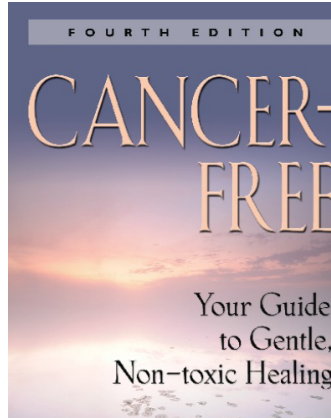
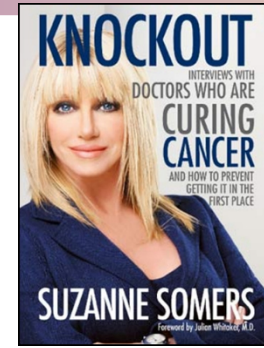
Patient Case

- Patient asks if there are other non-medication approaches to managing pain and anxiety
 - Would acupuncture or yoga help me?
- My cousin sent me some supplements and said it really helped him with his fatigue

HE'S BRINGING HEALTHY BACK.



THE CURE FOR ALL



OUR CANCER
ATIVE NON-
ENTS THAT
K

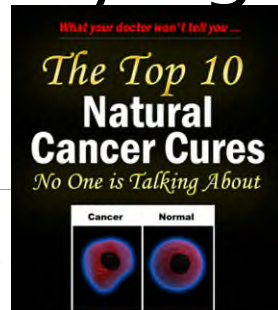
This revolution
targets cancer
destroying r



Frank started to get a funny feeling that his doctor was a quack.



rground Cures
Cancer



The Difference Between Alternative, Complementary, and Integrative

- Alternative medicine is used in place of conventional medicine.
- Complementary medicine is used together with conventional medicine.
- Integrative medicine is used together with conventional medicine in a coordinated manner that is personalized, evidence-based, and safe.

Integrative, Complementary, Alternative, and Integrative Medicine (ICAM)

- ◆ National Center for Complementary and Integrative Health (NCCIH) 2014 – National Institutes of Health (NIH)
 - ◆ Previously the Office of Alternative Medicine (1991) and the National Center for Complementary and Alternative Medicine (NCCAM) 1998
- ◆ Definition
 - ◆ Healthcare approaches developed outside of mainstream Western or conventional medicine

Categories of ICAM - NCCIH

1. Natural Products/Nutrition

- Dietary supplements, herbal products, shark cartilage

2. Psychological Interventions

- Meditation, prayer, mental healing, music therapy

3. Physical/Body-Based Methods

- Chiropractic, osteopathic, massage, manipulation

4. Combination/Mind-body

- Yoga, Qi-Gong, Dance, Tai Chi

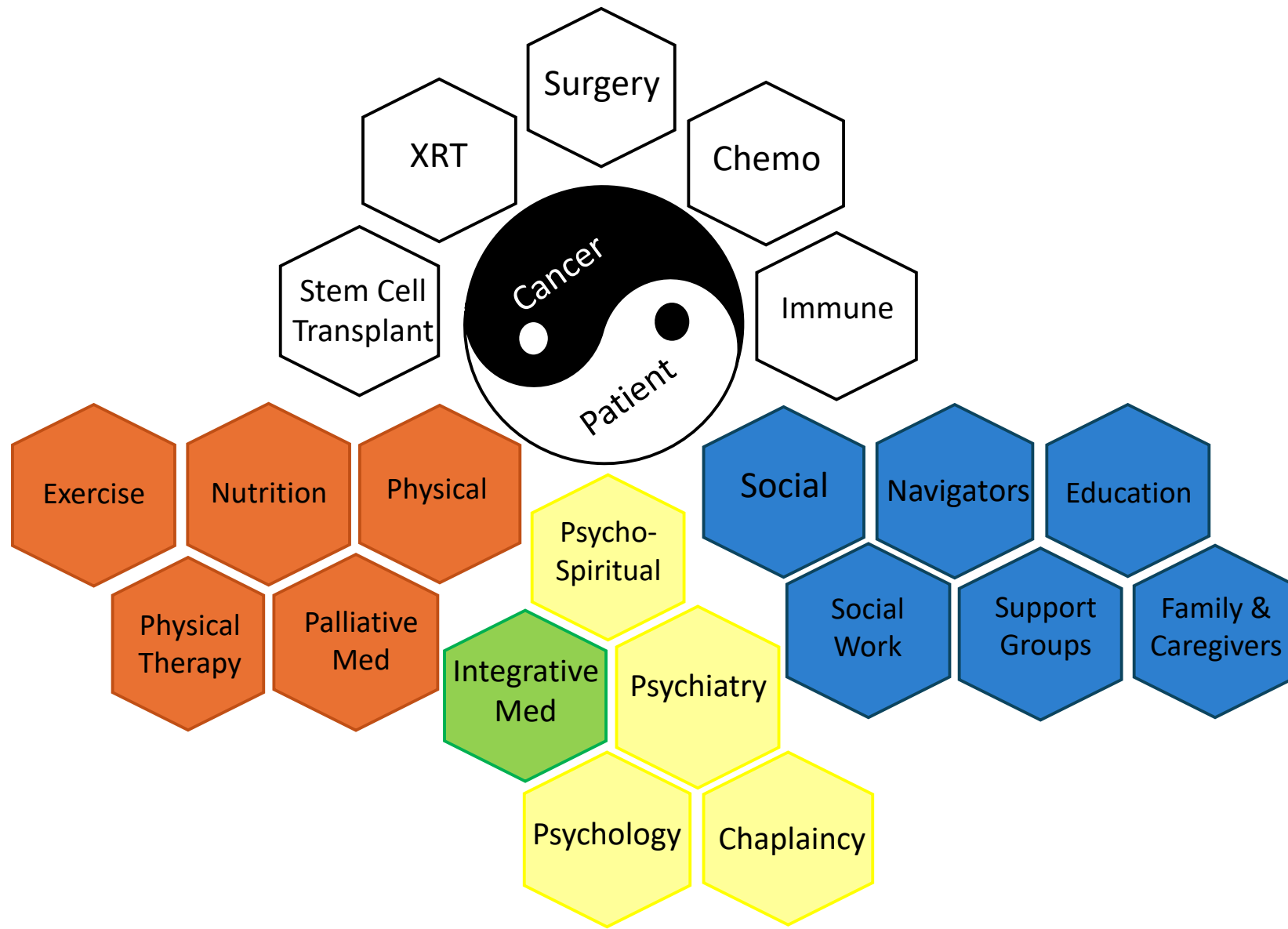
5. Other - Whole Medical Systems, Energy Therapies, and Movement Therapies

- Traditional Chinese medicine and Reiki



ACADEMIC CONSORTIUM
FOR **INTEGRATIVE**
MEDICINE & HEALTH

- **The practice of medicine that reaffirms the importance of the relationship between practitioner and patient**
- **Focuses on the whole person**
- **Informed by ~~evidence~~**
- **Makes use of all ~~appropriate~~ therapeutic approaches, providers, and disciplines to achieve optimal health and healing**



Similarities & Differences with Supportive Care

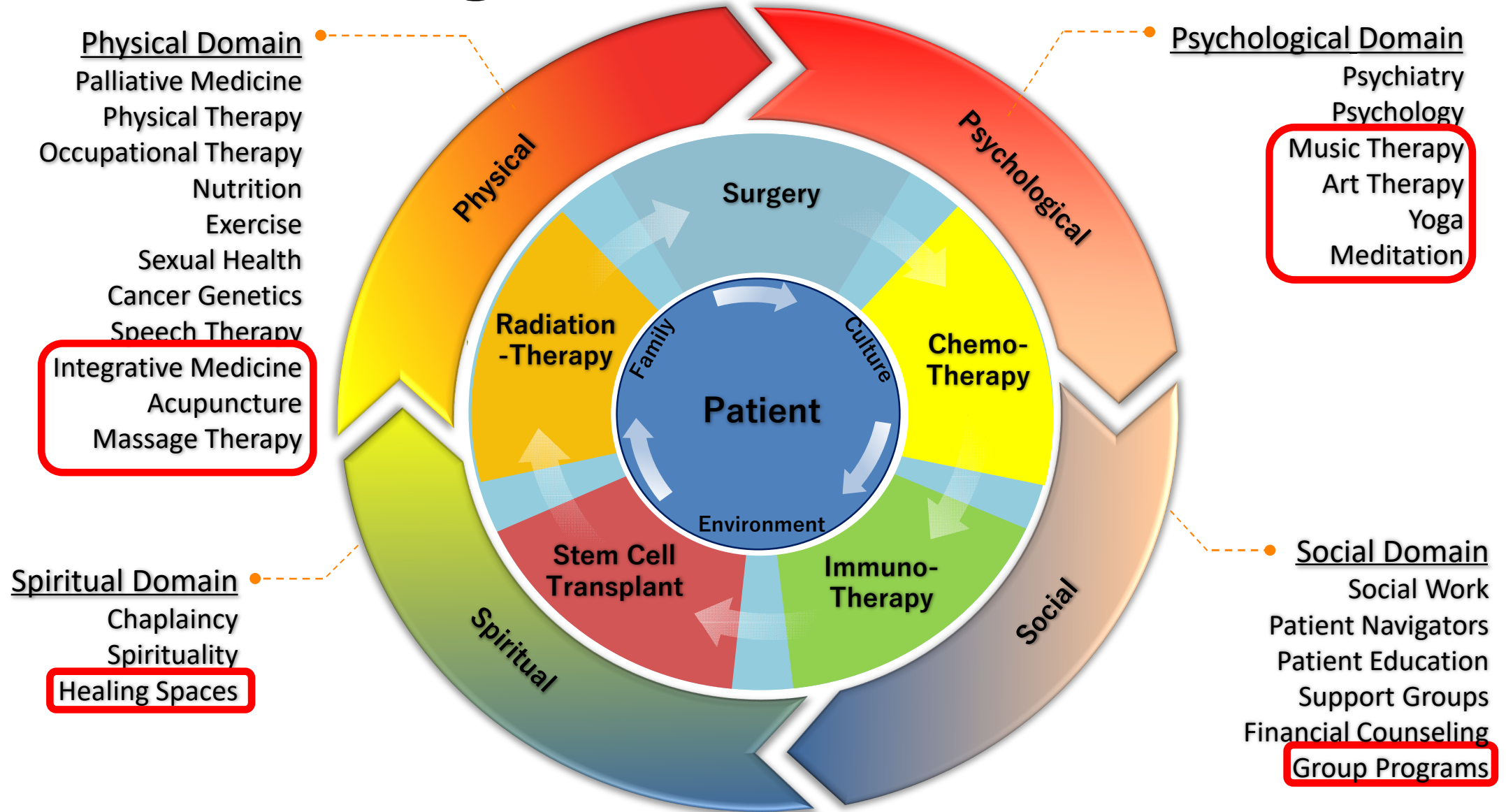
Similarities

- Symptom management and quality of life
- Holistic philosophy

Differences

- Optimizing health and wellbeing
- Lifestyle medicine
- Anticancer effects of natural products

Supportive & Integrative Oncology Program Cherng Center Clinical Model



Evidence-Based Integrative Oncology

- **Integrative/Holistic Approach => Focus on health and wellness**
 - American Cancer Society guidelines for cancer survivorship
- **Treatment Options => Education & Research**
 - Herbs and supplements
 - Preventing medication interactions
 - Other treatment options: acupuncture, meditation, music therapy, etc.
- **Chronic or refractory symptoms (e.g. pain & stress)**
 - Evidence-based use of acupuncture, massage, meditation, music/art therapy
- **Patients seeking alternative treatments**
 - Educate patients about the risks and benefits
 - Monitor these patients for safety and outcomes

American Cancer Society nutrition and physical activity guideline for cancer survivors

- Healthy body weight (normal BMI)
- Exercise regularly – 150 minutes/week of moderate intensity or 75 minutes of vigorous activity
- 5 servings of fruits and vegetables per day
- Limit processed meat, red meat, and refined grains
- Limit alcohol

AICR RECOMMENDATIONS FOR CANCER PREVENTION

A Blueprint to Beat Cancer

To prevent cancer, people should aim to follow as many of the 10 Cancer Prevention Recommendations as possible. However, any change you make that works toward meeting the goals set out in the Recommendations will go some way to reducing your cancer risk.

EAT A DIET RICH IN WHOLE GRAINS, VEGETABLES, FRUITS AND BEANS

Make whole grains, vegetables, fruits and pulses (legumes) such as beans and lentils a major part of your usual daily diet



LIMIT CONSUMPTION OF RED AND PROCESSED MEAT

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



BE PHYSICALLY ACTIVE

Be physically active as part of everyday life – walk more and sit less



BE A HEALTHY WEIGHT

Keep your weight within the healthy range and avoid weight gain in adult life



LIMIT CONSUMPTION OF SUGAR-SWEETENED DRINKS

Drink mostly water and unsweetened drinks



LIMIT CONSUMPTION OF "FAST FOODS" AND OTHER PROCESSED FOODS HIGH IN FAT, STARCHES OR SUGARS

Limiting these foods helps control calorie intake and maintain a healthy weight



LIMIT ALCOHOL CONSUMPTION

For cancer prevention, it's best not to drink alcohol



DO NOT USE SUPPLEMENTS FOR CANCER PREVENTION

Aim to meet nutritional needs through diet alone



FOR MOTHERS: BREASTFEED YOUR BABY, IF YOU CAN

Breastfeeding is good for both mother and baby



AFTER A CANCER DIAGNOSIS: FOLLOW OUR RECOMMENDATIONS, IF YOU CAN

Check with your health professional about what is right for you



American Institute for Cancer Research
www.aicr.org

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

Acupuncture

- Pain (I)
- Nausea (I)
- Anxiety (I)
- Xerostomia (L)
- Hot Flashes (L)
- Fatigue (L)
- Neuropathy (L)
- Insomnia (L)



Integrative Medicine for Pain Management in Oncology: Society for Integrative Oncology–ASCO Guideline

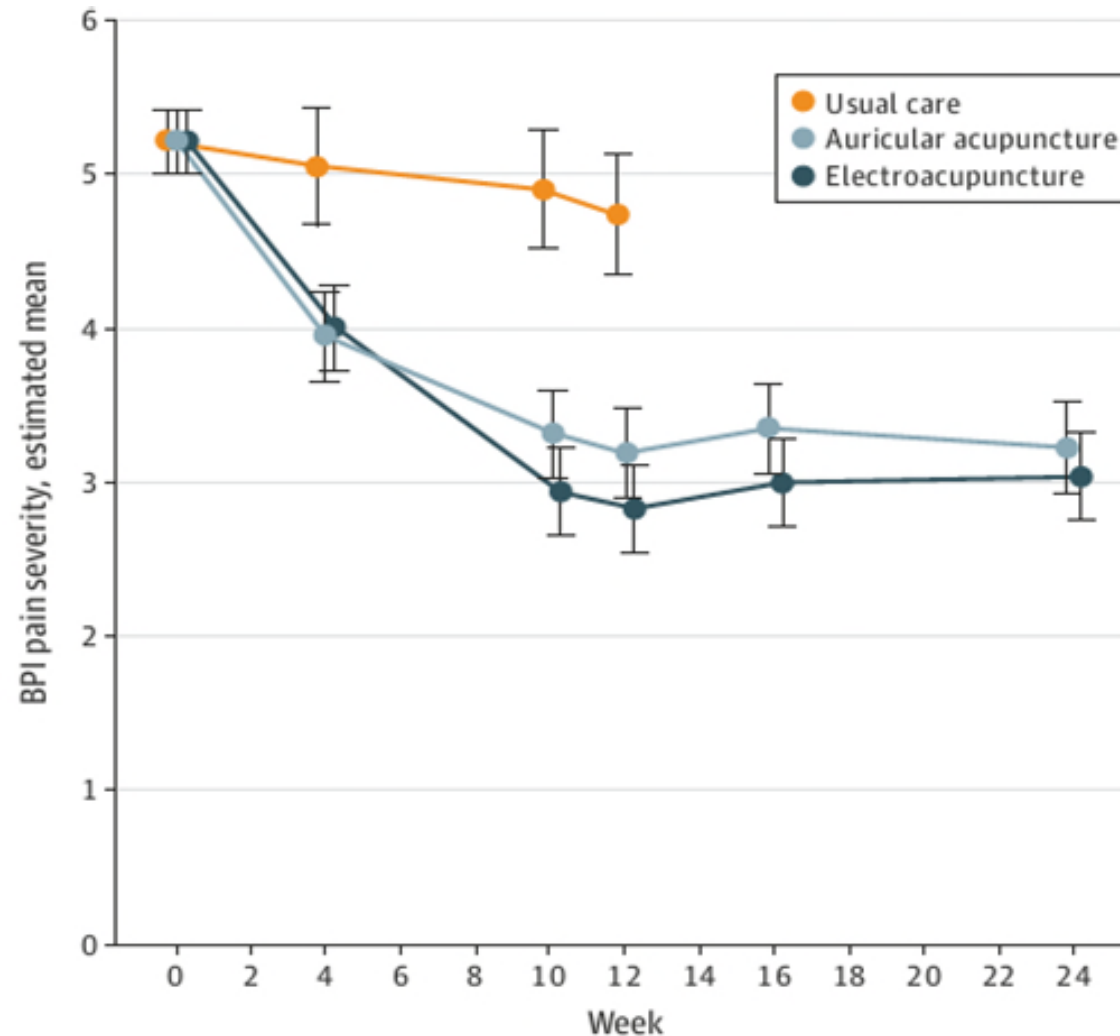
- Acupuncture should be offered to patients experiencing AI-related joint pain in breast cancer
- Acupuncture may be offered to patients experiencing general pain or musculoskeletal pain from cancer
- Reflexology or acupressure may be offered to patients experiencing pain during systemic therapy for cancer treatment

Society for Integrative Oncology-ASCO Joint Guidelines – Cancer Pain

Symptom Setting	Integrative Therapy	Evidence Quality	Strength of Rec.
Aromatase inhibitor-related joint pain	Acupuncture	I	M
	Yoga	L	W
General cancer pain or musculoskeletal pain	Acupuncture	I	M
	Reflexology	I	M
	Massage	L	M
	Yoga	L	W
	Guided imagery with progressive muscle relaxation	L	W
CIPN	Acupuncture	L	W
	Reflexology	L	W
Procedural pain	Hypnosis	I	M
Surgical pain	Acupuncture	L	W
	Music	L	W
Pain during palliative care	Massage	I	M

Effectiveness of Electroacupuncture or Auricular Acupuncture vs Usual Care for Chronic Musculoskeletal Pain Among Cancer Survivors

The PEACE Randomized Clinical Trial



Oncology Massage Therapy

- **Pain (I)**
- **Mood Disturbance (L)**
 - Depression
- **Anxiety & Stress (I)**
- **Constipation (L)**
- **Neuropathy (L)**

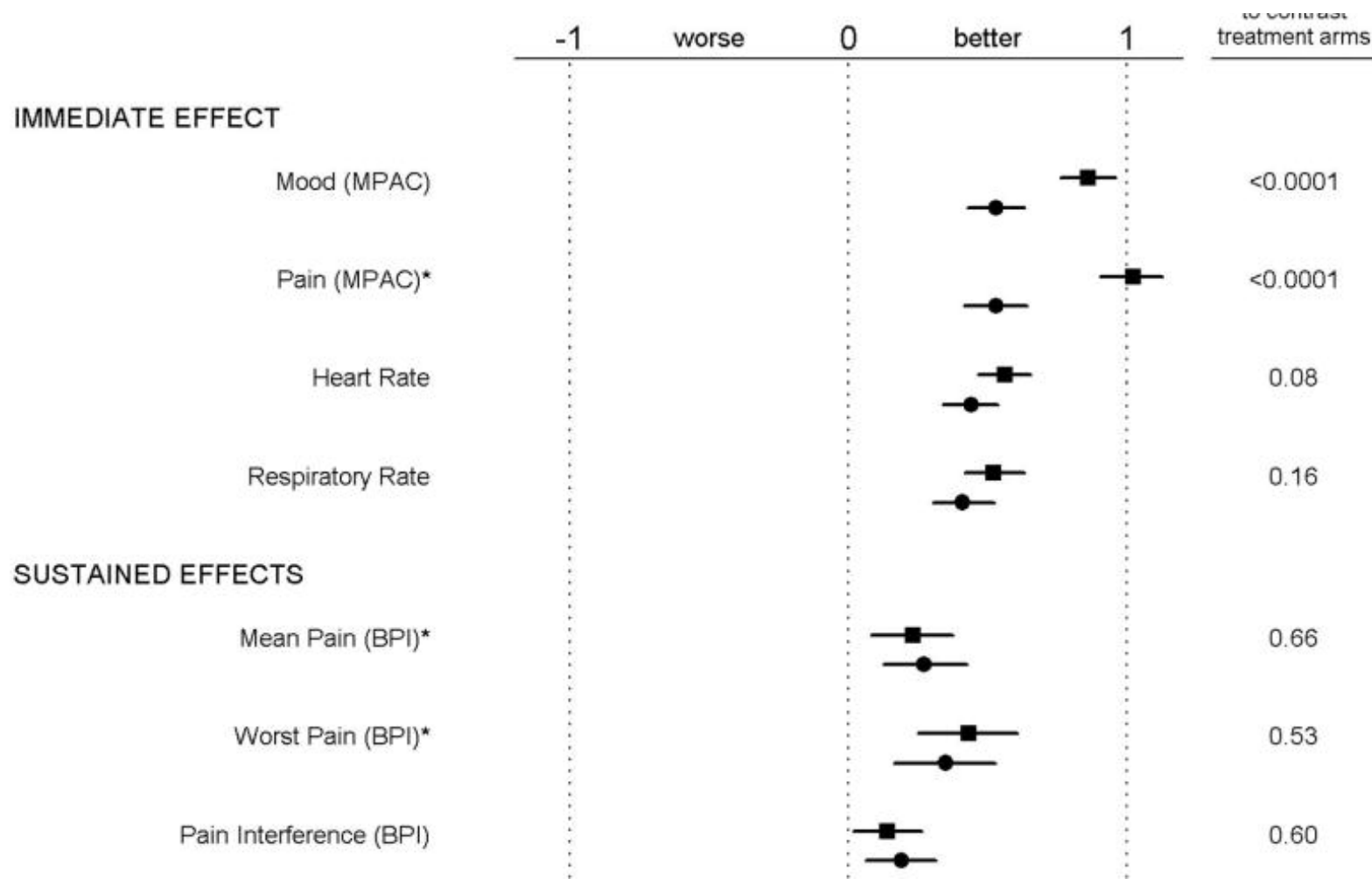


Integrative Medicine for Pain Management in Oncology: Society for Integrative Oncology–ASCO Guideline

- Massage may be offered to patients experiencing chronic pain following breast cancer treatment
- Massage may be offered to patients experiencing pain during palliative and hospice care
- Hypnosis may be offered to patients experiencing procedural pain in cancer treatment or diagnostic workups

Massage Therapy versus Simple Touch to Improve Pain and Mood in Patients with Advanced Cancer

A Randomized Trial



Mind-Body Practices

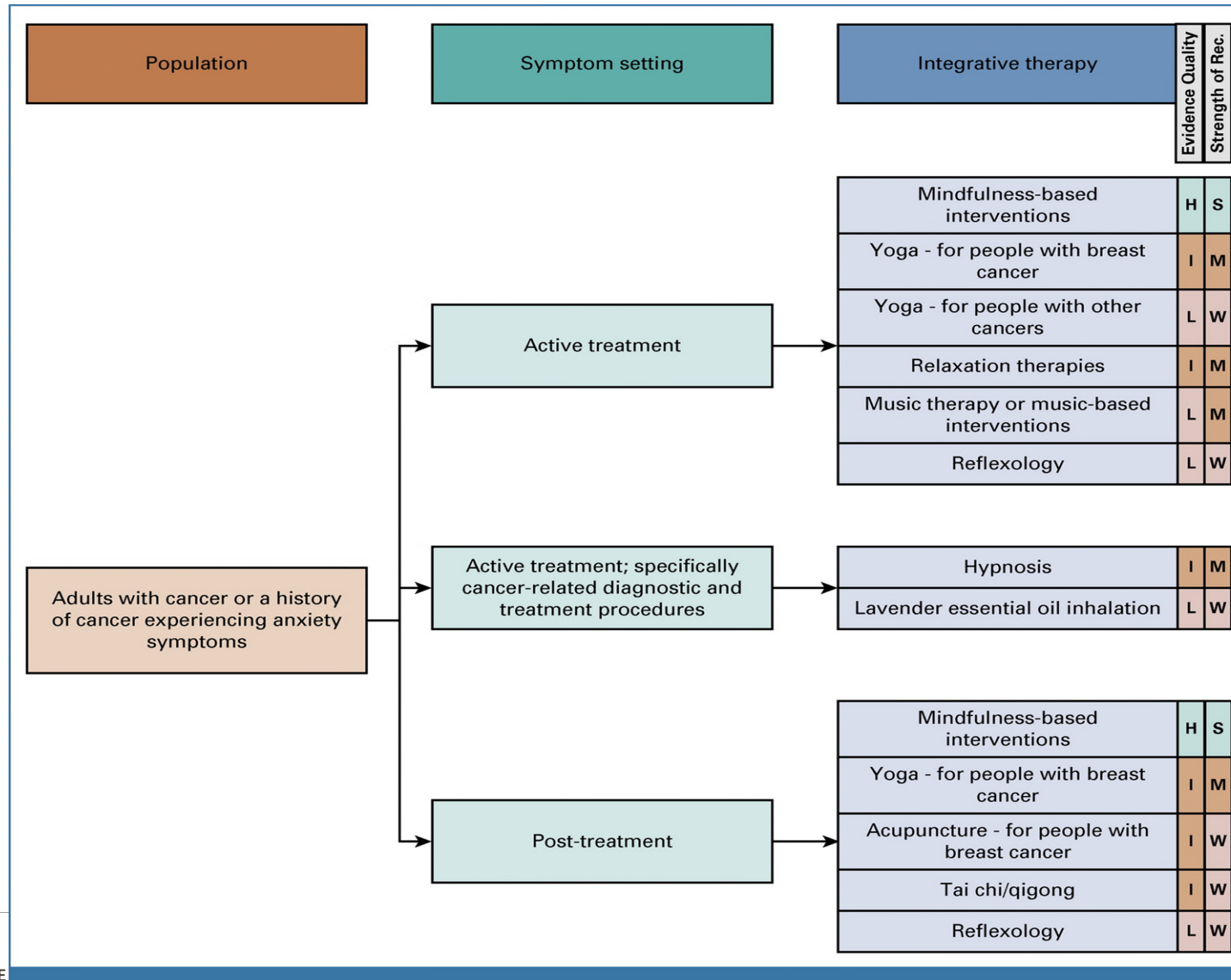
- **Stress (H)**
- **Mood Disturbance (H)**
 - Anxiety & Depression
- **Quality of Life (I)**
- **Insomnia (I)**



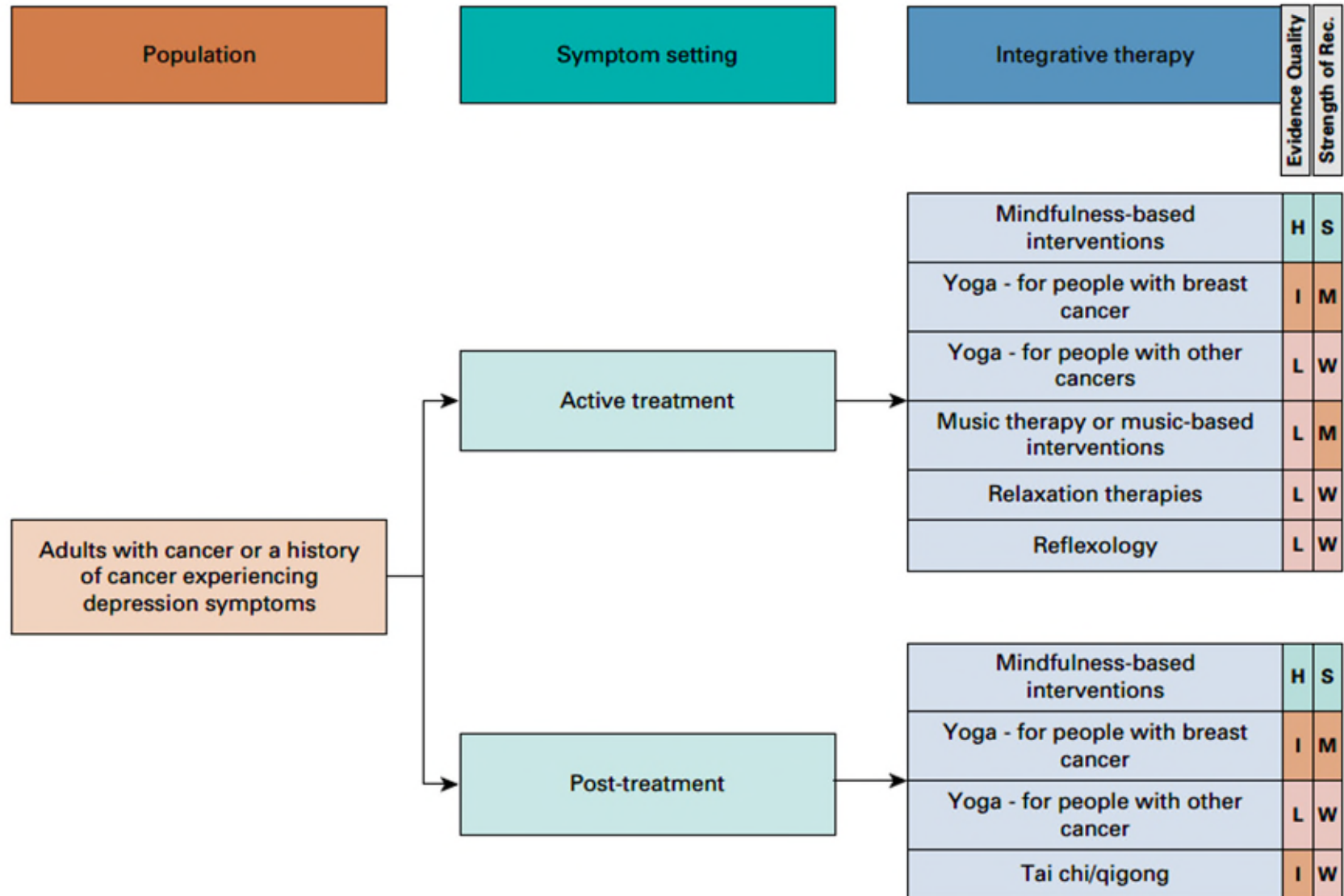
Integrative Oncology Care of Symptoms of Anxiety and Depression in Adults With Cancer: SIO–ASCO Guideline

- Mindfulness-based interventions (MBIs) should be offered to people with cancer to improve anxiety symptoms during active treatment
- Yoga may be offered to people with breast cancer to improve anxiety symptoms during active treatment
- Hypnosis may be offered to people with cancer to improve anxiety symptoms during cancer related diagnostic and treatment procedures

Integrative Oncology Care of Symptoms of Anxiety and Depression in Adults With Cancer: SIO-ASCO Guideline



Integrative Oncology Care of Symptoms of Anxiety and Depression in Adults With Cancer: SIO–ASCO Guideline



Adjunctive non-pharmacological analgesia for invasive medical procedures: a randomised trial

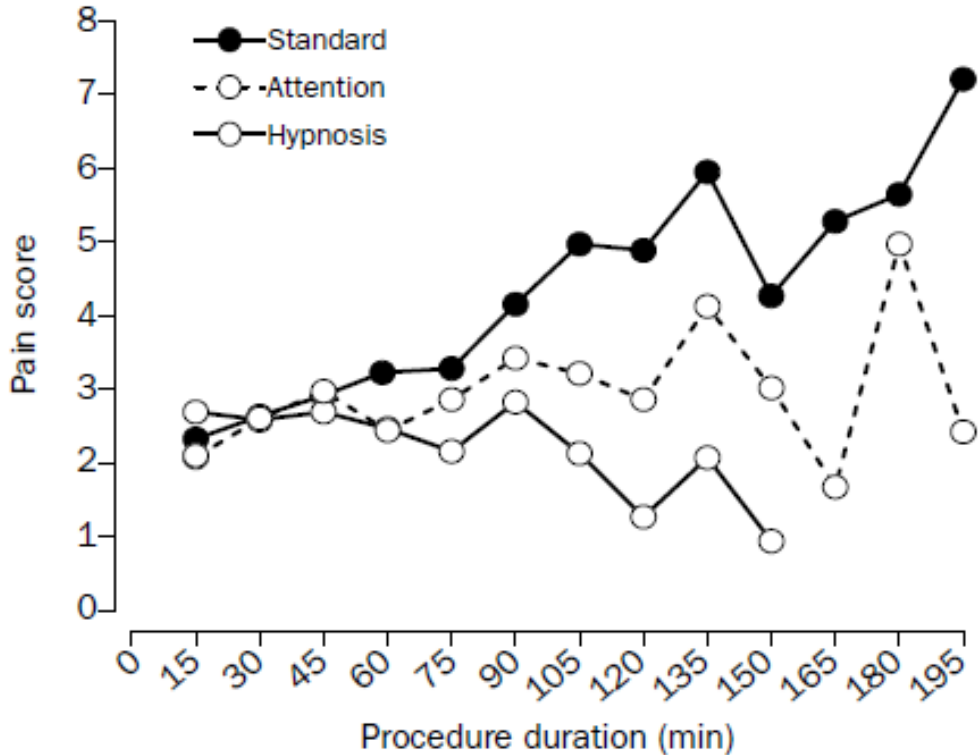


Figure 3: Average pain score as a function of procedure-time interval for each group

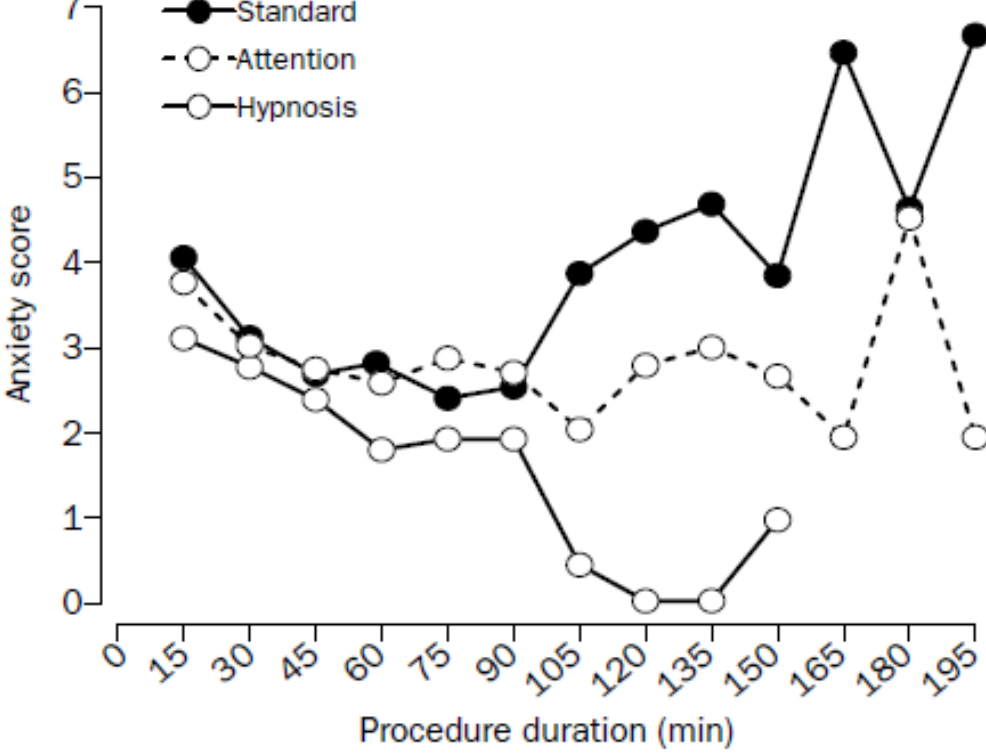
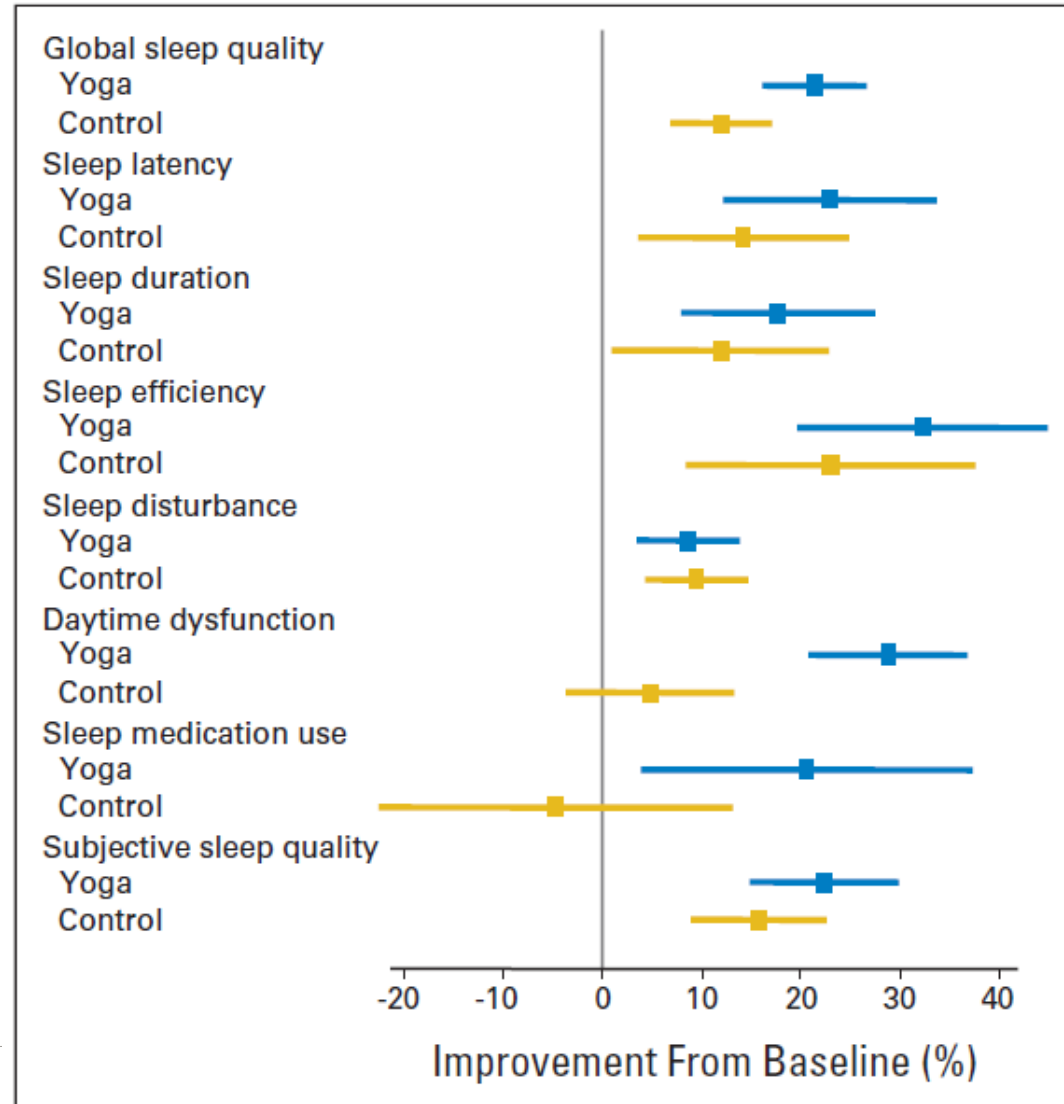


Figure 4: Average anxiety score as a function of procedure-time interval for each group

Multicenter, Randomized Controlled Trial of Yoga for Sleep Quality Among Cancer Survivors



Music Therapy

- **Stress & Anxiety (L)**
- **Mood Disturbance (L)**
 - Depression
- **Quality of Life (L)**
- **Pain (L)**



Music Therapy to Reduce Pain and Anxiety in Children With Cancer Undergoing Lumbar Puncture: A Randomized Clinical Trial

Table 3. Comparison of Pain Scores and Anxiety Scores Before, During, and After the Procedure

	Pain, Mean (Range, SD)			Anxiety, Mean (Range, SD)		
	Music (n = 20)	Control (n = 20)	P Value	Music (n = 20)	Control (n = 20)	P Value
Before	1.2 (0-5, 1.40)	1.75 (0-5, 1.77)	Nonsignificant	8.6 (6-16, 2.78)	13.25 (7-22, 3.73)	<.001
During	2.35 (0-7, 1.90)	5.65 (1-10, 2.50)	<.001			
After	1.2 (0-5, 1.36)	3 (0-7, 2.0)	.003	8.1 (6-13, 2.22)	13.0 (6-21, 4.17)	<.001

Integrative Oncology Care of Symptoms of Anxiety and Depression in Adults With Cancer: SIO–ASCO Guideline

- Music therapy or music-based interventions may be offered to people with cancer to improve anxiety symptoms during active treatment
- Relaxation therapies may be offered to people with cancer to improve anxiety symptoms during active treatment
- Reflexology may be offered to people with cancer to improve anxiety symptoms during active treatment
- Lavender essential oil inhalation may be offered to people with cancer to improve anxiety symptoms during cancer-related diagnostic and treatment procedures

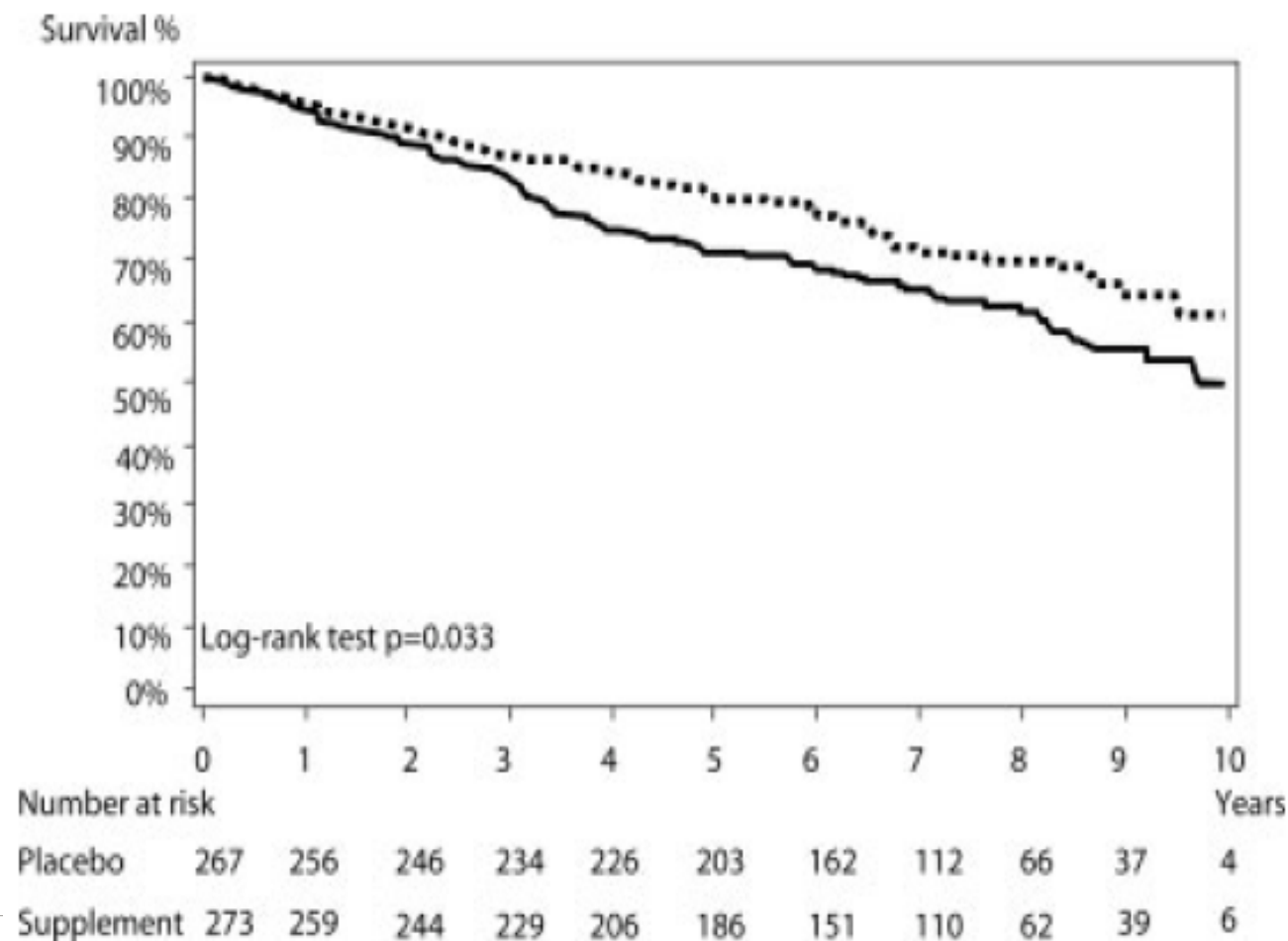
Supplements vs Prescriptions

	Supplements	Prescription Medicines
Availability	Over-the- Counter	Prescription
Cost	Variable	High
Source of Knowledge	Historical/Expert	Clinical Research
Dosing	Variable	Specific
Quality	Variable	FDA Approval
Indication	General	Specific
Safety	Unclear	Documented
Mechanism of Action	Unclear	Generally Characterized
Clinical Effect	Historical	Clinical Trials

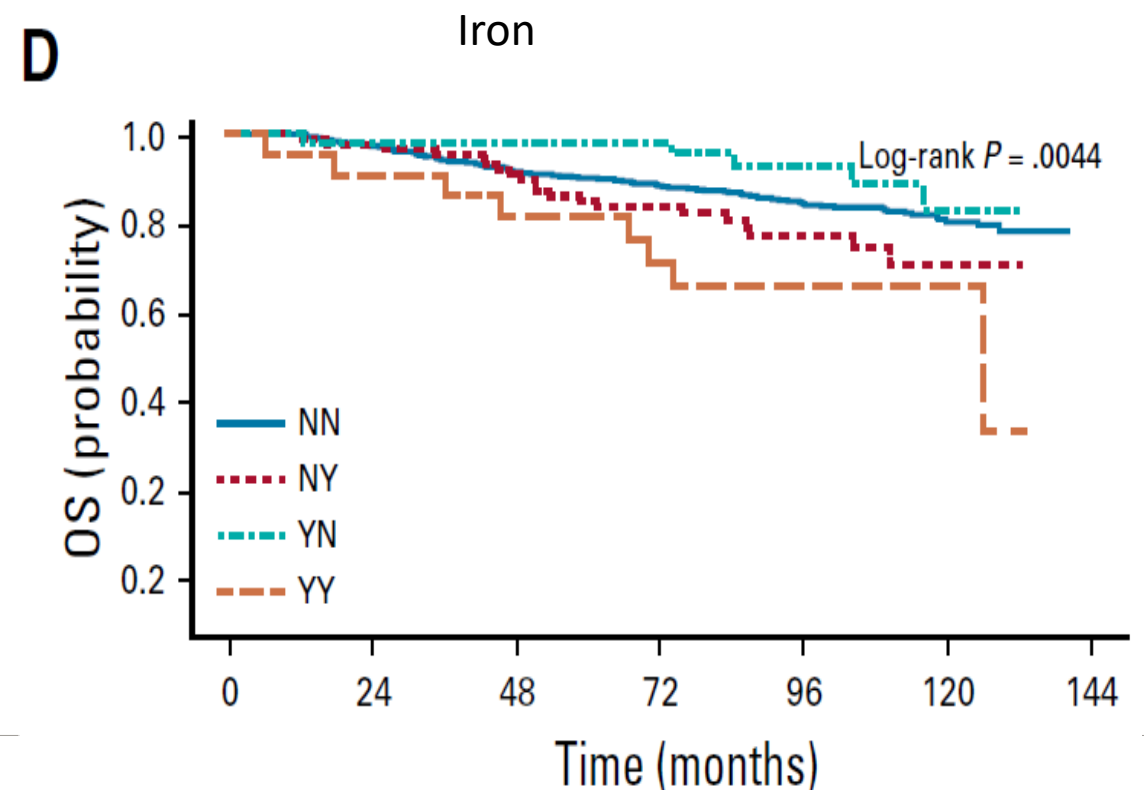
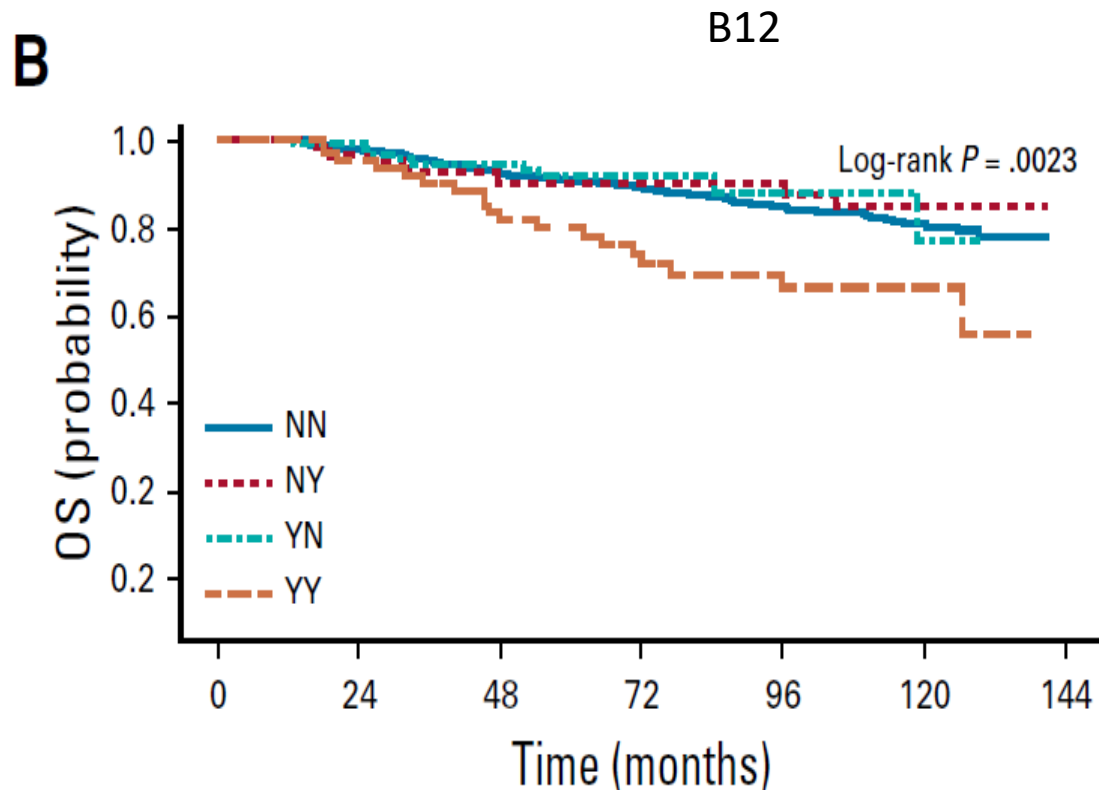
Documented Interactions

- Beta carotene during radiation therapy
- St. John's Wort
 - Irinotecan, docetaxel, imatinib
- Green Tea
 - Bortezomib
- Ginger, garlic, ginseng
 - Anti-coagulation
 - Imatinib and docetaxel

A Randomized Trial of Antioxidant Vitamins to Prevent Second Primary Cancers in Head and Neck Cancer Patients



Dietary Supplement Use During Chemotherapy and Survival Outcomes of Patients With Breast Cancer Enrolled in a Cooperative Group Clinical Trial (SWOG S0221)



Ginger (*Zingiber officinale*) reduces acute chemotherapy-induced nausea: A URCC CCOP study of 576 patients

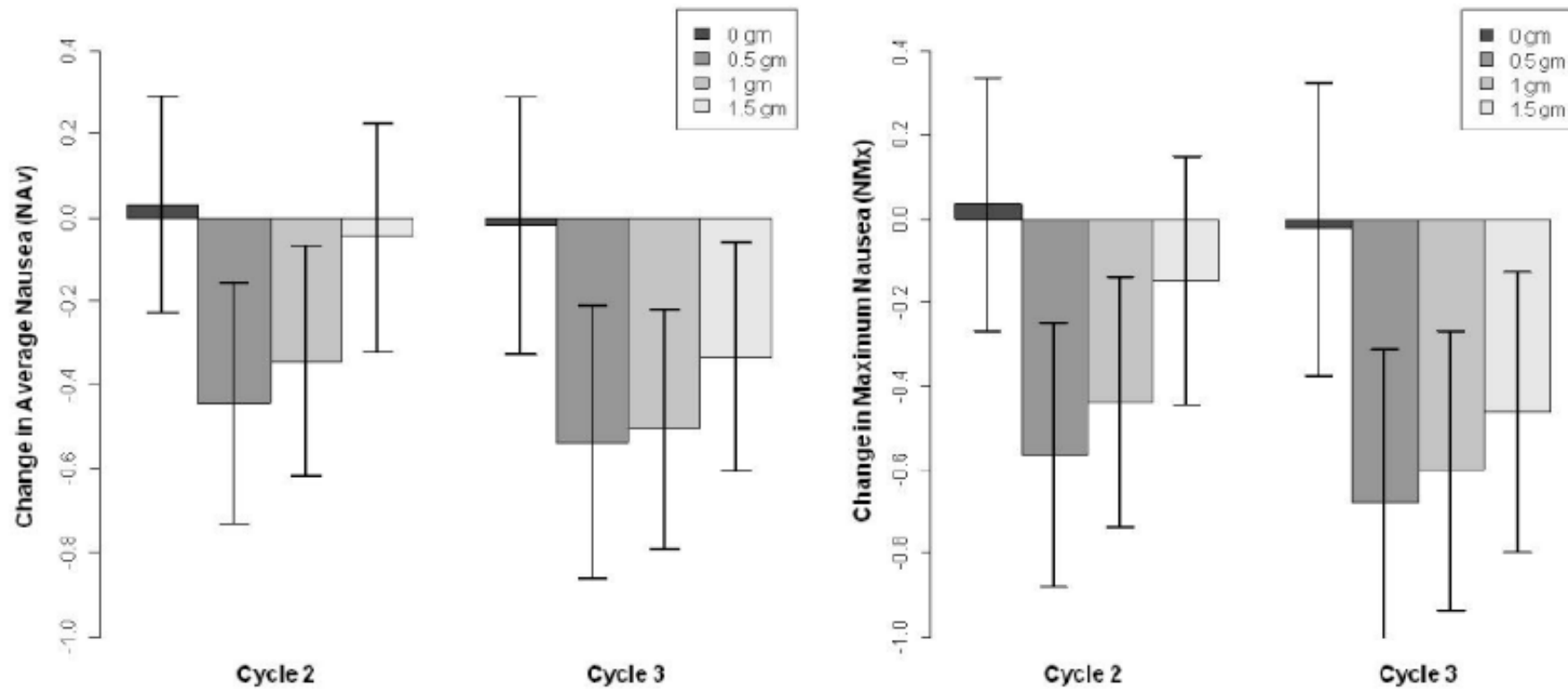
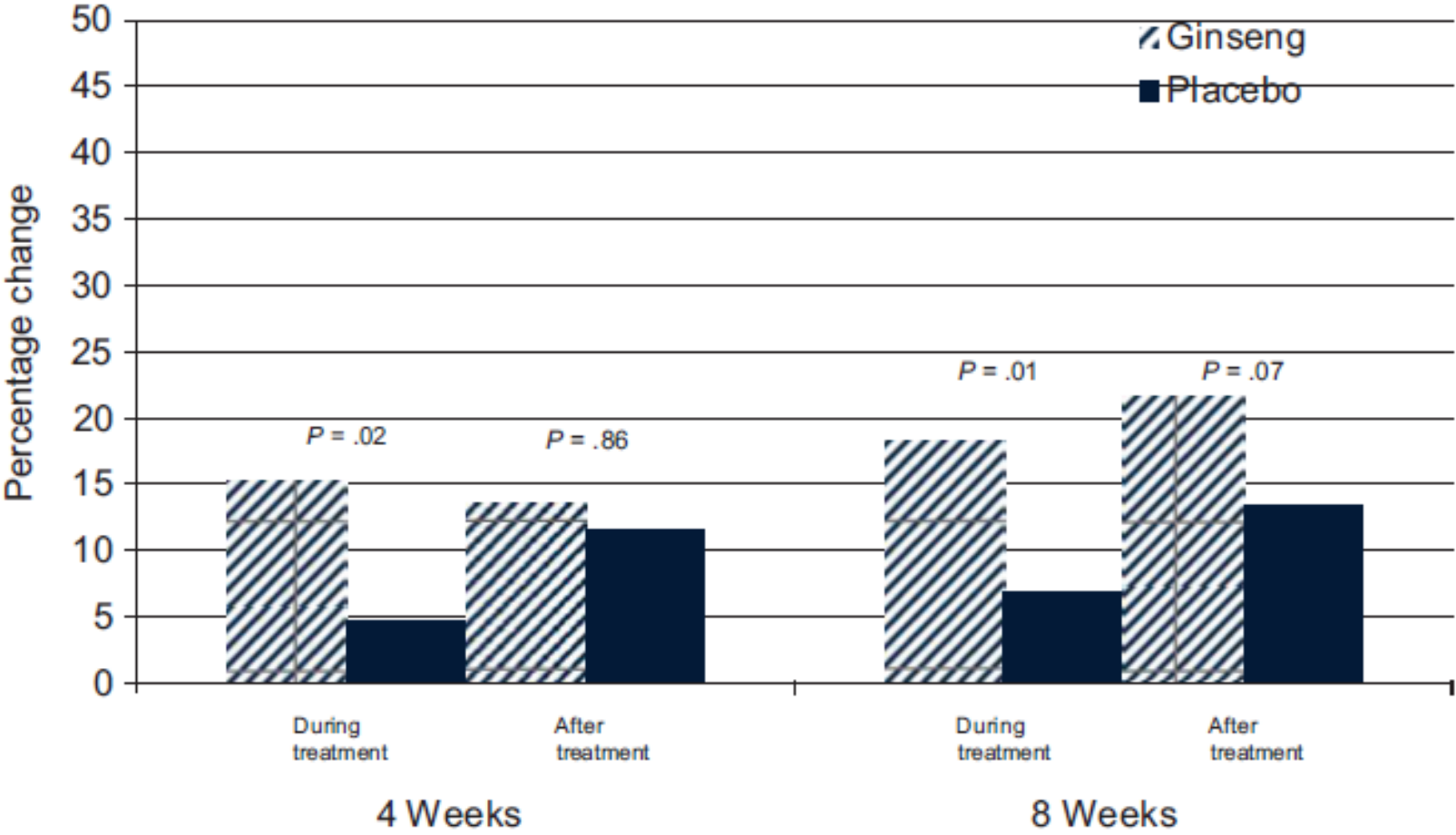


Figure 2. Ginger reduces severity of acute chemotherapy-induced nausea

Wisconsin Ginseng (*Panax quinquefolius*) to Improve Cancer-Related Fatigue: A Randomized, Double-Blind Trial, N07C2



Multivitamin Use Is Not Associated With Cancer Recurrence or Survival in Patients With Stage III Colon Cancer: Findings From CALGB 89803

- 1,038 Stage III Colon cancer patients
- Study evaluated multivitamin use both during and after chemotherapy
- No significant differences found in recurrence, survival, or grade 3/4 side effects from chemotherapy.
 - Fatigue was reduced by 39%



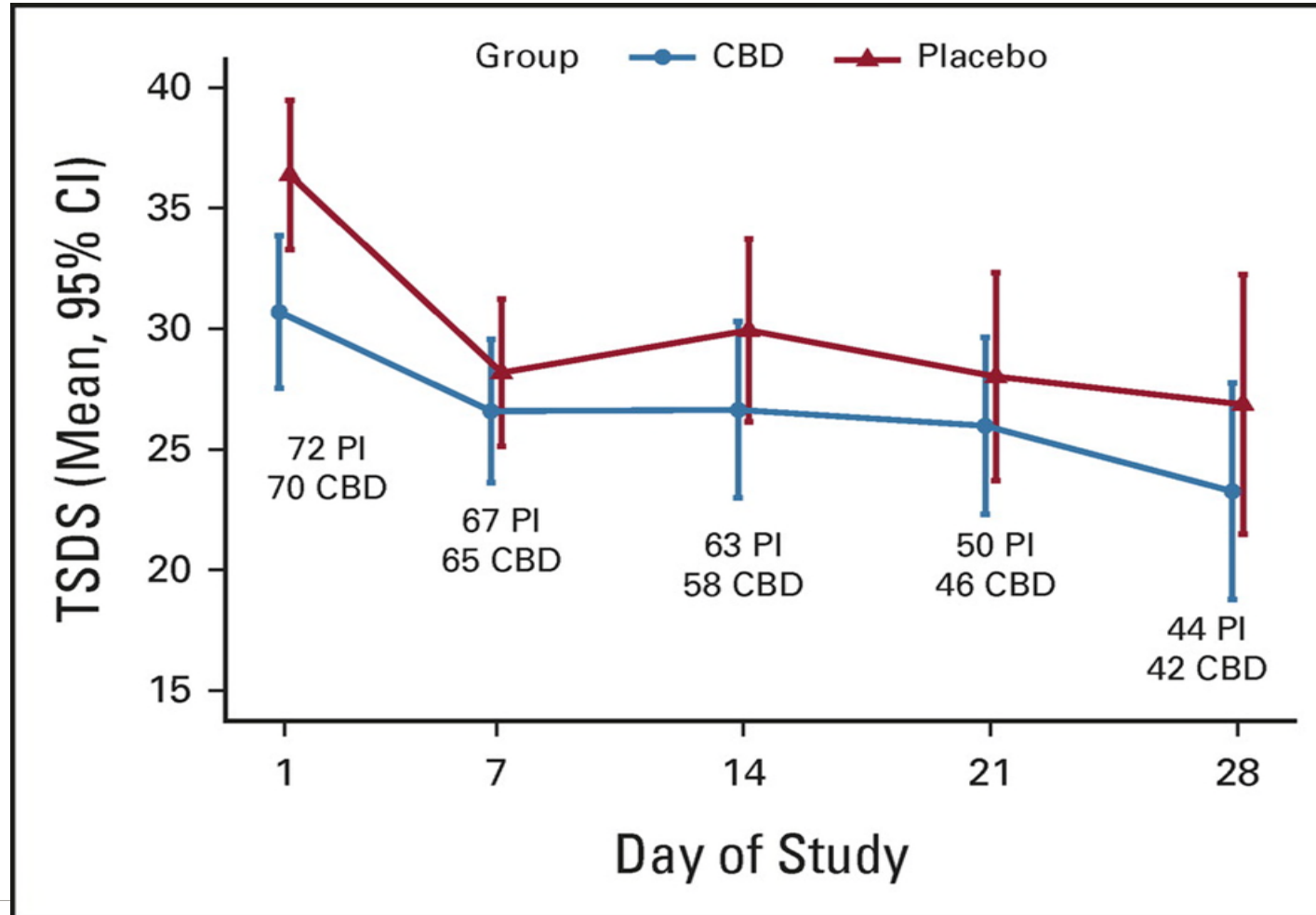
National Academies Review (2017)

- Conclusive evidence for treatment of:
 - Chronic pain in adults
 - Chemotherapy-induced nausea and vomiting
 - Multiple sclerosis spasticity symptoms

- Moderate evidence for:
 - Sleep disturbance (improving short-term outcomes)

- Limited evidence for:
 - Appetite and weight loss
 - Anxiety
 - PTSD
 - Tourette syndrome

Phase IIb Study of CBD for Advanced Cancer



Medical Cannabis in Practice

- Cannabis as an adjunct therapy – What are the other options?
- FDA approved options – dronabinol
 - N/V & anorexia
- Medical Cannabis
 - THC – N/V & anorexia
 - 1:1 THC and CBD – cancer pain
 - CBD – anxiety and sleep
- Start low and slow
 - 2.5-5mg once a day for THC containing compounds

Integrative Oncology in Practice

Integrative medicine for symptom control				
Symptom	Pain	Fatigue	Insomnia	Anxiety
Modality	<ul style="list-style-type: none"> • Acupuncture³⁰ • Massage³³⁻³⁵ • Meditation⁶¹⁻⁶⁴ 	<ul style="list-style-type: none"> • Exercise¹⁴⁻¹⁶ • Yoga^{7,47} • Acupuncture^{30,32} 	<ul style="list-style-type: none"> • CBT-I^{22,23} • Yoga^{7,47} • Tai chi^{7,25} 	<ul style="list-style-type: none"> • Meditation¹⁰ • Yoga¹⁰ • Massage^{34,35}
Symptom	Nausea and vomiting	Neuropathy	Dry mouth	Hot flashes
Modality	<ul style="list-style-type: none"> • Acupuncture¹⁰ • Acupressure¹⁰ 	<ul style="list-style-type: none"> • Acupuncture³⁰ • Massage⁶⁵ 	<ul style="list-style-type: none"> • Acupuncture³⁰ 	<ul style="list-style-type: none"> • Acupuncture³⁰ • Hypnosis⁶⁶ • Yoga^{67,68}

Resources

- Society for Integrative Oncology
 - <https://integrativeonc.org/>
- National Institutes of Health - National Center for Complementary and Integrative Health and National Cancer Institute
 - <https://www.nccih.nih.gov/>
 - <https://cam.cancer.gov/>
- Memorial Sloan Kettering
 - <https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs/search>

Cherng Family Center for Integrative Oncology



Mission

To transform cancer care by creating a new standard of integrative oncology, one that brings together Western medicine with holistic medicine such as Eastern medicine through a scientifically rigorous approach to the benefit of patients.

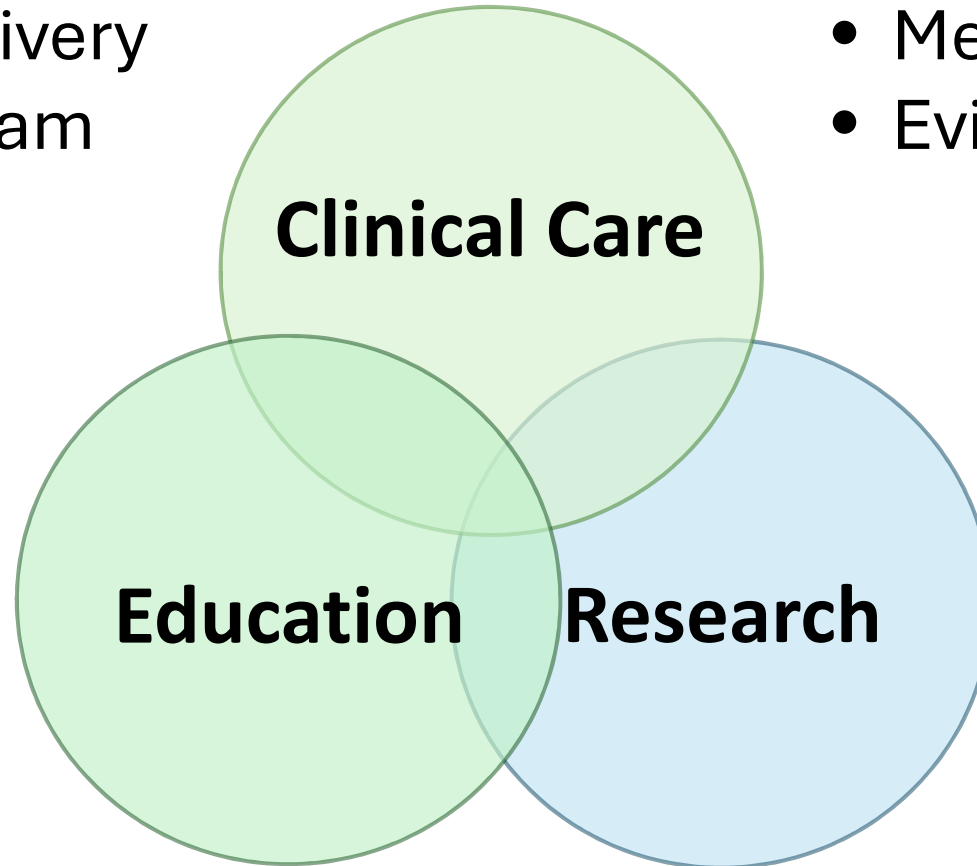
Vision

To be a premier national and international center for integrative oncology based on our impactful and accessible care delivery, innovative research, and excellence in education.

Cherng Family Center for Integrative Oncology

- Innovative Care Delivery
- Multidisciplinary Team

- Medicalized Approach
- Evidence-based services

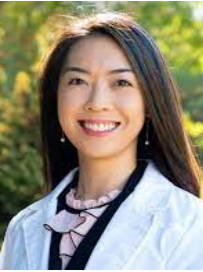


- Trainees
- Patients & Providers
- Fellowship
- Cancer Community

- Patient Centered
- Practical Interventions
- Translational Science

Cherng Center - Clinical Care

- Integrative Oncology Consultation Service - physician and nurse practitioner (March 2022), Duarte and OC
- Mind-body medicine – chaplain with PhD in meditation (April 2023), OC
- Group Programs – meditation, yoga, and qi gong (Summer of 2023), OC & Duarte
- Oncology Acupuncture – acupuncturist (September 2023), OC
- Integrative nutrition – dietician (October 2023), OC



Cherng Center - Clinical Care

- Exercise counseling – physical therapist (October 2023), OC
- Oncology Massage – massage therapist (*November 2023*), OC
- Music Therapy – Starts June 2024, OC & Duarte
- Wellness Program –dietician and PT (Summer 2024), OC
 - 6–8 week formal group program for cancer survivors
- Oncology Acupuncture and Massage – 2024, Duarte
- Art Therapy – 2025, OC & Duarte



Research Focus

1. Health Services

- Surveys
- Outcomes (NCI U01 risks and benefits of cannabis in MM)

2. Symptom Management

- Pain (NCI R21 cannabis & neuropathy)
- Anxiety/Stress (meditation, aromatherapy, acupuncture)
- Insomnia (future)

3. Natural Products

- Mistletoe
- Mushroom
- Cannabis

Summary

- Integrative Oncology is a spectrum of supportive care approaches to help optimize cancer care
- True integrative oncology is evidence-based and personalized
- Acupuncture, mind-body therapies, massage, and music therapies have been shown to help manage pain, anxiety/stress, and depression

Thank You

RichLee@COH.org





21st International Conference of the Society for Integrative Oncology

October 25 to 27, 2024

The Westin South Coast Plaza
Costa Mesa, California, U.S.



*The Transformative Power of Clinical
Observation to Ignite Scientific Discovery
and Optimize Patient Outcomes*

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