

# **Integrative supportive approach to patients with breast cancer receiving adjuvant chemotherapy**

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In 2008, an Integrative Oncology Program (IOP), aiming to improve patients' quality of life during chemotherapy and advanced cancer, was launched within the Clalit Health Organization's (CHS) oncology service at the Lin Medical Center, Haifa, Israel. The IOP is based on a multi-disciplinary team that includes physicians and practitioners that are dual trained in conventional care (family medicine, psychotherapy, occupational therapy, physiotherapy, nutrition, etc) as well as complementary medicine (CM). The IOP team provides a wide spectrum of traditional and CM modalities which include nutritional counseling (diet and supplements), herbal medicine, mind-body and touch therapies, acupuncture, Anthroposophic medicine, homeopathy and spiritual care.

In the following lecture, we will present integrative oncology approach to provide patients with breast cancer an enhanced supportive and palliative care. Common concerns raised by patients with breast cancer include fatigue, pain, nausea and other gastro-intestinal symptoms, emotional and spiritual distress, chemotherapy-related neuropathy, dyspnea, sleep problems, loss of appetite, hematological side effects of treatments, and others. Rigorous documentation of diagnostic assessment and outcomes is provided by research based registry protocol. Following four years of intensive clinical activity, we conclude that CM integration can significantly improve patients' quality of life during chemotherapy and empower bio-psycho-social-spiritual supportive care for both patients and care givers.