

## Resources for Information About Conventional and Complementary/Alternative Cancer Treatments (CAM)

### GENERAL CANCER INFORMATION

- American Cancer Society, Cancer Information Specialists - (800) ACS - 2345 (800-277-2345)  
Website: [www.cancer.org](http://www.cancer.org)

Disseminates information about cancer and conventional/alternative treatments, as well as resources and services for people with cancer.

- National Cancer Institute  
Website: <http://www.cancer.gov/clinicaltrials/search>

Information about types of cancer, clinical trials, and other cancer topics. Offers Physician Data Query (PDQ), a database that about each type of cancer as well as complementary and alternative treatments, and clinical trials for patient's particular type of treatment. Will conduct a search for the latest protocols available nationally for each type of cancer at each stage of the disease. There is no charge for services.

- National Cancer Institute (NCI) Contact Center - (800) 4-CANCER (800-422-6237)  
Website: <http://www.cancer.gov>

Chat using LiveHelp, NCI's instant messaging service, at <https://cissecure.nci.nih.gov/livehelp/welcome.asp>  
E-mail: [cancergovstaff@mail.nih.gov](mailto:cancergovstaff@mail.nih.gov).

Provides personalized, confidential responses to specific questions about cancer. Offers telephone, online or instant messaging assistance.

- Foundation for Informed Medical Decision Making - (617) 367-2000  
Website: <http://www.informedmedicaldecisions.org>

Website that provides general perspectives and information to make informed shared decisions with physicians.

### INTEGRATIVE MEDICINE/CAM RESOURCES

- Center for Advancement in Cancer Education - (610) 642-4810, Fax. 610-896-6339  
300 East Lancaster Avenue, Suite 100

Wynnewood, PA 19096  
Website: [www.beatcancer.org](http://www.beatcancer.org)  
E-mail: [info@BeatCancer.org](mailto:info@BeatCancer.org)

A non-profit organization that provides information and referral regarding non-toxic approaches as adjuncts or alternatives to conventional cancer treatments. Specializes in immune support through clinical nutrition, botanical medicine and psychoneuroimmunology. A membership organization with no fee for service.

- Memorial Sloan Kettering Cancer Center - (800) 525-2025

Integrative Medicine Service

Website: [www.mskcc.org/mskcc/html/11570.cfm](http://www.mskcc.org/mskcc/html/11570.cfm)

Website offering evidence-based information about herbs, botanicals and other natural products.

- MD Anderson Cancer Center (877) MDA-6789

Website: <http://www.mdanderson.org/departments/CIMER/>

Email: Complete online form at <https://www2.mdanderson.org/sapp/contact/infoline/index.cfm>

Website that provides information about CAM therapies for cancer and provides updated information about drug interactions and alerts about CAM therapies.

- National Center for Complementary and Alternative Medicine (NCCAM) - (888) 644-6226,

Fax. - (866) 464-3616

Website: <http://nccam.nih.gov/>

Email: [info@nccam.nih.gov](mailto:info@nccam.nih.gov)

Under The National Institutes of Health (NIH), the webpage <http://nccam.nih.gov/health/whatisacam/> defines complementary, integrative and alternative medicine and lists categories and descriptions of types of CAM practices. The NCCAM website has information about complementary and alternative treatments (CAM) currently being researched by NCCAM (for a variety of diseases and conditions) as well as information how to choose a CAM approach. Also includes updates and alerts. Does not evaluate or recommend treatments. (Live Help: online chat, M-F, 8:30-5pm, EST.)

- Office of Cancer Complementary and Alternative Medicine (OCCAM)

Website - [www.cancer.gov/cam](http://www.cancer.gov/cam)

Email for Health Professionals: [ncioccam1-r@mail.nih.gov](mailto:ncioccam1-r@mail.nih.gov)

Email for Public/Patients: [www.cancer.gov/contact](http://www.cancer.gov/contact)

Under The National Cancer Institute (NCI), has information about complementary and alternative treatments (CAM) for cancer, CAM clinical trials and results of NCI's research on CAM.

- CAM on PubMed

Website: [www.nlm.nih.gov/nccam/camonpubmed.html](http://www.nlm.nih.gov/nccam/camonpubmed.html)

The National Center for Complementary and Alternative Medicine (NCCAM) and The National Library of Medicine (NLM) have partnered to create this special section of the NLM's free PubMed website. This section gives citations (both abstracts and articles) from peer-reviewed journals reviewing the research findings on various complementary/alternative approaches for a variety of conditions. NLM also has information on this site about conventional treatments for cancer

## **WEBSITES AND ONLINE NEWSLETTERS**

- Cancer Monthly

Website: [www.cancermonthly.com/](http://www.cancermonthly.com/)

Cancer Monthly is the only centralized source of the survival rates and side-effects of hundreds of the latest cancer treatments. Also provides access to cancer news, clinical trials, medical scientific reports, cancer hospitals, information on specific cancers, alternative and integrative approaches.

- Caring4Cancer

Website: <http://www.caring4cancer.com/go/cancer/nutrition/questions/can-dietary-supplements-interfere-with-cancer-treatment.htm>

Web page article “Can Dietary Supplements Interfere with Cancer Treatments” lists potential interactions between several popular herbs and anti-cancer medications.

- Dr. Ronald Hoffman - (212) 779-1744

Website: [www.drhoffman.com/page.cfm/155](http://www.drhoffman.com/page.cfm/155)

Email: [TheHoffmanCenter@aol.com](mailto:TheHoffmanCenter@aol.com)

“Drugs that Steal”-- article listing nutrient depletions caused by common medications that readers might consider supplementing with vitamins/nutritional supplements/food to offset depletions.

Another web page that provides updated information on nutrient depletions from drugs is Invite Health at <http://www.invitehealth.com/drug-induced-nutrient-depletion.html>

- DrugDigest

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

Website to check out, for free, drugs/herbs/supplements and their interactions.

- Consumer Labs (CL) - (888) 502-5100 (toll free), (914) 722-9149 (main number)

Website: [www.consumerlab.com](http://www.consumerlab.com)

Organization that independently tests the quality and ingredients of non-prescription herbs, vitamins and supplements. Site reports recalls and warnings, guidelines for interactions, as well as where to purchase. Cost of online subscription is \$29.95 per year or \$49.50 for 2 years. Can sign on for free email newsletter.

- U.S. Food and Drug Administration’s (FDA’s) Fact Sheet on Dietary Supplement Current Good Manufacturing Practices (CGMPs) and Interim Final Rule (IFR) Facts

Website:

<http://www.fda.gov/Food/DietarySupplements/GuidanceComplianceRegulatoryInformation/RegulationsLaws/ucm110858.htm>

In 2007 the Food and Drug Administration (FDA) issued a final rule establishing current good manufacturing practices (GMPs) for dietary supplement companies, which first went into effect in June 2008. This website states the ruling that requires specifications and controls for the manufacturing, packaging, labeling, distribution and holding of nutritional supplements to ensure that such products are

of the quality specified and are properly packaged and labeled. Compliance dates for companies producing supplements are listed on the site and vary by size of company producing the supplements.

- Environmental Defense Fund - (800) 684-3322

Website: [www.edf.org/page.cfm?tagID=17694](http://www.edf.org/page.cfm?tagID=17694)

Partners with businesses, governments and communities to find practical environmental solutions. Health Alerts Seafood Selector lists the most contaminated fish and how much can safely be eaten each month. PDF version based on EPA guidance and the latest mercury and PCB data.

- Environmental Working Group - (202) 667-6982

Website: <http://www.ewg.org/>

Email through this link: <http://www.ewg.org/about>

Environmental Working Group (EWG) uses the power of public information provided to the public to protect public health and the environment. EWG is a 501(c)(3) non-profit organization and their Action Fund is a 501(c)(4) organization that advocates on Capitol Hill for health-protective and subsidy-shifting policies. EWG specializes in providing useful resources (like Skin Deep cosmetic database, Cell Phone Radiation Report and the EWG's Shopper's Guide to Pesticides™) to consumers while simultaneously pushing for national policy change.

- Natural Medicines Comprehensive Database - (209) 472-2244 (PST)

Website: <http://www.naturaldatabase.com/>

“Scientific gold standard for evidence-based, clinical information on Natural Medicines.” Reviews thousands of natural medicines and provides daily updates, product effectiveness checker, product/drug interaction checker, handouts, safety ratings, etc. While a limited amount of information is free, Membership for more comprehensive information is required at \$9.97 mo, \$92.00 yr.

- *ScienceDaily*

Website: [http://www.sciencedaily.com/news/health\\_medicine/](http://www.sciencedaily.com/news/health_medicine/)

Health and medicine section of this research news website provides free ongoing updated reports of latest research findings related to health, conditions and treatments. Has special section on alternative therapies and those interested can sign up for daily health newsletter e-mails.

- *Medical News Today*

Website: <http://www.medicalnewstoday.com>

Website that provides hourly health news on both conventional and complementary/alternative medicine from such respected sources as Journal of the American Medical Association (JAMA), British Medical Journal (BMJ), Lancet, British Medical Association (BMA), plus articles written by its own team. General or customized newsletter can be e-mailed regularly to those interested.

- *Medscape Today*

Website: <http://www.medscape.com/medscapetoday>

This website provides up-to-date, ongoing information about studies related to conventional, complementary, integrative and alternative medicine. Also includes access to free online webinars and e-mail newsletter.

- The Cochrane Collaboration

Website: <http://www.cochrane.org/>

The Cochrane Collaboration is dedicated to improving healthcare decision-making globally. Has online availability to systematic evidence-based reviews of the effects of conventional, complementary and alternative healthcare interventions, published in The Cochrane Library. For the sophisticated reader or healthcare practitioners.

- Life Extension Foundation (LEF)

Website: <http://www.lef.org> and <http://www.lef.org/protocols/>

Tel. 1-800-226-2370 (free Health Advisors)

Life Extension Foundation's website provides free evidence-based information on conventional, cutting-edge, and complementary nutraceuticals for a variety of conditions and types of cancer (the protocols page above give recommended protocols for some of the most common cancers). While LEF's website does sell natural medicine products and some study results are not based on large human studies, they provide a comprehensive, truly integrative overview of what is available on all fronts for treatment options. For an annual membership of \$75 members gain access to, among other products, Life Extension magazine--an over 100-page monthly publication providing a continuous stream of information about medical research findings, scientific reports, and practical guidance about using nutritional supplements and hormones to slow aging. The basic subscription also includes provision of a large hardcover manual "Disease Prevention and Treatment" reporting information on scientific protocols that integrate mainstream and complementary medicine. LEF offers discounts for members on certain common prescriptions.

For those with or without membership LEF provides free consultations with Health Advisors (under MD supervision) about nutritional supplements for specific conditions, herb/supplement/medication interactions and other nutritional information. While Health Advisors may attempt to sell products, those calling the Advisors do not have to purchase products to access information.

- Reliable Cancer Therapies – (in Belgium) Tel +011 32 2 268 48 16 Fax +011 32 2 403 06 55

Website: [www.reliablecancertherapies.com](http://www.reliablecancertherapies.com)

Email: [info@reliablecancertherapies.com](mailto:info@reliablecancertherapies.com)

This new non-profit organization is a European collaborative effort to pull together and provide (in English and other languages) online worldwide research-based information on conventional, complementary and integrative cancer therapies and clinical trials worldwide. Selectively funds the development of promising therapies.

## **WEBSITES AND ORGANIZATIONS FOR PRACTITIONERS**

These sites enable your practitioner to print patient materials to help formulate for you an integrated plan of treatment options.

- The Natural Standard - (617) 591-3300)

Website: [www.naturalstandard.com](http://www.naturalstandard.com)

Email: [questions@naturalstandard.com](mailto:questions@naturalstandard.com)

Provides objective, reliable, evidence-based information to assist clinicians, patients, and healthcare institutions to make informed and safe therapeutic decisions. Presently utilized by Mayo Clinic,

MD Anderson and Memorial Sloan Kettering Cancer Center. Free access for anyone to online newsletter. Practitioners can print out patient information pages to give to patients. Annual fee applies to gain access to information, webinars, etc. See Integrative Practitioner below on how to gain free access to Natural Standard.

- Integrative Practitioner (IP) – (800) 227-7562

PO Box 7437

Portland, ME 04112

Website: [www.integrativepractitioner.com](http://www.integrativepractitioner.com)

Email: [customerservice@integrativepractitioner.com](mailto:customerservice@integrativepractitioner.com)

THE AMERICAN BUSINESS AWARDS 2008 Finalist, IP members (physicians, acupuncturists, naturopaths, herbalists, nurses, chiropractors, healers, dieticians, massage therapists and more—who can join at NO COST) can access collaboration, networking, discussion, case studies, pose questions or comment on article(s) in order to gain greater insight into integrative medicine and patient care. Members also have access to the Dietary Supplements Labels Database <http://dietarysupplements.nlm.nih.gov/dietary/> which offers information about label ingredients in more than 5,000 selected brands of dietary supplements. It enables users to compare label ingredients in different brands.

- Society for Integrative Oncology (SIO) – (646) 504-4746

Center for Bio-Medical Communication, Inc.

433 Hackensack Avenue - 9th Floor

Hackensack, NJ 07601

Website: <http://integrativeonc.org/>

E-mail link: [http://www.integrativeonc.org/index.php/component/option,com\\_facileforms/Itemid,143/](http://www.integrativeonc.org/index.php/component/option,com_facileforms/Itemid,143/)

SIO is a non-profit, multi-disciplinary organization of professionals dedicated to studying and facilitating cancer treatment and the recovery process through the use of integrated complementary therapeutic options. Website includes free article, “Integrative Oncology Practice Guidelines” <http://www.integrativeonc.org/index.php/Search?ordering=&searchphrase=all&searchword=practice+guidelines> (click on top item for pdf). Fees to join SIO are \$205/yr. for integrative medicine practitioners (includes social workers) and \$89/yr. for patient advocates. Members receive a free subscription to the Journal of the Society for Integrative Oncology and discounted rates for the organization’s programs, services and conference registration fees.

### **QUESTIONS AND CONSIDERATIONS ABOUT CAM AND CAM PRACTITIONERS/FINDING AND CHOOSING CAM PRACTITIONERS**

- NCCAM website: Choosing a CAM practitioner and CAM treatments,, making decisions <http://nccam.nih.gov/health/decisions/practitioner.htm>

Getting information from trusted sources: <http://www.cancer.gov/cancertopics/thinking-about-CAM/page9>

Types of complementary therapies: <http://www.cancer.gov/cancertopics/thinking-about-CAM/page5>

How to choose practitioners: <http://www.cancer.gov/cancertopics/thinking-about-CAM/page8>

- Massachusetts General Hospital website gives good questions to ask about CAM as well as questions for practitioners:  
<http://www2.massgeneral.org/cancerresourceroom/topics/therapies/excerpts.asp#on>
- Alternative Medicine Foundation website gives professional organizations for CAM practitioners:  
<http://www.amfoundation.org/practitioner.htm>
- University of California at San Diego (UCSD) Cancer Center, Moores Cancer Center Outreach and Education:  
<http://cancer.ucsd.edu/Outreach/PublicEducation/CAMs/appendixc.asp>

Website provides a free handbook describing various considerations in using CAM and a list of national organizations that can refer to local qualified (licensed, certified, etc.) practitioners for various complementary modalities.

- The Oncology Association of Naturopathic Physicians was started to form a collaboration within the profession of Naturopathy for naturopaths specializing or familiar with treating those with cancer. Some are also Fellows of the American Board of Naturopathic Oncology (FABNO) - naturopathic physicians who meet standards representative of advanced experience and knowledge in cancer care. In 2004 the OncANP became a recognized affiliate of the American Association of Naturopathic Physicians (AANP). To find a local naturopathic physician in your area who specializes in oncology, see <http://www.oncanp.org/>

## **ADDITIONAL RESOURCES**

### Articles and Books

“Helping Patients Make Decisions about Complementary and Alternative Treatments: The Social Work Role.” Runfola, J, Levine, E and Sherman, P, *Journal of Psychosocial Oncology*, 24(1), 81-106, 2006.  
<http://www.informaworld.com/smpp/content~db=all~content=a903455145~frm=titlelink> (free access to full article for AOSW members)

### Books

*American Cancer Society’s Guide to Complementary and Alternative Cancer Methods Handbook*, Katherine Bruss (Sr. Ed.), Atlanta, 2002.

*Cancer: Increasing Your Odds of Survival - A Resource Guide for Integrating Mainstream, Alternative and Complementary Therapies* by David Bognar, Hunter House, Inc. Publishers, Alameda, Calif., 1998.

*Choices* by Marion Morra and Eve Potts, HarperCollins Publishers, 2003.

*Choices in Healing: Integrating the Best of Conventional and Complimentary Approaches to Cancer* by Michael Lerner, Ph.D., MIT Press, 1994.

*Comprehensive Cancer Care: Integrating Alternative, Complementary and Conventional Therapies* by James S. Gordon, MD and Sharon Curtin, Perseus Press, 2000.

*How to Prevent and Treat Cancer with Natural Medicine* by Michael T. Murray, N.D., Timothy Birdsall, N.D., Joseph E. Pizzorno, N.D., and Paul Reilly, N.D., LAc Riverhead Trade, 2003.

*How To Talk With Your Doctor, The Guide for Patients Who Want to Reconcile & Use the Best of Conventional & Alternative Medicine* by Ronald L. Hoffman, MD and Sidney Stevens, Basic Health Publications, Inc., 2006.

*Life Over Cancer: The Block Center Program for Integrative Cancer Treatment* by Keith Block, MD, Bantam; 2009.

*Manifesto for a New Medicine: Your Guide to Healing Partnerships and the Wise Use of Alternative Therapies* by James S. Gordon, MD, Perseus Press, 1996.

*PDR for Herbal Medicines*, 3rd Ed., Thomson PDR, Montvale, NJ, 2004.

*PDR for Nutritional Supplements* by Sheldon Saul Hendler and David Rorvik (Eds.), 2001.

*A-Z Guide to Drug-Herb-Vitamin Interactions Revised and Expanded 2nd Edition: Improve Your Health and Avoid Side Effects When Using Common Medications and Natural Supplements Together* by Schuyler W. Lininger, Jr. (Ed.) et al., Healthnotes, Inc., Three Rivers Press, 2006.

*Herb Contraindications and Drug Interactions*, Second Revised Edition by Francis Brinker, et al Eclectic Medical Publications, 1998.

*Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally* by Michael T. Murray, ND. Three Rivers Press, 1996.

### **ASSISTANCE WITH MAKING DECISIONS ABOUT TREATMENTS (CONVENTIONAL AND COMPLEMENTARY/ ALTERNATIVE)**

- CancerCare

National Office:

275 Seventh Avenue

New York, NY 10036

Tel. (800) 813-HOPE (800-813-4673) (NJ residents will reach NJ office through this number)

E-mail – [info@cancercare.org](mailto:info@cancercare.org)

Website- [www.cancercare.org](http://www.cancercare.org)

Entire country can reach CancerCare's Toll Free Telephone Services Line at 1-800-813-HOPE for both free counseling and assistance with making medical decisions. New Jersey, New York City area and Connecticut residents can access in-person services at one of CancerCare's offices or at one of offices. Also provides limited financial assistance for medically related services in tri-state region and some additional areas of U.S.

- Steve Dunn's CancerGuide

Website - [www.cancerguide.org](http://www.cancerguide.org)

Website by a former cancer survivor that guides patients on how to make informed medical decisions. Also provides information about clinical trials and complementary/alternative treatments for cancer.

- Breast Cancer Choices: Innovative Research and Patient Advocacy

PO Box 1567

Amagansett, NY 11930

Website – [www.breastcancerchoices.org](http://www.breastcancerchoices.org)

Email: [admin@breastcancerchoices.org](mailto:admin@breastcancerchoices.org)

A non-profit organization helping patients make informed choices about breast screening, diagnostic procedures and treatment based on information rigorously fact-checked and documented. Evidence-based strategies have passed the “do no harm” criteria for conventional therapies. Complementary and alternative therapies can be incorporated based on the newest medical research and investigations for consideration to breast care. Email Discussion Groups and Breast Cancer Think Tank Discussion Group available.

### **LOCATING QUALIFIED COMPLEMENTARY PRACTITIONERS**

University of California at San Diego (UCSD) Cancer Center, Moores Cancer Center Outreach and Education

Website: <http://cancer.ucsd.edu/Outreach/PublicEducation/CAMs/appendixc.asp>

Website provides list of complementary and alternative cancer therapies, along with national organizations that can refer to local qualified (licensed, certified, etc.) practitioners for various complementary modalities.

Oncology Association of Naturopathic Physicians

Website: <http://www.oncanp.org/index.html>

Website provides a list of naturopathic physicians by state who specializing in or familiar with treating those with cancer. Some of them are also Fellows of the American Board of Naturopathic Oncology (FABNO)

Note: Some of the websites listed here have content in both Spanish and English.

Authors do not necessarily endorse the information provided by the above organizations and websites. Patients should always discuss the use of complementary or alternative treatments with their physicians before using them.

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