

# Expansion and clinical application of integrative cancer therapy.

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## Abstract

Unmet symptom needs and a desire for a holistic health approach or cure are among the motivations for patients to choose complementary and alternative medicine. The use of complementary and alternative medicine in place of conventional cancer treatments may adversely affect clinical outcomes and survival. Integrative oncology is the field of patient-centered, evidence-based, comprehensive cancer care that utilizes mind-body practices, natural products, and lifestyle modifications from various traditions alongside conventional cancer treatments. Prioritize safety and the best available evidence to provide appropriate therapeutic interventions alongside conventional care. This review article summarizes the principles underlying integrative oncology and how it differs from alternative medicine, and provides practical insights into the effective application of evidence-based complementary and alternative medicine interventions in patient-centered care provide guidance.

**Keywords:** Antiemetic, Biologic therapy, Adjuvant therapy, Brachytherapy.

## Introduction

Integrative oncology is a patient-centered, evidence-informed field of comprehensive cancer care that uses lifestyle modifications, mind-body practices, and natural products from different traditions alongside conventional cancer treatment. Integrative oncology seeks to engage patients and families as active participants in their own care from prevention throughout treatment and survivorship. This principle optimizes health promotion and proactively addresses symptoms and adverse effects that arise from cancer or its treatment [1].

For many patients, symptoms such as insomnia, pain, fatigue, and anxiety may persist despite standard medical interventions. Unmet symptom needs and a desire for holistic health approaches or even cure are among the motivations patients have for seeking out complementary and alternative medicine (CAM). Although the use of CAM is prevalent among patients with cancer (with estimates of up to 80%), only 14% may communicate their use of CAM to providers. In addition, patients are more likely to obtain information about CAM from nonmedical sources. Alarming, a recent ASCO 2018 National Opinion Survey<sup>4</sup> found that 40% of Americans believe cancer can be cured solely through alternative therapies 38% of caregivers and 22% of those with cancer hold this belief Young people also tend to have such beliefs [2].

The practice of integrative oncology contrasts with the use of alternative medicine, which is often based on unsubstantiated claims and can involve denial of conventional medical treatment. The use of alternative medicines to replace conventional treatments is associated with reduced cancer survival.<sup>5</sup> Integrative oncology should be used to provide

appropriate therapeutic interventions alongside conventional treatments, including safety. Prioritize quality and the best available evidence. Our commitment to rigorous scientific research and evidence-based practice in cancer care was the founding of the Society for Integrative Oncology in 2003 and the first in 2009. It was strongly emphasized by the publication of a set of general clinical practice guidelines. Subsequently, cancer-specific guidelines [3].

Integrative oncology prioritizes safety and the best available evidence so that appropriate therapeutic interventions can be provided alongside conventional care. A commitment to rigorous scientific research and evidence-based practice in cancer care was strongly emphasized by the 2003 establishment of the Integrative Oncology Society (SIO) and the 2009 publication of the first set of general clinical practice guidelines. I was. Next, cancer-specific guidelines. Most recently, ASCO endorsed SIO clinical guidelines for women with breast cancer. Cultivated lifestyle habits also have important interactive effects, such as uncontrolled stress that impedes the adoption of healthy behaviors [4,5].

## Conclusion

This retrospective cohort study suggests that, in comparison to patients with lung cancer who undergo TKM alone, those who undergo integrative treatment of TKM and CCT may experience increased survival. These results should, however, be interpreted with caution, considering no significance in the adjusted model, heterogeneity between the treatment groups, and small number of size. In addition, ACTKMT showed decreased survival rate compared to TKM for general symptom management, but the ACTKMT group contained a

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Received:27-Sep-2022, Manuscript No. AAJCIT-22-81017; Editor assigned:29-Sep-2022, PreQC No. AAJCIT-22-81017 (PQ); Reviewed: 13-Oct-2022, QC No AAJCIT-22 81017;

Revised: 18-Oct-2022, Manuscript No. AAJCIT-22-81017; Published: 25-Oct-2022, DOI:10.35841/aaJCIT-5.5.123

larger number of patients with advanced cancer. Thus, further cohort studies with a rigorous prospective study design are required.

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