

Naturopathic and Integrative Oncology

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Dr. Deirdre Orceyre

Who Am I?

- ★ Naturopathic physician and licensed practitioner of Chinese medicine
 - 6 years of naturopathic & Chinese medical school
 - 2 years naturopathic residency
- ★ Trained in primary care
 - Laboratory diagnosis, Physical exam
 - Prescription drugs, Minor surgery
- ★ General practitioner of holistic medicine
 - Nutrition, lifestyle, botanicals, homeopathy, supplements, flower essences, manipulation, exercise, acupuncture
- ★ Specialization in naturopathic integrative oncology (OncANP, SIO)
- ★ Over 10 years in clinical practice working with all types, all stages of cancer patients
- ★ 10 years at the GW Breast Center
- ★ Adjunct faculty at Georgetown University



Naturopathic and Integrative Oncology

No Financial Disclosures

Naturopathic and Integrative Oncology

Tonight's Agenda

- Philosophy
- Definitions
- Treatments
- Resources
- Questions

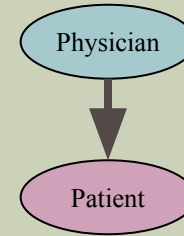
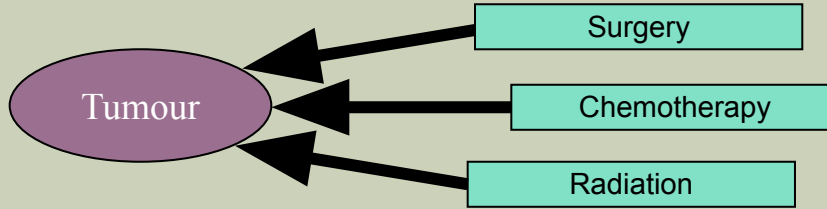
Philosophy

Patient Centered Care

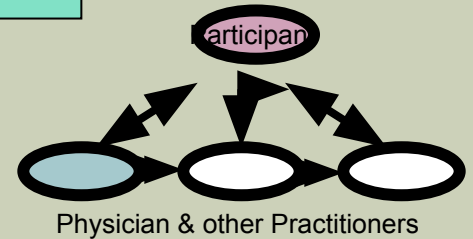
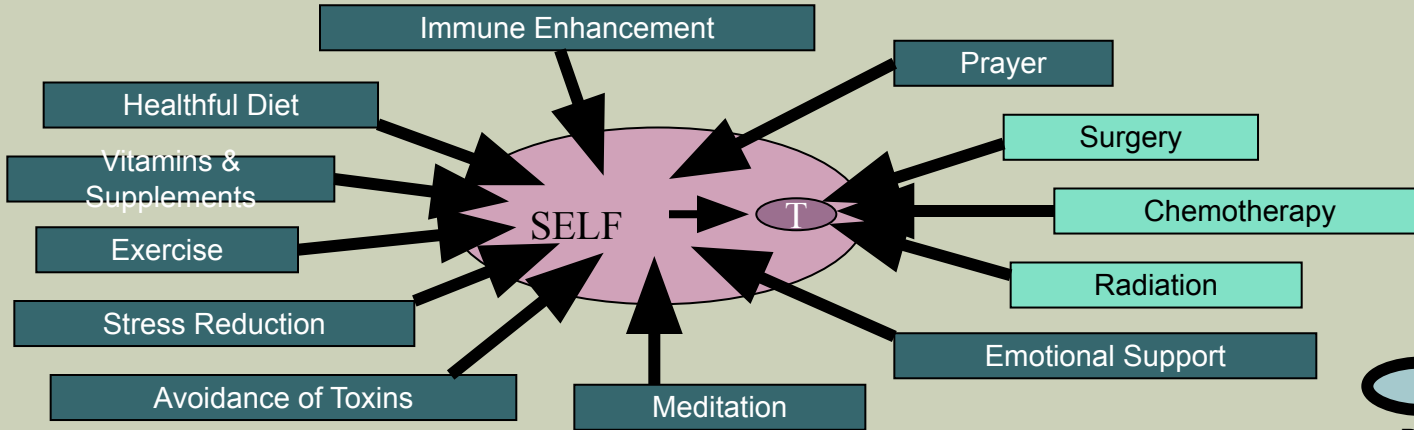
- Patient centered care - **you are in the center** of all providers (this is far from perfect in our system)
- **Individualized** treatment - what YOU need, different from anyone else (your habits, your strengths, your challenges, your unique needs)
- **Whole person** focus - not splitting you into pieces, including mind-body-spirit



Tumour Based Model



Person Based Model



Source - Dr. Neil McKinney
<http://vitalvictoria.ca/>

Paradigm Shift

Old model - disease as enemy, “war”

New model - body as friend with wisdom



Healthy Terrain



Foundations of Healing

Modified Maslow's Hierarchy

Conventional Medical Therapies

Complementary Therapies

Botanicals, Vitamins and Supplements

Sleep, Rest and Relaxation

Exercise

Healthful Water

Healthful Diet

Avoidance of Physical Toxins

Stress Reduction

Emotional Connection with Others

Mind-Body Awareness

Personal Autonomy

Spiritual Connection

Hope

Will to Live



Beware of “Green Allopathy”

Definitions

NEW TERM - Naturopathic Medicine



- A distinct primary health care profession emphasizing education, prevention, treatment and optimal health of mind, body and spirit.
- NDs provide evidence-informed natural and supportive therapies which complement standard of care medicine.
- Therapeutic care varies by state and territory and may include acupuncture, botanical medicine, physical medicine, clinical nutrition, homeopathy, lifestyle counseling, intravenous therapies and/or prescription drugs.

NEW TERM - Naturopathic Medicine

Naturopathic Medicine Provides Whole Person Care

- Naturopathic medicine includes the following concepts:
 - **State of health is inseparable from body, mind, spirit & environment.**
 - The body has an **inherent ability to heal** itself (vital force).
 - **Lifestyle** factors contribute to health and illness.
 - Every **individual** is biochemically unique.
- NDs take time to listen and engage with patients.
- Patients are educated to take an active role in their healing process.
 - "Self-care" through lifestyle based interventions is encouraged.

Naturopathic Philosophy

- **The Healing Power of Nature**

(vis medicatrix naturae)

- **Identify and Treat the Cause**

(tolle causam)

- **First Do No Harm**

(primum no nocere)

- **Treat the Whole Person**

(in perturbato animo sicut in corpore sanitas esse non potest)

- **Physician As Teacher**

(docere)

- ***Prevention***

(principiis obsta: sero medicina curatur)

NEW TERM - Naturopathic Medicine Education and Training of Naturopathic Doctors

- A Naturopathic medicine degree requires:
 - 4 years pre-medical undergraduate studies.
 - 4-5 years professional studies at federally recognized and regionally accredited Naturopathic Medical School.
 - Clinical training and Naturopathic Physicians Licensing examinations.
 - Post graduate residency programs available.
 - Doctoral degree confers Naturopathic Doctor or “ND” designation.

NEW TERM - Naturopathic Medicine

What Happens in a Typical ND Visit

Initial consultation:

- varies in length among practitioners and may be up to 90 minutes.
- includes medical history, review of previous laboratory, pathology and imaging reports, and patient assessment. Indicated lab tests may be ordered.
- **Treatment plan** is personalized may consist of nutritional guidance, vitamins and herbs, recommendations for therapeutic lifestyle changes
- May include referrals to other providers.

Follow-up visits: Patients typically return for 30-60 minute visits as needed.

NEW TERM - Naturopathic Medicine

What Happens in a Typical ND Visit (cont'd)

- NDs **answer questions** about natural therapies, discuss patients' goals and **provide education** about conventional and natural treatments.
- Naturopathic consults include **review and assessment** of:
 - Terrain: inflammation, digestion, elimination, nutritional status, blood sugar control, stress, fitness, sleep, immune function, risk factors, mental emotional status, and disease status.
 - Current records: labs, imaging, surgical, radiation and medical oncology reports.
 - Prescription medications & supplements in use: to **avoid possible interactions** with any natural health product & ensure safety.

New Term - Integrative Medicine (IM)

Multiple meanings

- New term for CAM, different but includes CAM
 - Integrating **conventional and CAM** therapies
 - Integrating **different complementary therapies**
 - Integrating the **whole person**
 - All providers **integrating care** together (an ideal!!)

What are Naturopathic and Integrative Oncology?

- **Naturopathic Oncology** is the application of the art and science of Naturopathic medicine to the field of cancer care and treatment.
- **Integrative Oncology** is a combination of conventional cancer treatment with natural and supportive therapies
- **Both Naturopathic and Integrative Oncology**
 - Are a collaboration between multi-disciplinary health care providers to best support optimal health: physically, mentally and emotionally at diagnosis, during active treatment and post-treatment
 - Advise on safe, effective use of natural and supportive therapies combined with conventional treatment
- Surveys estimate that **greater than 80%** of people with cancer use natural medicine.

Goals of Naturopathic & Integrative Oncology

- **Improve lingering side effects** of conventional oncology treatment
 - Fatigue
 - Neuropathy
 - Hot flashes
 - Insomnia
 - Digestive effects
 - Anxiety/worry
 - Surgical site pain, scarring or other difficulty



*Cancer patients are particularly vulnerable to
false claims of natural cancer cures*

*Patients often get their information from
health food store clerks and
well-meaning friends and family*

Goals of Naturopathic & Integrative Oncology

- Make sure there are **no interactions** with any prescribed medications
- Strengthen **secondary prevention** (prevent recurrence), support immune system
- Prevention of other diseases
- **Guidance** on what you hear/read about different supplements, diets, etc
- Long-term **wellness** optimization, improve quality of life

Goals of Naturopathic & Integrative Oncology

Creating a **SAFE STRONG INTEGRATED PLAN**
using safe, effective integrative therapies



Photo Credit: <http://www.warrickandboyn.com>

Naturopathic and Integrative Oncology

- **Supporting conventional care**
(surgery, chemo, radiation, hormonal treatments, targeted therapies, immunotherapy)
 - Before treatment
 - During treatment
 - After treatment
- **Providing support for the body's terrain**
 - Gastrointestinal system (digestion, absorption, elimination, GALT)
 - Immune system
 - Detoxification & elimination of toxins (liver, colon, skin, lungs, kidneys, intracellular, lymphatic)
 - Hormonal balance and elimination
 - Nervous system (mood, cognition, fight/flight, mind-body)
- **Adjunctive natural anti-tumor agents**

Treatments

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Supporting Conventional Care

- **Surgery**

- Eliminating any supplements that may interfere with anesthesia or affect clotting/bleeding (eg St. John's Wort, high dose fish oil or garlic or vitamin C)
- Supporting body's healing capacity – protein, bromelain, zinc, probiotics, multivitamin, homeopathics (eg arnica)

- **Radiation**

- Supportive care for side effects – fatigue (American ginseng), anorexia, burns (aloe), cardiomyopathy (CoQ10, L-carnitine)
- Making sure evidence indicates safety for concurrent use of supplement recommendations during radiation

Supporting Conventional Care

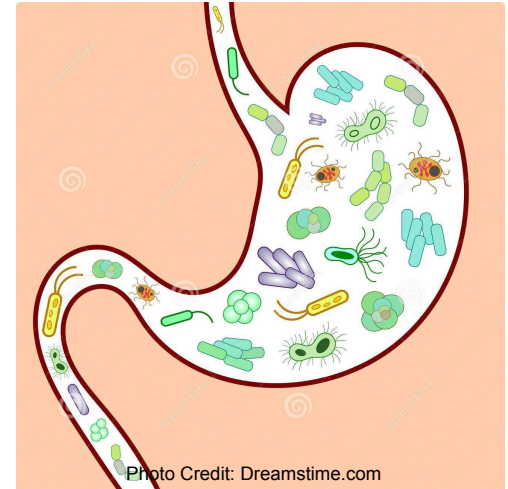
- **Chemotherapy/radiation/hormone txs/small molecule/immunotherapy**
 - Supportive care for side effects – fatigue (American ginseng, mushrooms), anorexia, reflux, constipation, anemia/leukopenia, neuropathy (fish oil, acupuncture), cardiomyopathy
 - Making sure evidence indicates safety for concurrent use of supplement recommendations during specific treatments

FISH OIL

- Anti-inflammatory, good for nerves, brain, joints, cardiovascular health, insulin/diabetes
- Broad anti-cancer effects in the body
- Some evidence for hot flashes, joint pain
- Fish oil is most effective form of omega 3
- Poor conversion of plant based omega 3(ALA) to EPA and DHA. Cortisol is inhibitory to necessary enzymes of conversion.
- Rx: 3 grams daily (EPA+DHA)
- Caution: quality (checked for mercury) and overharvesting concerns

PROBIOTICS

- Allow proper nutrient conversion and assimilation in the gut
- Avoid opportunistic infection
- Decrease inflammatory processes
- Improve NK cell function
- Restore healthy flora post chemo and radiation
- Rx: individual
- Tremendous research emerging on the microbiome and immune system



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Naturopathic and Integrative Oncology

- Diet
 - Treatment vs non-treatment
 - BEST PREVENTION
 - Weight loss - good vs bad
 - BMI - calculate BMR and caloric intake, reduce by 10%, divide into 3 portions - br/lu/din, dinner never more than $\frac{1}{3}$ total caloric intake, at least 2h prior to sleep
 - Vegetables - 7-10 servings/d minimum, all the colors

Naturopathic and Integrative Oncology

- Diet
 - Sugar
 - Sensitivities - gluten, dairy
 - Red meat
 - Ketogenic/caloric-restricted ketogenic
 - Intermittent fasting (chemo or regular)
 - Fasting and fasting-mimicking

Naturopathic and Integrative Oncology

- **Exercise - BEST PREVENTION**
 - 20m 5x/wk minimum
 - More robust is stronger protection
 - Careful DURING treatment
 - Adrenal vs thyroid
- **Lifestyle**
 - No smoking, exposure to toxins
 - Routine, adequate and regular sleep
 - Mind-body techniques
 - Time outside, sunshine

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Supplements

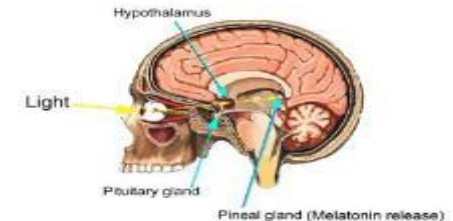
- What the heck are supplements?
 - Vitamins, Minerals, Herbs/Botanicals, Phytochemicals
- Recommendations -
 - Should be recommended with a **particular purpose** (Not ALL anti-cancer/immune support, should be individualized)
 - Should **utilize testing** when possible (eg Vitamin D3)
 - Try to use **broadly acting** (covers more than one concern)
- Quality
 - Good brand (safe, uncontaminated)
 - Good form of the supplement
 - Correct dosing (often dosing is too low)



Adjunctive Natural Anti-Tumor Agents

Strong, proven benefit

- Melatonin
- Vitamin D
- Curcumin/turmeric
- Mushrooms - hot water extracts of reishi, maitake, coriolus
- Green tea polyphenols (EGCG)
- High-dose intravenous vitamin C
- Vitamin K2



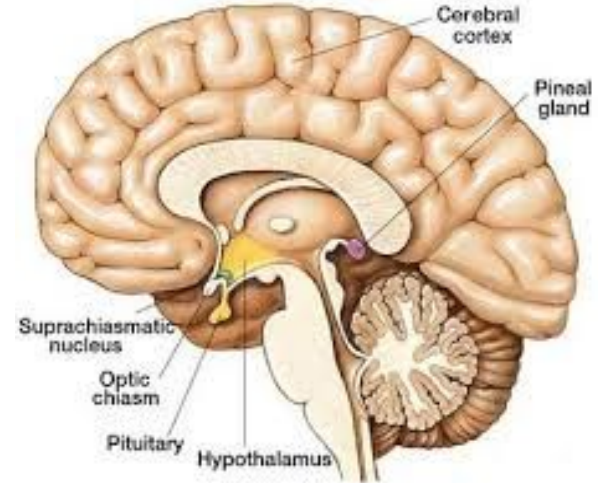
MELATONIN

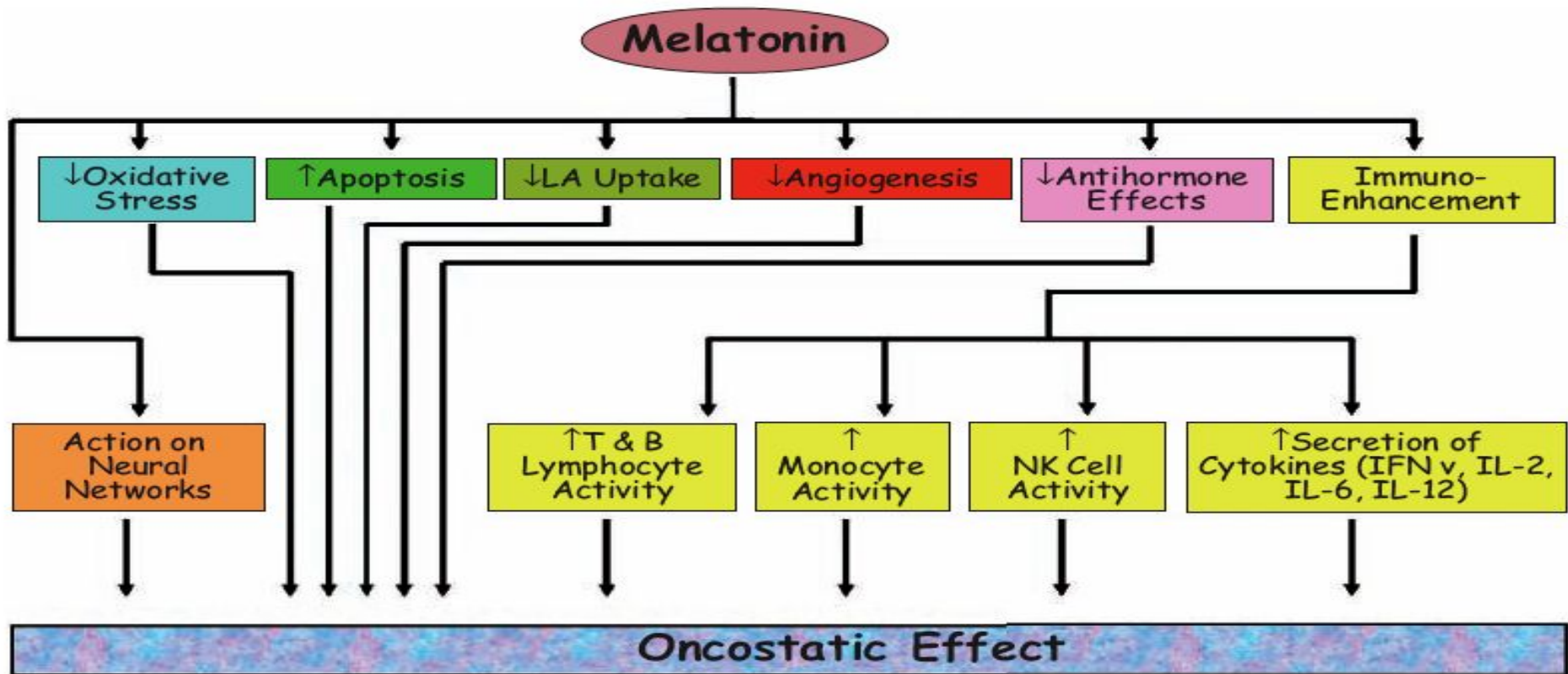
Potential effect for

- Hot flashes
- Anxiety
- GERD
- Sleep
- Recurrence prevention

Relationship to the immune system

Rx: Individual 1-20mg nightly



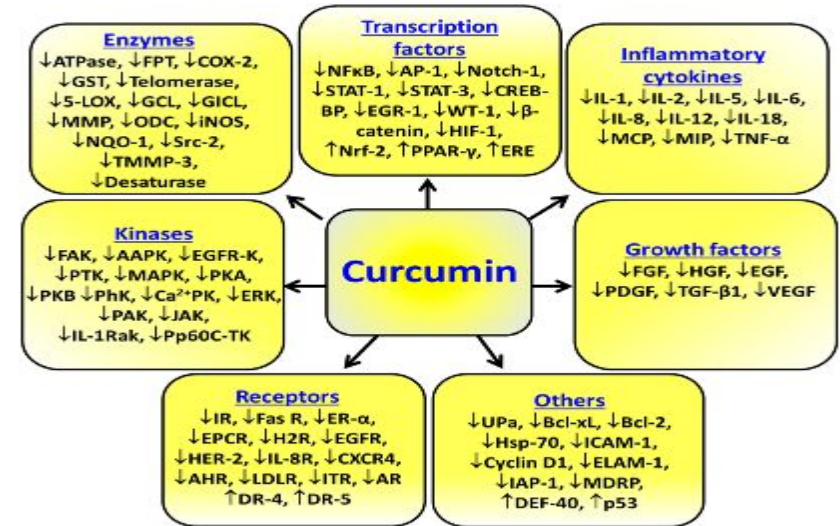
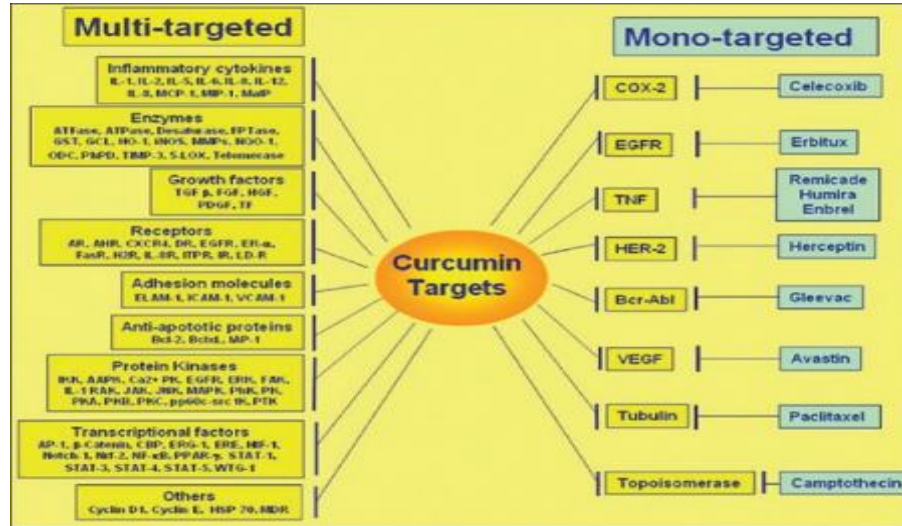


VITAMIN D

- Inhibits inflammatory cytokines
Decrease TNF, IL6, CRP
- Bone health (along with important nutrients - vitamin K, silica, boron, strontium)
- Some evidence for depression, cognition (brain fog), low levels may be more prevalent in cancer patients
- Optimal may be different than the reference range, deficiencies should be corrected
- My clinical experience shows reduced joint pain, hot flashes, depression, anxiety
- Rx: Ideal blood levels 45-65ng/mL
- Caution: sarcoidosis, renal calculi

Cancer Letters 319 (2012) 8–22. Hematology 16:5 (2011) 278-283.

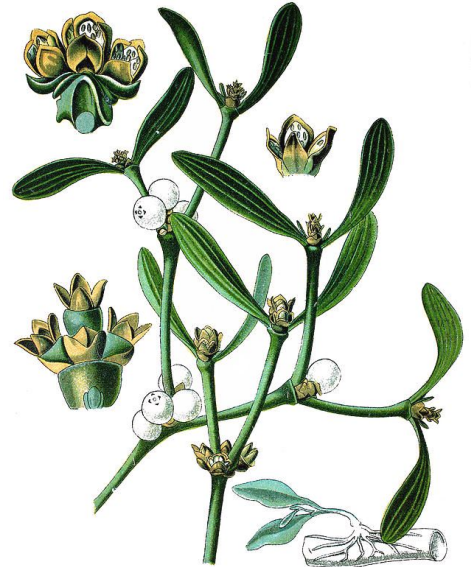
Curcumin



Adjunctive Natural Anti-Tumor Agents

Anecdotal benefit, limited studies

- Mistletoe - subcutaneous
- Mistletoe - intravenous
- Vitamin C - intravenous, high dose
- Low-dose naltrexone - off-label
- Metformin - off-label



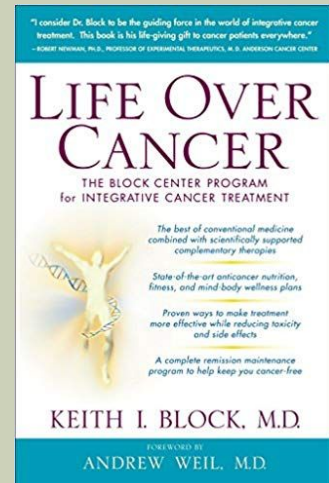
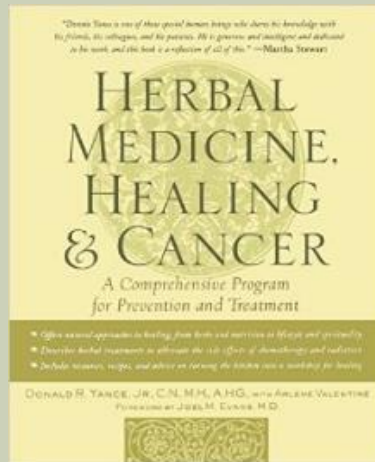
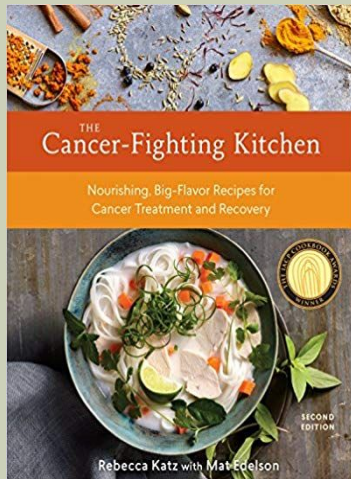
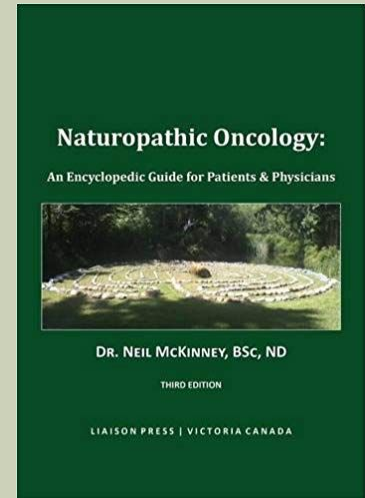
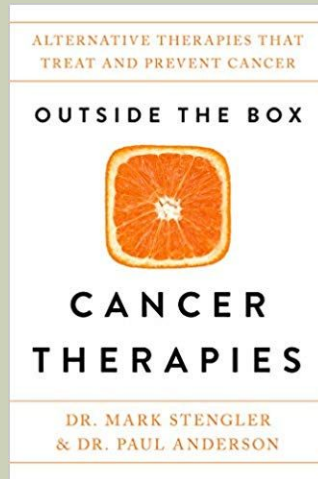
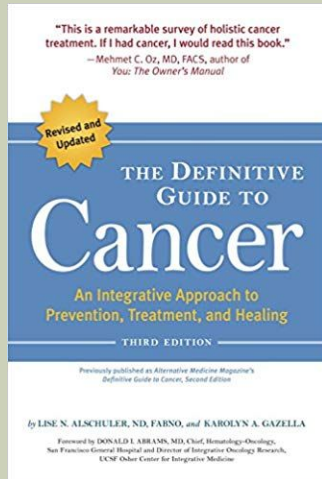
Other useful topics to know about

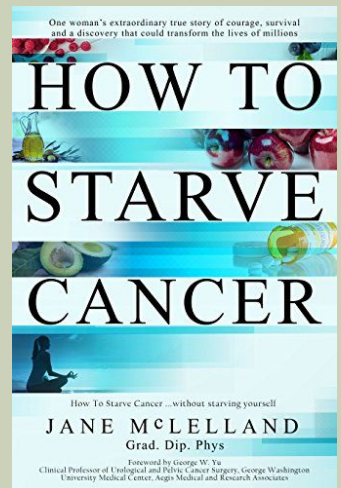
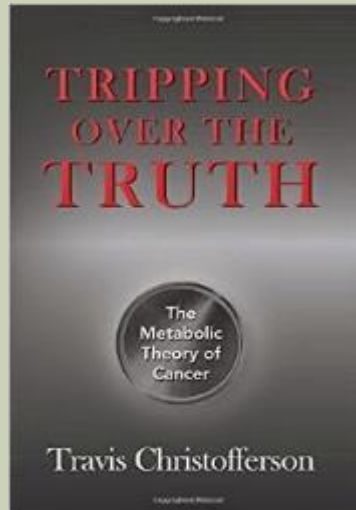
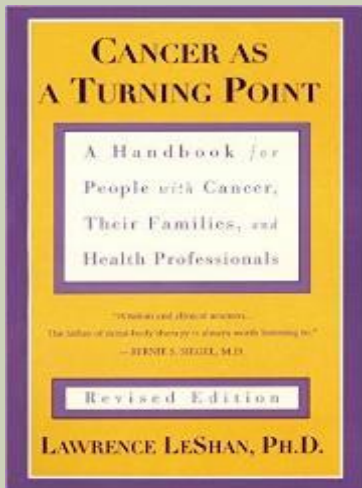
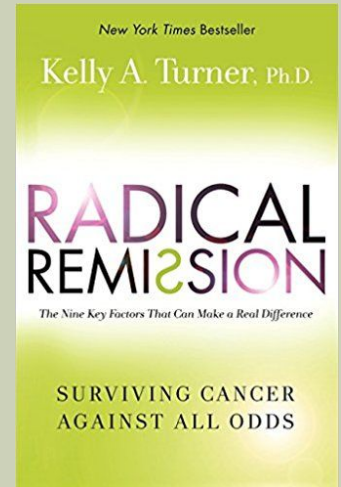
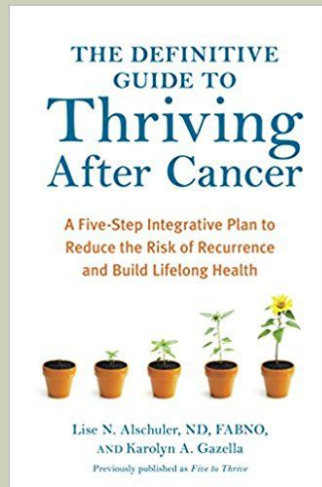
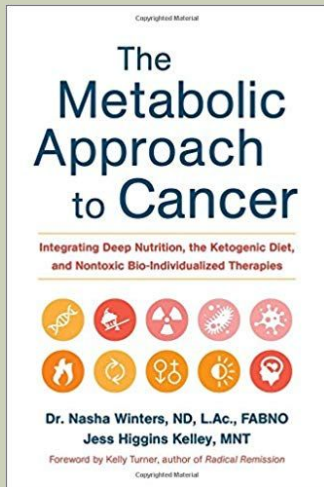
- Metronomic chemotherapy
- Proton-beam radiation
- Interventional radiation oncologists
- Tumor marker testing
- Circulating tumor cell testing
- Immunotherapy pathology testing on tumor
- Off-label drug protocols

Survivorship (briefly!)

- After conventional treatment –
 - SURVIVORSHIP
 - Symptom management – eg menopausal symptoms, digestive disruption from abdominal surgery, lymphedema post-surgery
 - Recurrence prevention
 - Working to optimize terrain
 - Psycho-emotional support – fear, anxiety often develop AFTER treatment is complete
 - Monitoring - mammogram, colonoscopy, DEXA, PSA, etc

Resources







- Oncology Assn of Naturopathic Physicians (OncANP) - www.OncANP.org
- Society for Integrative Oncology (SIO) - www.integrativeonc.org



Online Resources

- NCCAM at NIH: basic CAM Information: www.NCCAM.NIH.GOV
- Medline: Free journal articles search tool: www.ncbi.nlm.nih.gov
- Memorial Sloan-Kettering Cancer Center Supplements database: www.mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products
- [CanHEAL Toolkit for Cancer Care](#) (Weil Center for Integr. Med.)
- Consortium of Academic Health Centers for Integrative Medicine: www.imconsortium.org
- NCI subsection on CAM: www.cancer.gov/cancertopics/pdq/cam

Questions

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THANK YOU

