

Beyond Conventional Cancer Therapies

bcct.ngo



What are your real choices in cancer therapies?

Surgery. Radiation. Chemo. Are these your only options?

64% of Americans with cancer use complementary and integrative cancer therapies. And almost 40% believe that alternative therapies alone can cure cancer.

What should you believe? How can you separate myth from science and facts?

Presented by

Michael Lerner, PhD

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OCNS**

Nancy Hepp, MS

Michael Lerner

President and co-founder of
Commonweal

Co-founder of the Commonweal
Cancer Help Program, Healing
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Commonweal, and Beyond
Conventional Cancer Therapies

Author, *Choices In Healing:
Integrating the Best of Conventional
and Complementary Approaches to
Cancer*



BCCT Advisors

- Integrative Oncology Specialists
 - MD, ND/FABNO, RN, PhD
 - Established experts and selected early-career professionals
- Other Significant Advisors
 - Patients and survivors
 - Leaders of related organizations

7 Healing Practices

The foundation of health-promoting therapies for people with cancer



ONCAs



Off-label, Overlooked or Novel Cancer Approaches

- Off-label (re-purposed) drugs not in standard use for cancer
- Neglected cancer therapies developed in mainstream science
- Cancer therapies with special promise in clinical trials
- Approaches developed by qualified researchers outside the US
- Selected diagnostic techniques in these categories

Nancy Hepp

BCCT Project Manager

Researches, writes and edits
BCCT webpages



BCCT Summaries: Evidence Base

- Clinical practice guidelines
- Peer-reviewed journal articles, focusing on reviews and meta-analyses where available
- Books, especially programs and protocols and other works by our advisors, physicians, nurses, researchers and other providers
- Other articles and websites
 - Government and agency sites and reports
 - Professional organizations
 - News reports
 - Videos and interviews

BCCT Summaries: Organization

Separate effects of therapies into three realms:



Treating the cancer



Managing side effects and promoting wellness



Reducing risk

BCCT Summaries: Evidence Organization

Within each of these three realms, we **separate clinical and preclinical evidence**



Treating the cancer



Managing side effects and promoting wellness



Reducing risk

BCCT Cancer Summary Organization



Clinical practice guidelines



Examples of integrative approaches



Integrative approaches:



Treating the cancer



Managing side effects and promoting wellness



Reducing risk

BCCT Cancer Summary Organization

Natural products and ONCAs are grouped by levels of evidence:

1. Good clinical evidence of efficacy & safety, easy access
2. Good clinical evidence of efficacy & safety, limited access
3. Limited clinical evidence of efficacy but good safety, used in leading integrative programs
4. Limited clinical evidence of efficacy, or significant cautions, but potential significant benefit
5. Especially promising preclinical evidence of efficacy and safety
6. Evidence of no efficacy or may be dangerous

Laura Pole

Senior Researcher for BCCT

Oncology Clinical Nurse Specialist

Co-creator and co-coordinator of the Integrative Oncology Navigation Training at Smith Center for Healing and the Arts in Washington, DC

Palliative care educator and consultant

Health-supportive chef who co-developed and now coordinates and teaches Smith Center's "From Prescription to Plate: Culinary Translation in Cancer Care and Survivorship"



Navigating BCCT . . .



. . . To Help Your Patients
Navigate Integrative Cancer
Care

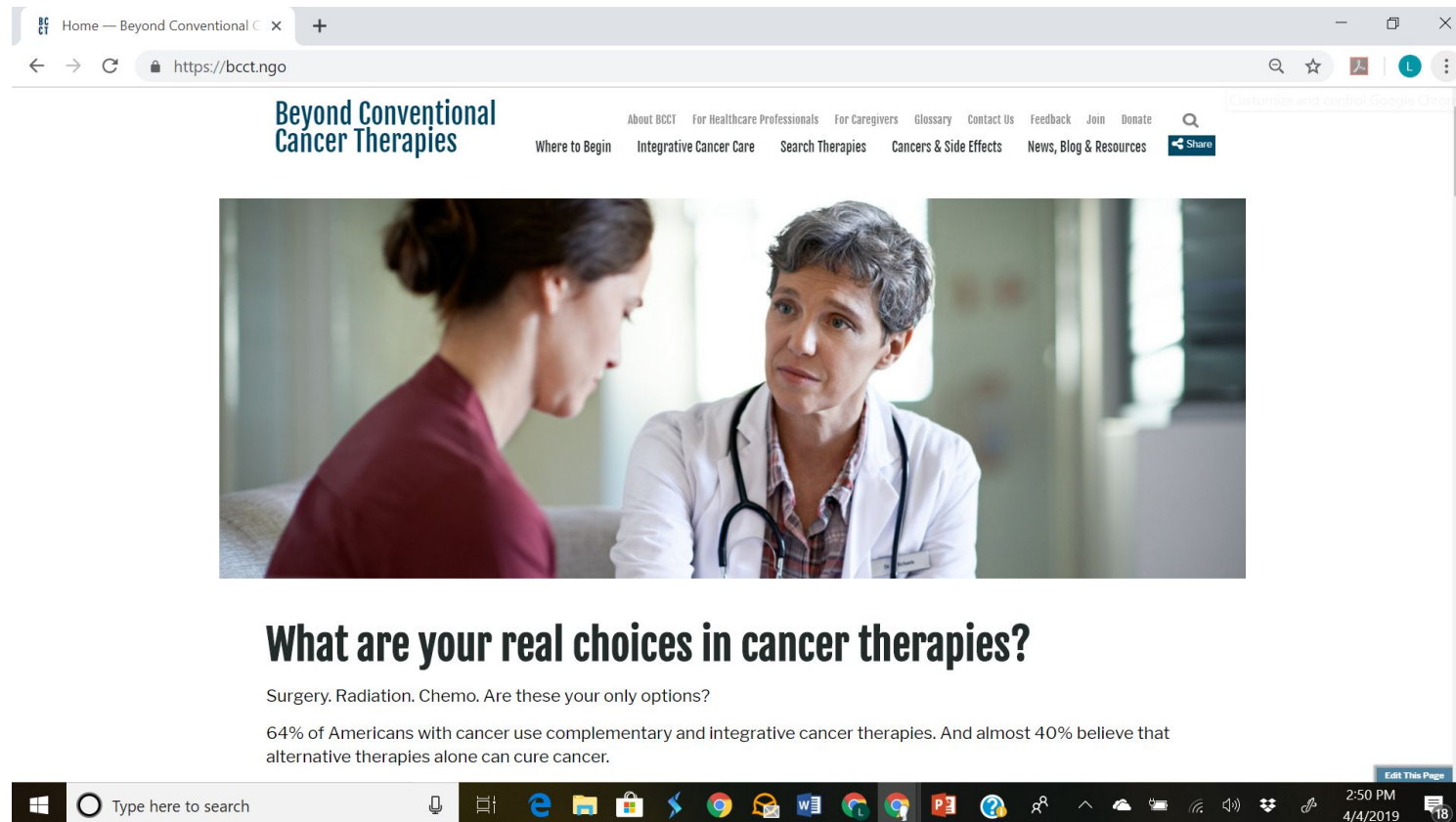


“Each of the 4 times I have received a cancer-related diagnosis, I felt like I had been drop-kicked into a foreign country: I didn’t know the language, I didn’t understand the culture, I didn’t have a map and I desperately wanted to find my way home.”

**– Jessie Gruman
President and Founder
Center for Advancing Health**

Let's Go Home

www.bcct.ngo

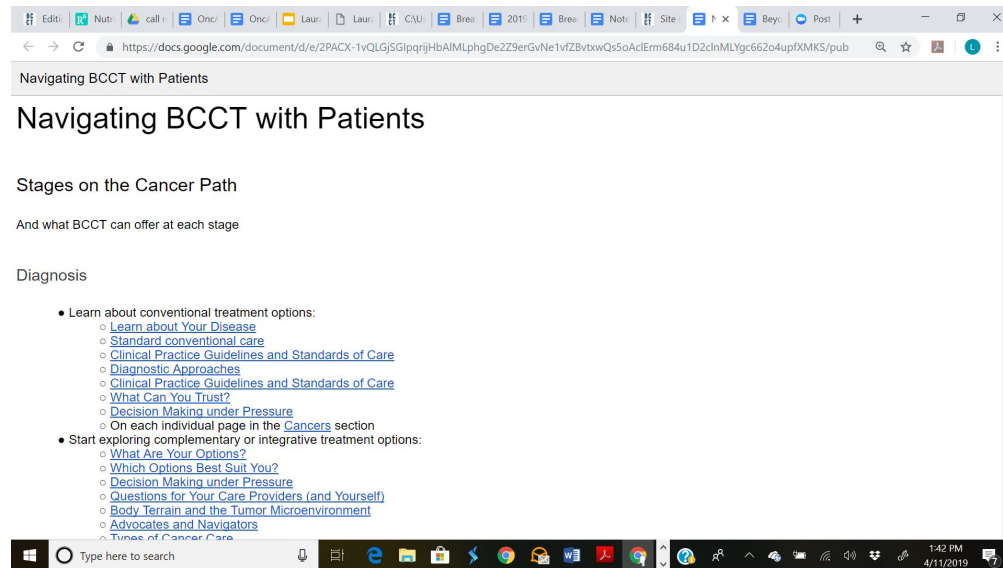


The screenshot shows a web browser window displaying the homepage of Beyond Conventional Cancer Therapies. The browser's address bar shows the URL <https://bcct.ngo>. The website's header features the logo "Beyond Conventional Cancer Therapies" on the left and a navigation menu on the right with links: "About BCCT", "For Healthcare Professionals", "For Caregivers", "Glossary", "Contact Us", "Feedback", "Join", "Donate", "Where to Begin", "Integrative Cancer Care", "Search Therapies", "Cancers & Side Effects", "News, Blog & Resources", and a "Share" button. Below the header is a large photograph of a female doctor in a white lab coat with a stethoscope around her neck, looking at a female patient in a maroon top. Underneath the photo is the main heading "What are your real choices in cancer therapies?" followed by the text: "Surgery. Radiation. Chemo. Are these your only options? 64% of Americans with cancer use complementary and integrative cancer therapies. And almost 40% believe that alternative therapies alone can cure cancer." The Windows taskbar at the bottom shows the search bar, several application icons, and the system tray with the date and time "2:50 PM 4/4/2019".

Tailoring the information to your patient



A guiding document



From Site Map and Overview page:

<https://bcct.ngo/where-to-begin/getting-started/site-map-and-overview>

or

Direct link to the document:

<https://docs.google.com/document/d/e/2PACX-1vQLGjSGlpqrijHbAIMLphgDe2Z9erGvNe1vfZBvtxwQs5oAclErm684u1D2cInMLYgc662o4upfXMKS/pub>



Let's explore using BCCT based on the person's stage on the cancer path

The Breast Cancer Summary

The screenshot displays a web browser window with the URL <https://bcct.ngo/cancers-and-symptoms/cancers/breast-cancer>. The website header features the logo "Beyond Conventional Cancer Therapies" and a navigation menu with links: "Where to Begin", "Integrative Cancer Care", "Search Therapies", "Cancers & Side Effects", and "News, Blog & Resources". A secondary menu includes "About BCCT", "For Healthcare Professionals", "For Caregivers", "Glossary", "Contact Us", "Feedback", "Join", and "Donate".

The main content area features a large photograph of a female doctor with curly hair, wearing a blue lab coat and a stethoscope, smiling and talking to an elderly female patient with short blonde hair. Below the photo is a breadcrumb trail: "Home > Cancers & Side Effects > Cancers > Breast Cancer".

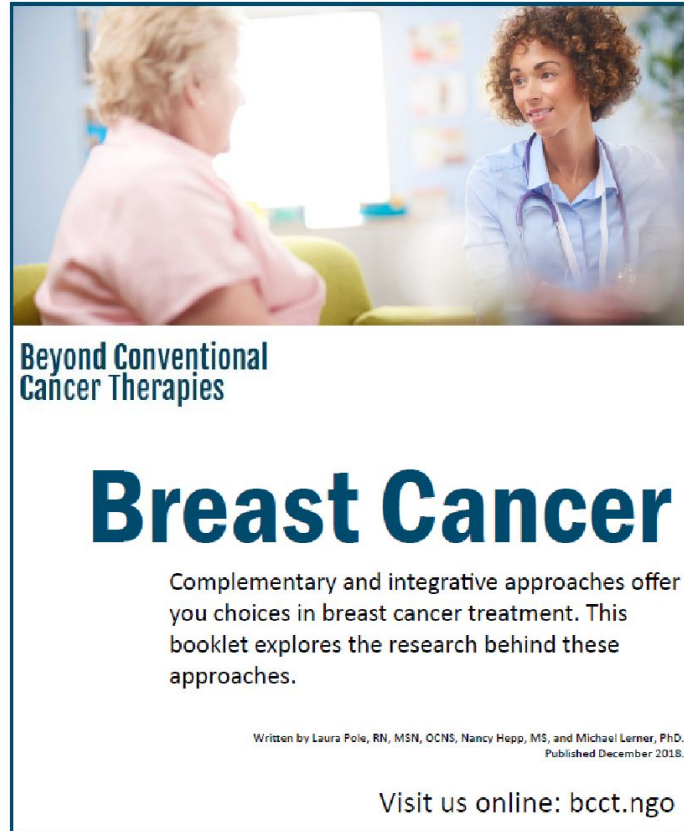
The page title is "Breast Cancer". Below the title is a row of icons representing various topics: Integrative Care, Guidelines, Examples, Integrative Therapies, Treatment, Wellness, Risk, Integrative Programs, Advice, Care of Your Heart, and Breast Reconstruction. There are also icons for a chat bubble and a document.

The Windows taskbar at the bottom shows the search bar with the text "Type here to search", the system clock displaying "3:36 PM 4/4/2019", and a notification icon with the number "18".

Something to show and tell. . .

Summary PDF's and Patient Education Brochures

<https://bcct.ngo/assets/documents/BreastCancer12-10-18.pdf>



[Breast Cancer Summary PDF](#)

Hot Off the Press!

Breast Cancer Quick Reference to Integrative Therapies

Editing: Canc x | Nutritional s x | call notes - C x | Breast Canc x | 2019-03-22 x | Breast Canc x | Notes from l x | Breast Canc x

https://bcct.ngo/cancers-and-symptoms/cancers/breast-cancer

Beyond Conventional Cancer Therapies

About BCCT For Healthcare Professionals For Caregivers Glossary Contact Us Feedback Join Donate

Where to Begin Integrative Cancer Care Search Therapies Cancers & Side Effects News, Blog & Resources

Print Share Top Home Cancers & Side Effects Cancers Breast Cancer

This 4U-page summary of science-informed integrative breast cancer care is designed to provide that informed guidance.

Integrative breast cancer care has a remarkable amount to offer you. It can add to your treatment, help with side effects, benefit your quality of life, help you get well again, and reduce your risk of recurrence. Psychologically and spiritually, it can have transformative effects.

Let's be clear: integrative cancer care means skillful choices in both conventional and complementary cancer therapies.

The very first step is deciding what your goals are. Your goals will guide you in choosing both conventional and complementary therapies. No matter what conventional therapies you choose, our 7 Healing Practices can be beneficial in many ways—physical, emotional, mental and spiritual. They are the foundation to strengthen you for rigorous conventional therapies, reduce side effects, build health and help reduce the risk of recurrence.

Beyond the 7 Healing Practices you will find many specific integrative therapies to explore. Don't let the number of choices deter you. We've arranged them in an easy order to consider, starting with those with the greatest safety, efficacy, and ease of access. Also, don't overlook our special category of Off-label, Overlooked or Novel Cancer Approaches (we call them ONCAs). They have a lot to offer even if lifestyle changes seem too hard at this point.

I've known quite a few 20-year survivors of metastatic breast cancer—and I have known hundreds of women who have far outlived a metastatic prognosis.

We hope to help you live as well as you can for as long as you can with the optimal combination of conventional and complementary therapies. We hope to help you find a way to integrate the therapies that serve you best. That is how the best integrative oncologists do it—and we wish the best for you. Take it slow. Start with the simple things, like our seven healing practices, and move slowly toward the more complex decisions.

Don't try to take all this in one bite. Take small bites, and come back as you are ready for more.

Not only will conventional treatment vary from one person to the next, but

Quick Reference

Open a 2-page quick reference summary of the therapies best supported by evidence for use with breast cancer:

Breast Cancer Quick Reference to Integrative Therapies

7 Healing Practices

Eating Well

- Eat a high-fiber, plant-based diet, such as the Mediterranean Diet (2019)
- Eat diverse vegetables
- Avoid eating sugar, especially DHA and DHA in fish, corn, soybean, and ethanol, eggs, and dairy foods
- Avoid eating processed meats, such as hot dogs, sausage, salami, and bacon
- Avoid eating refined grains, such as white bread, white rice, and white pasta
- Avoid eating trans fats, such as margarine, shortening, and fast-food fried foods
- Avoid eating alcohol
- Avoid eating high-fat, high-sodium, high-sugar, and high-calorie foods

Moving More

- Aim for 150 minutes of moderate-intensity aerobic activity per week, the equivalent of 3 hours of brisk walking (16)
- A supervised program may lead to higher fitness levels than self-directed programs

Managing Stress

- Mind-body approaches
- Mindfulness (17)
- Relaxation techniques (17)
- Tai Chi (18)
- Yoga (19)
- Meditation
- Exercise and techniques
- CBT (20)

Creating a Healing Environment

- Diet rights
- Sleep hygiene
- Limit chemical and radiation exposures

Sleeping Well

- Natural products
- Melatonin
- Prescription (21)
- Herbal
- Acupuncture
- Mind-body approaches
- Cognitive Behavioral Therapy Management (CBT-M) (22)
- Cognitive Behavioral Therapy for Insomnia (CBT-I) (23)
- Hypnosis
- Relaxation techniques (24)
- Yoga (25)
- Tai Chi (26)
- Meditation (27)
- Mindfulness (28)
- Mindfulness-based stress reduction (29)

Sharing Love and Support

- Support groups
- Supportive expressive therapy
- CBT with self-help (30)

Key Points

Blue icons beneath the page title are quick links to sections of this page.

Before investigating integrative care in breast cancer, we recommend reviewing

Edit This Page

Type here to search

11:56 AM 4/11/2019

Items marked (T) are noted as helpful for wellness during tamoxifen treatment. Therapies protective of cardiac tissue during treatment with Adriamycin/doxorubicin are marked (A) and Herceptin/trastuzumab are marked (H).

7 Healing Practices



Eating Well

- Low-fat, high-fiber, plant-based diet, such as the Mediterranean diet (T) (A) (H)
- Cruciferous vegetables
- Foods containing omega-3s, especially DHA and EPA (in fish, some seafood, and enhanced eggs and dairy foods)
- Foods containing carotenoids, such as beta-carotene (in sweet potatoes and carrots) and lycopene (in cooked tomatoes and watermelon)
- Green tea (T)
- Whole soy foods (tempeh, miso, edamame, tofu) (T)
- Flaxseed or flax oil

Sleeping Well

Natural products:

- Melatonin
- L-theanine (Suntheanine)
- Valerian
- 5-HTP
- Medical cannabis and cannabinoids

Mind-body approaches:

- Cognitive Behavioral Stress Management (CBSM) (A)
- Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Mindfulness meditation (T) (A)
- Tai chi (A)
- Qigong
- Stress reduction practices (A)
- Yoga meditation (A)
- Yoga (T) (A)

Body-Manipulative Therapies

- Acupuncture (T)

Moving More

- At least 10 MET-hours (metabolic equivalents hours) per week, the equivalent of 3 hours of brisk walking (A) (H)
- A supervised program may lead to higher fitness levels than a self-directed program

Managing Stress

Mind-body approaches:

- Meditation (T) (A)
- Relaxation techniques (T)
- Yoga (T) (A)
- Music therapy
- Tai Chi (A)
- Hypnosis
- Expressive art techniques
- CBT stress management (A)

Creating a Healing Environment

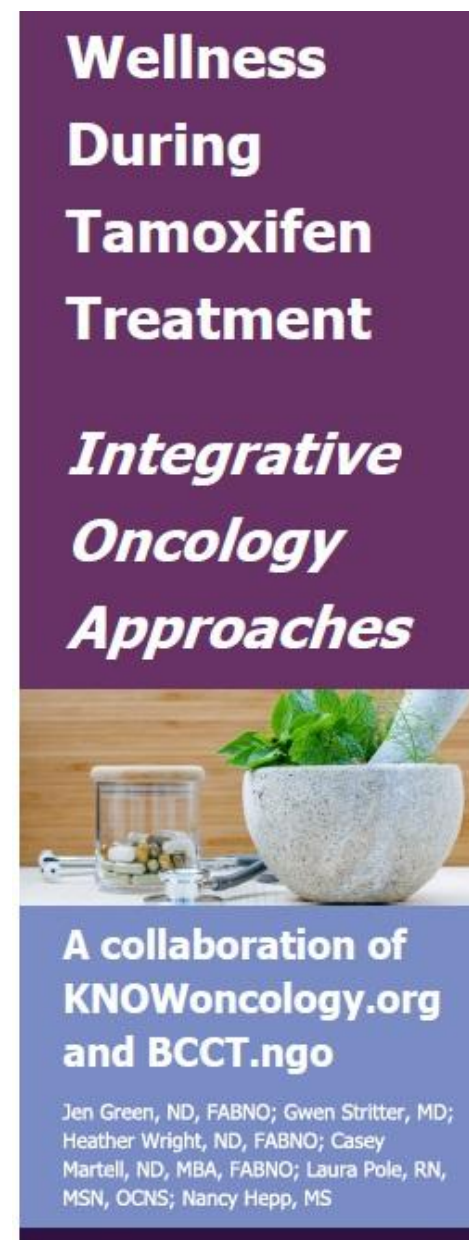
- Dark nights
- Bright mornings
- Limit chemical and radiation exposures

Sharing Love and Support

- Support groups
- Supportive-expressive therapy
- CBT social skills training

See BCCT.ngo for full details. Also see [Taking Care of Your Heart](#) section on the BCCT Breast Cancer summary and [Wellness during Tamoxifen Treatment](#)

Patient Ed Brochures: A Collaboration with KNOW Oncology



<https://www.bcct.ngo/assets/documents/tamoxifen-hyp-erlinks.pdf>

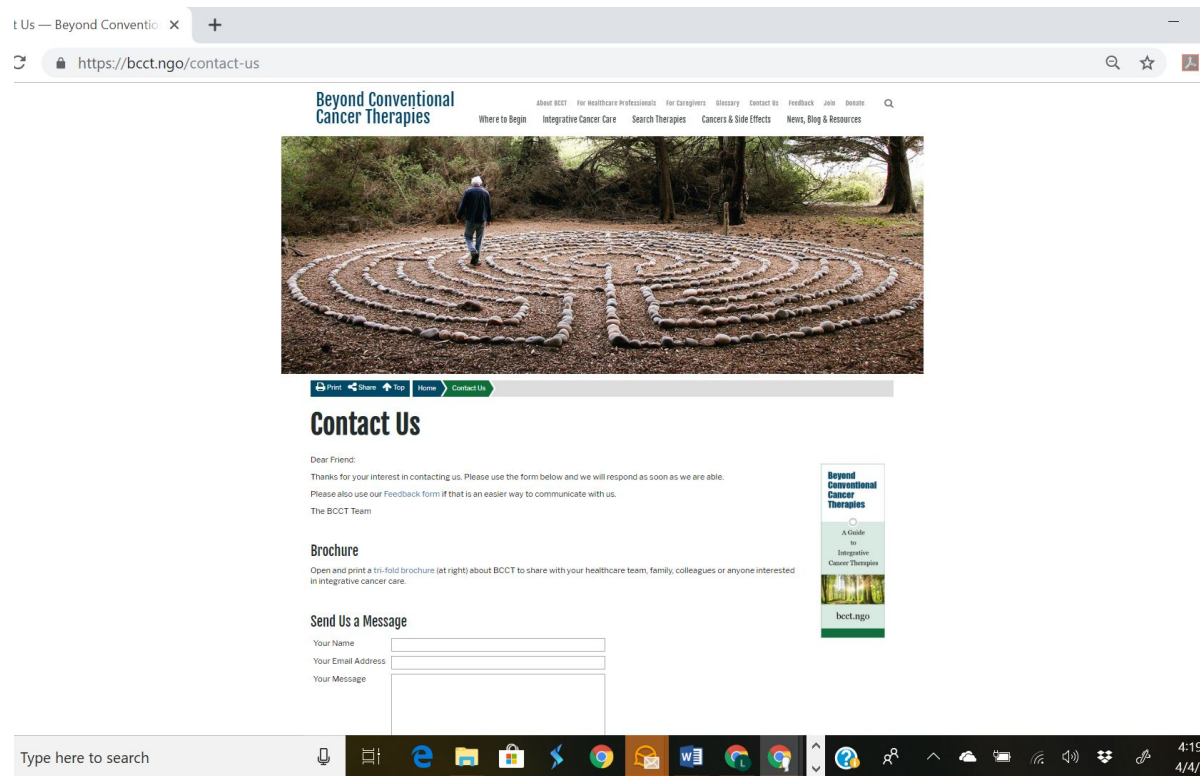
And there are more to come!

*Protecting Your Heart during
Adriamycin/Doxorubicin
Chemotherapy*

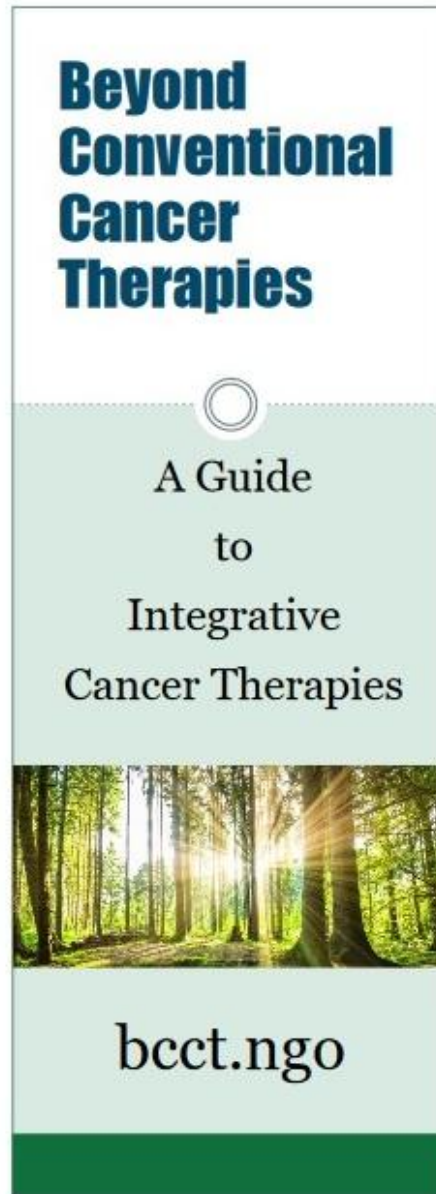
*Protecting Your Heart during
Herceptin/Trastuzumab,
Perjeta/Pertuzumab or
Kadcyla/Trastuzumab Emtansine*



Send your patient home with a BCCT brochure as well . . .



The screenshot shows a web browser window with the URL <https://bcct.ngo/contact-us>. The page header includes the BCCT logo and navigation links: "Where to Begin", "Integrative Cancer Care", "Search Therapies", "Cancers & Side Effects", "News, Blog & Resources", "About BCCT", "For Healthcare Professionals", "For Caregivers", "Glossary", "Contact Us", "Feedback", "Join", and "Donate". The main content area features a large image of a person walking through a stone maze in a wooded area. Below the image is a "Contact Us" section with a "Dear Friend:" greeting, a thank-you message, and a request to use the contact form. A "Brochure" section includes a small image of the brochure and text encouraging users to print and share it. At the bottom, there is a "Send Us a Message" form with input fields for "Your Name", "Your Email Address", and "Your Message". The Windows taskbar is visible at the bottom of the browser window.



The brochure cover features the title "Beyond Conventional Cancer Therapies" in a large, bold, blue font at the top. Below the title is a decorative circular graphic. The subtitle "A Guide to Integrative Cancer Therapies" is centered in a black serif font. The bottom half of the cover shows a photograph of a sunlit forest path. At the very bottom, the website address "bcct.ngo" is displayed in a black serif font against a light green background.

And sent us your feedback . . .

Feedback: Help Us Make BCCT Better

Friends:

Your comments and suggestions for improvements are critical to moving BCCT forward. We welcome your overall response to the site, your specific comments, your stories and experiences, and especially comments we can quote. We also welcome your recommendations on therapies or other subjects we have not covered. If you want to submit something to be considered for publication, we welcome draft therapy summaries and other content.

With gratitude,
Michael Lerner

What are Your Questions?



bcct.ngo

In summary

Patients want help in navigating integrative cancer care

Oncology Naturopaths want evidence-informed and evidence-based information to share with their patients.

Consider using BCCT as a trusted resource in “prescribing” information that will help patients wisely navigate Beyond Conventional Cancer Therapies

“When we are doing healing work, we honor something innate in the person—something which is sometimes deeply buried. The healing work is to bring that out into the light , into the day and allow it to do its work.”

—Rachel Remen

