

Cancer Therapy

Are you making the right choices?

There's more to cancer care than ridding the body of cancer cells. Equally important is the goal of maintaining quality of life while undergoing treatment. Staying strong enough to fight the disease and maintain work and family routines during treatment should be part of any cancer care program. That's why patients should be offered integrative therapies to supplement conventional surgical, radiation and chemotherapy treatments.

Know **your options.**

Every cancer is different, as is every cancer patient. Both traditional and integrative oncology therapies should be customized for every treatment plan. It's important to work with a knowledgeable oncology team to understand your options, how they work, and whether they're offered at your treatment center.

What exactly is **integrative care?**

Treatments for cancer typically consist of some combination of surgery, chemotherapy and radiation. The combination of these options with therapies designed to maintain quality of life is known as an *integrative* approach to cancer care. Therapies to improve energy, maintain the immune system, manage fatigue and guard against malnutrition are all critical. The more therapeutic choices you have, the better you'll be able to customize a treatment plan that's right for you. Integrative therapies may include nutritional counseling, naturopathic medicine, physical therapy, chiropractic care, acupuncture, mind-body therapy, meditation and spiritual support.

The importance of **nutrition.**

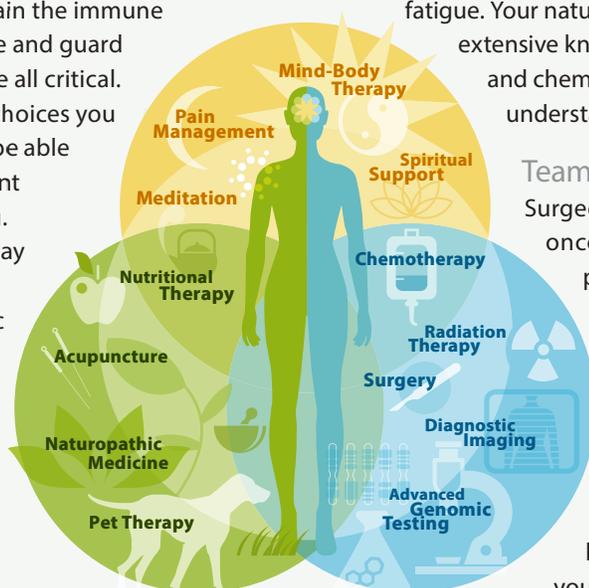
Fully eight out of ten cancer patients show symptoms of malnutrition. This can compromise the function of the immune system and weaken the patient. Nutritional therapy is therefore crucial for restoring digestive health and helping you stay strong to maintain your prescribed cancer treatment plan.

Naturopathic **medicine.**

Naturopathic care should also be considered — therapies that help manage symptoms and encourage healing. Naturopathic clinicians address a variety of conditions associated with cancer including digestive issues, nerve damage, respiratory conditions and cancer-related fatigue. Your naturopathic clinician should have extensive knowledge of radiation therapy and chemotherapy, plus a comprehensive understanding of your treatment plan.

Team **work.**

Surgeons, doctors, clinicians and other oncology professionals should all be part of your *care team*. It's also helpful if all your team members are located in the same hospital to facilitate collaboration and speed of care. Having your care team all under one roof allows you to schedule all your appointments at one time, which reduces wait time between appointments and allows you to focus on your treatment.



The benefits of

INTEGRATIVE CARE



Maintains the immune system, which can be compromised by cancer treatment



Prevents malnutrition that could weaken a patient



Manages fatigue and pain that can accompany cancer treatment



Lessens stress, anxiety and depression that can accompany cancer diagnosis

Cancer Treatment Centers of America® (CTCA) is a national network of five hospitals in the U.S. with expertise in treating patients who are fighting complex or advanced-stage cancer, although many patients with an early-stage diagnosis seek our expertise as well. We combine world-class treatment with an integrative approach to care to reduce side effects and maintain quality of life during cancer treatment. If you or someone you love has complex or advanced-stage cancer, call **855-587-5528** or go to **cancercenter.com**.

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