

# Integrative Medicine

The UCSF Patient and Family Cancer Support Center is the hub of support, information and resources for people with cancer at the Helen Diller Family Comprehensive Cancer Center.

Learn more about UCSF's supportive care programs at

<https://cancer.ucsf.edu/support/crc/patientsupport-center>

The Cancer Support Center at Mission Bay is located at 1825 4th St., 1st Floor, Room M-1210.

The Cancer Support Center at Mt. Zion is located at 1600 Divisadero St., 1st Floor, Room B-101. The complete list of Patient Education Resource Pages is available to view at

<http://cancer.ucsf.edu/support/crc/patient-education-resources>

## UCSF Resources

UCSF Osher Center for Integrative Health

The Osher Center website has information about clinical services, free classes, educational materials, videos and more from UCSF's Center for Integrative Medicine.

Website: <https://osher.ucsf.edu> Phone Number: 415-353-7700

## Publications

National Cancer Institute:

“Talking about Complementary and Alternative Medicine with Health Care Providers: A Workbook and Tips” [https://cam.cancer.gov/health\\_information/talking\\_about\\_cam.htm](https://cam.cancer.gov/health_information/talking_about_cam.htm)

“Thinking about Complementary and Alternative Medicine”

<https://www.cancer.gov/about-cancer/treatment/cam>

“Research Highlights from NCI's Office of Complementary and Alternative Medicine”

[http://cam.cancer.gov/cam\\_at\\_nci/highlights.htm](http://cam.cancer.gov/cam_at_nci/highlights.htm)

NIH: National Library of Medicine

“Integrative Medicine in Cancer Survivors”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5708860>

American Cancer Society

“Complementary and Integrative Medicine” Website:

<https://www.cancer.org/treatment/treatments-and-side-effects/treatment-types/complementary-and-integrative-medicine.html>

WebMD: “What Is Integrative Medicine”

Website: <https://www.webmd.com/a-to-z-guides/integrative-medicine>

### **Organizations**

Beyond Conventional Cancer Therapies

BCCT explores the best complementary and integrative approaches to cancer.

Website: <https://bcct.ngo>

CanHEAL (Cancer Health Empowerment, Assistance, and Learning)

CanHEAL is a program of the University of Arizona Andrew Weil Center for Integrative Medicine. It houses a “toolkit” which organizes and links to resources from around the web related to all aspects of cancer and integrative medicine. (Note that in order to access this you need to create a free account). Website: <https://integrativemedicine.arizona.edu>

National Cancer Institute – Office of Cancer Complementary and Alternative Medicine

OCCAM is responsible for NCI’s research agenda in complementary and alternative medicine (CAM) as it relates to cancer. Website: <http://cam.cancer.gov>

Phone Number: 800-422-6237

National Center for Complementary and Integrative Health

NCCIH is part of the National Institutes of Health. They offer explanations of various complementary and integrative treatments, an A-Z topics list, and safety guidelines.

Website: <https://nccih.nih.gov> Phone Number: 888-644-6226

Society for Integrative Oncology

SIO advances evidence-based integrative healthcare to improve the lives of people living with cancer. Website: <https://integrativeonc.org> Phone Number: 518-694-5543

## **Healing Medications and Guided Imagery**

The Free Mindfulness Project

A collection of guided meditations gathered from a variety of sources.

Website: [www.freemindfulness.org](http://www.freemindfulness.org)

Health Journeys

An excellent series of healing guided imagery audios for a variety of health concerns. These are for sale, not for free. Website: [www.healthjourneys.com](http://www.healthjourneys.com)

Kaiser Permanente Health Podcasts

Meditation and guided imagery podcasts on Coping with Cancer, Chemotherapy, Radiation, and Surgery. Other podcasts are geared toward coping with emotions such as anger, grief, anxiety and stress. Click on the link below, or Google “Kaiser guided imagery podcasts.” Website:

<https://healthy.kaiserpermanente.org/health-wellness/podcasts>

University of Michigan Rogel Cancer Center – Guided Imagery Podcasts

Audio meditations for various cancer-related diagnoses and symptoms.

Website: [www.rogelcancercenter.org/podcasts/guided-imagery-podcasts](http://www.rogelcancercenter.org/podcasts/guided-imagery-podcasts)

## **Dr. Donald Abrams Recommended Books**

Books on Integrative Oncology:

Anti-Cancer: A New Way of Life by David Servan-Shreiber (2009)

Anti-Cancer Living by Lorenzo Cohen and Alison Jefferies (2018)

Cancer as a Wake-Up Call by M. Laura Nasi (2018)

The Definitive Guide to Cancer by Lise N. Alschuler & Karolyn A. Gazella (2010)

Foods to Fight Cancer by Richard Beliveau (2017)

Integrative Oncology by Donald Abrams & Andrew Weil (2014)

Books on Nutrition and Cancer:

The Cancer Fighting Kitchen by Rebecca Katz and Mat Edelson (2017)

Clean Soups by Rebecca Katz and Mat Edelson (2016)

Forks Over Knives—The Cookbook by Del Sroufe (2012)

The How Not to Die Cookbook by Michael Greger (2017)

Healthful Indian Flavors by Alamelu Vairavan (2016)

Nourishing Connections by Cathryn Couch & JoEllen DeNicola (2012)

Zest for Life: The Mediterranean Anti-Cancer Diet by Conner Middelmann-Whitney (2011)

Other Books:

Enjoy Every Sandwich: Living Each Day as If It Were Your Last by Lee Lipsenthal (2011)

Leaves Falling Gently by Susan Dauer-Wu (2011)

Marijuana Gateway to Health by Clint Werner (2011)

Breast Cancer:

Whole-Food Guide for Breast Cancer Survivors by Ed Bauman and Helayne Waldman (2012)

Prostate Cancer:

The Key to Prostate Cancer by Mark Scholz (2018)

Thrive Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer by Geo Espinosa (2016)