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Integrative Oncology (Complementary Therapies)

What is Integrative Oncology?

Integrative Oncology is a patient-centred, evidence-informed field of cancer care that uses complementary therapies like mind and body practices, natural products, and/or lifestyle changes along with regular cancer treatments.

Integrative oncology aims to improve health, quality of life, and treatment results and supports people to take an active role in their care before, during, and after their cancer treatment.

Psychological	Physical	Nutritional
Art and music therapy	Acupuncture	Herbal products
Breathing and relaxation techniques	Exercise	Nutrition counselling
Hypnosis	Heat/cold therapy	Pre/Probiotics
Meditation	Massage therapy	Supplements (vitamins, minerals)
Mindfulness and spiritual practices	Yoga/Tai Chi/Qigong	

Does my healthcare team need to know if I am using or plan to use complementary therapies?

Yes. Always tell your cancer care team about any complementary therapies you are using, and natural products you are taking, as these can affect how your cancer treatment works. Your care team needs to know to keep you safe, and they may need to adjust different factors with your treatment.

For more information, visit the ACTION (Alberta Complementary Therapy and Integrative Oncology) Centre website at www.action-centre.ca.

The ACTION Centre promotes and facilitates evidence-based integrative oncology care throughout Alberta.

It has resources on nutrition classes, exercise, yoga and mindfulness programs, integrative oncology video series, and other evidence-based resources.

You can also find more links to resources on the next 3 pages:

General information:

Find out more general information about what Integrative Oncology and Complementary Therapy look like around the world by typing or clicking the links below. These resources will give you more information about what complementary therapies can help with, questions to ask yourself and your healthcare team before trying a new complementary therapy, and examples of therapies you can try.

My Health Alberta Complementary Therapy: bit.ly/MHAComplementary (ALBERTA)

Canadian Cancer Society Complementary Therapy: bit.ly/CCSComplementaryTherapy (CANADA)

Complementary and Alternative Medicine for Cancer (CAM Cancer): cam-cancer.org (NORWAY)

Anticancer Lifestyle: anticancerlifestyle.org (USA)

Cancer Choices - 7 Lifestyle Practices in Cancer Care: bit.ly/cchoices7 (USA)

National Center for Complementary and Integrative Health - What you Need to Know: bit.ly/nccihinfo (USA)

Society for Integrative Oncology - Taking Care of the Whole You E-Book: bit.ly/siobook (USA)



Please note:
bit.ly links are case sensitive

Medications/supplements:

Some supplements can help with side effects during and after your cancer treatment. Always talk to your healthcare provider before starting any new medication or supplement, especially if you are on treatment. Click or type the links below to find advice on medications, herbs and supplements.

AHS Poison & Drug Information Service Medication & Herbal Advice: bit.ly/PADIS-AHS (ALBERTA)

CCA – Medical Cannabis and Cancer: bit.ly/ccaMedCannabis (ALBERTA)

BC Cancer – Complementary & Alternative Therapies: bit.ly/BCComplementaryTherapy (CANADA)

Medline Plus – Herbs and Supplements: bit.ly/Medline-Herbs (USA)

Memorial Sloan Kettering Cancer Centre Information about Herbs, Botanicals & Other Products: bit.ly/HerbsandProducts (USA)

Nutrition:

Nutrition is a very important tool that can help you reduce your risk of cancer, help you keep your strength during treatment, and help you recover after treatment. Click or type the links below to find cancer-related workshops, classes and videos in Alberta, as well as tips and recipes to help you eat well before, during and after your treatment.

[AHS Nutrition Workshops \(choose “Cancer” and filter\): ahs.ca/nutritionworkshops](https://ahs.ca/nutritionworkshops) (ALBERTA)

[AHS Nutrition – Adding Calories and Protein: bit.ly/adding-calories-protein](https://bit.ly/adding-calories-protein) (ALBERTA)

[World Cancer Research Fund – Eating Well: wcrf.org/living-well/eating-well](https://wcrf.org/living-well/eating-well) (UK)

Physical activity:

Exercise before, during and after cancer treatment is strongly linked to improving your quality of life. It can help improve anxiety and depression symptoms, energy levels, and it can help you tolerate cancer treatment better. Click or type the links below to learn more about the benefits of physical activity, examples of safe exercises, and exercise programs specific for people affected by cancer. Please talk to your healthcare provider before starting a new exercise program.

[CCA Cancer & Exercise Resource: bit.ly/ccaxercise](https://bit.ly/ccaxercise) (ALBERTA)

[Alberta Cancer Exercise Program \(ACE\): bit.ly/acestudy](https://bit.ly/acestudy) (ALBERTA)

[Exercise for Cancer to Enhance Living Well \(EXCEL\) Study: bit.ly/EXCELstudy](https://bit.ly/EXCELstudy) (ALBERTA)

[EXCEL Punjabi 12-Week Exercise Program Videos: bit.ly/excelpunjabi](https://bit.ly/excelpunjabi) (ALBERTA)

[My Health Alberta - 3 minute exercises for People with Cancer: bit.ly/3MinMove](https://bit.ly/3MinMove) (ALBERTA)

[Thrive Health Thriver Manual: bit.ly/ThriveManual](https://bit.ly/ThriveManual) (ALBERTA)

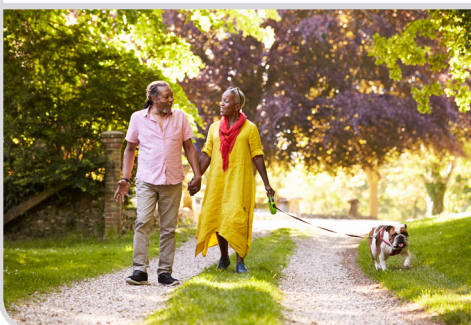
[Yoga Thrive: bit.ly/YogaThrive](https://bit.ly/YogaThrive) (ALBERTA)

Mind-body therapies:

Complementary therapies include mind-body therapies, like mindfulness, meditation, and spiritual health to help you cope with cancer and its treatment. Click or type the links below to learn more about these types of therapies. More information about CCA's Psychosocial Oncology program can also be found on the next page.

[Mindfulness Based Cancer Recovery \(MBCR\): mindfulcancerrecovery.com](https://mindfulcancerrecovery.com) (ALBERTA)

[My Health Alberta - Home Treatment for Cancer Pain: bit.ly/MHAPain](https://bit.ly/MHAPain) (ALBERTA)



Cancer Care Alberta (CCA)

Alberta-specific information is available to support you, your family, friends and caregivers - no matter where you are in your cancer journey. Cancer Care Alberta resources can be found here:

- bit.ly/types-cancer
- bit.ly/ccaclassesandevents

We encourage you to explore these web pages to find resources, education, classes, support groups and more.

Wellspring Alberta

Provides complementary programs for people with cancer and their loved ones.

- wellspring.ca/alberta
- 1-866-682-3135

Acute Care Alberta Library Services

Access to reliable, evidence-based resources and health information.

- bit.ly/aca-ptfam
- bit.ly/evhealthinfo



CCA Supportive Care and Living Well

bit.ly/ccasupportivecare

For information about Rehabilitation Oncology and other wellness supports.

CCA Psychosocial Oncology

bit.ly/cca-psyonc

Psychosocial Oncology has many healthcare specialists who can help support your mental health and cancer-related concerns. They can help with things such as communication, stress, coping with treatment side effects, mood changes, quality of life, body image, loneliness, financial concerns, or practical supports.

CCA Supports for People with Cancer

bit.ly/ccagettinghelp

A resource to help you find urgent and non-urgent help in Alberta.

Mental Health Helpline (ALBERTA)

A 24 hour, 7 days a week, 365 days a year confidential service for mental health concerns.

- 1-877-303-2642

Start the Talk (CANADA)

startthetalk.ca

A resource for children and teens, to help support them when a family member has cancer.

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For other Cancer Care Alberta resources, visit cancercarealberta.ca