



# TERAPIE INTEGRATE IN ONCOLOGIA

1° Incontro  
Terapie Integrate e carcinoma mammario

ROMA

27 GENNAIO 2023

Fondazione Policlinico Universitario "A. Gemelli" IRCCS  
Aula 617 - 6° Piano - Ala A

***Linee guida SIO-ASCO 2018:  
terapie integrate durante e dopo  
il trattamento per carcinoma  
mammario***

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# Alternative and Complementary Cancer Treatments

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- **Standard treatments** are based on scientific evidence from research studies.
- **Complementary medicine** refers to treatments that are used with standard medical treatments, like using acupuncture to help with side effects of cancer treatment.
- **Alternative medicine** refers to treatments that are used instead of standard medical treatments.
- **Integrative medicine** is a total approach to care that combines standard medical treatment with the CAM practices that have been shown to be safe and effective.

# Utilization of Complementary and Alternative Medicine by United States Adults

An estimated 28.9% of US adults used at least one CAM therapy in the past year.

The use of CAM was most prevalent among:

- Women
  - Persons aged 35 to 54 years
- Persons with an educational attainment of >16 years
  - White non-Hispanic persons
- Persons who had health insurance

- **WORDS MATTER**





Dirk hat jetzt endlich seinen Mörder



## "Liberati dai sensi di colpa e guarirai dal cancro". Le mail shock del medico

*La paziente morta per un melanoma e la dottoressa che voleva curarla con le tecniche "psicoterapeutiche" di Hamer. Agli atti dell'inchiesta tutta la loro corrispondenza*



**Guida alla  
Risoluzione dei  
Conflitti a partire  
dal metodo Hamer  
- Traumi e Malattie**

Sconto

Marco Pizzi, Alessandro  
Spreafichi

# CURE "ALTERNATIVE" PER IL CANCRO, TRE MORTI A TORINO

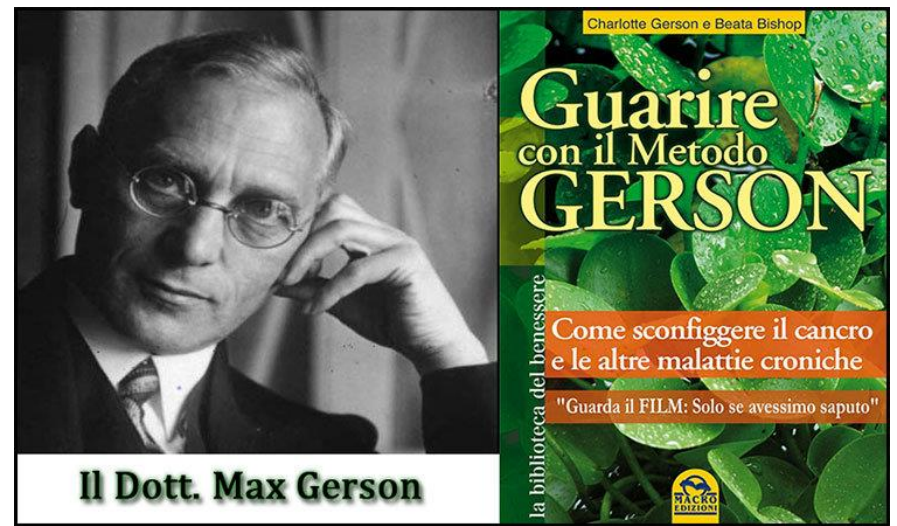
L'Ordine dei medici di Torino sta indagando su tre persone decedute a causa di un cancro: invece delle tradizionali terapie, chirurgia, chemioterapia, radioterapia, si erano affidati a medici che applicano le teorie di Hamer, un medico tedesco ora latitante e radiato dall'Ordine, per cui i tumori sono espressione di malessere psichico. E quindi serve solo ritrovare la pace interiore, per guarire

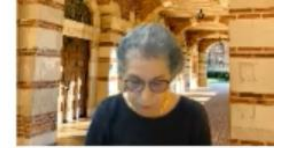


ottobre 2, 2015 nessun commento

La medicina alternativa che non dovete conoscere – Metodo Pantellini: i tumori in fase iniziale regrediscono al 100% !!

curiosity2015





## Background

- About 20% of breast cancer cases occur in women <50 years
- Younger survivors are at increased risk for the negative effects of cancer diagnosis and treatment
- Persistent depressive symptoms are especially problematic in this target population
- These effects contribute to significantly diminished quality of life



*SIO Guideline addressed the use of integrative therapies for the management of symptoms and adverse effects such as:*

Anxiety

Stress

Mood disorders

Fatigue

QOL

CT- induced nausea/vomiting/peripheral neuropathy

Pain

Lymphedema

Sleep disturbance



## *SIO Guideline interventions of interest*

Mind and body practices

Natural products

Lifestyle modifications

Data source: Systematic review on RCTs published from 1990 to 2015

ASCO Multidisciplinary Expert Panel determined that the recommendations in the SIO GL published in 2017 are clear and evidence-based

**ASCO ENDORSED THE SIO GL WITH A FEW ADDED DISCUSSION POINTS**



## SIO Guideline key recommendations at a glance

Music therapy, meditation, stress management, yoga for anxiety/stress reduction

Meditation, relaxation, yoga, massage, music therapy for depression/mood dis.

Meditation, yoga for QOL

Acupressure, acupuncture for CT induced nausea/vomiting

“USE OF THE INFORMATION IS VOLUNTARY”



# Integrative Therapies During and After Breast Cancer Treatment: ASCO Endorsement of the SIO Clinical Practice Guideline

*Gary H. Lyman, Heather Greenlee, Kari Bohlke, Ting Bao, Angela M. DeMichele, Gary E. Deng, Judith M. Fouladbakhsh, Brigitte Gil, Dawn L. Hershman, Sami Mansfield, Dawn M. Mussallem, Karen M. Mustian, Erin Price, Susan Rafté, and Lorenzo Cohen*

## ***Anxiety and Stress Reduction***

- Meditation is recommended for reducing anxiety. (Grade A)
- Music therapy is recommended for reducing anxiety. (Grade B)
- Stress management is recommended for reducing anxiety during treatment, but longer group programs are likely better than self-administered home programs or shorter programs. (Grade B)
- Yoga is recommended for reducing anxiety. (Grade B)
- Acupuncture, massage, and relaxation can be considered for reducing anxiety. (Grade C)

### ***Depression and Mood Disturbance***

- Meditation, particularly mindfulness-based stress reduction, is recommended for treating mood disturbance and depressive symptoms. (Grade A)
- Relaxation is recommended for improving mood disturbance and depressive symptoms. (Grade A)
- Yoga is recommended for improving mood disturbance and depressive symptoms. (Grade B)
- Massage is recommended for improving mood disturbance. (Grade B)
- Music therapy is recommended for improving mood disturbance. (Grade B)
- Acupuncture, healing touch, and stress management can be considered for improving mood disturbance and depressive symptoms. (Grade C)

### ***Fatigue***

- Hypnosis and ginseng can be considered for improving fatigue during treatment. (Grade C)
- Acupuncture and yoga can be considered for improving post-treatment fatigue. (Grade C)
- Acetyl-L-carnitine and guarana should not be recommended for improving fatigue during treatment. (Grade D)

### ***Quality of Life***

- Meditation is recommended for improving quality of life. (Grade A)
- Yoga is recommended for improving quality of life. (Grade B)
- Acupuncture, mistletoe, qigong, reflexology, and stress management can be considered for improving quality of life. (Grade C)

### ***Vasomotor/Hot Flashes***

- Acupuncture can be considered for improving hot flashes. (Grade C)
- Soy is not recommended for hot flashes in patients with breast cancer due to lack of effect. (Grade D)



*SIO Guideline key recommendations at a glance: NO GRADE A,B for*

Dermatitis  
Vasomotor/Hot flashes  
Sleep disturbance  
Neuropathy  
Lymphedema

Just C grade :acupuncture for hot flashes, yoga for sleep disturbance



**Table 2.** Clinical Outcomes and Integrative Therapies With Insufficient Evidence to Form a Clinical Recommendation<sup>5</sup>

Outcome	Integrative Therapy
Adherence	Acupressure, multimodal
Anemia	LCS101 combination botanical, RG-CMH combination botanical, shenqi fuzheng injection
Anxiety/stress reduction	Art therapy, comprehensive coping strategy, electrical nerve stimulation, healing touch, hypnosis, myofascial release, multimodal, reflexology, reiki, Tai Chi
Cardiomyopathy	n-Acetylcysteine
Chemotherapy-induced nausea and vomiting	Aromatherapy, <i>Agaricus sylvaticus</i> , Cocculine (complex homeopathic Rx), comprehensive coping strategy, massage, nevasic audio program, yoga
Cognition	Natural environment, ginkgo biloba, meditation, yoga
Constipation	Self-management program
Depression/mood	Art therapy, biofield healing, comprehensive coping strategy, CoQ10, electrical nerve stimulation, <i>Ganoderma lucidum</i> , guarana, hypnosis, multimodal, myofascial release, qigong, reflexology, Tai Chi
Fatigue	Acupressure, biofield healing, comprehensive coping strategy, CoQ10, <i>Ganoderma lucidum</i> , light treatment, massage, meditation, mind-body cognitive therapy, movement, multimodal, multivitamin, polarity therapy, stress management, qigong, reflexology, relaxation, stress management, yoga
Lymphedema	CYCLO 3 FORT, electrotherapy, ginkgo forte, pentoxifyline and vitamin E, yoga
Neuropathy	Omega 3 fatty acids, vitamin E, acupuncture
Neutropenia/leukopenia	Cat's claw, LCS101 combination botanical, RG-CMH combination botanical, mistletoe, shenqi fuzheng injection
Pain	Comprehensive coping strategy, stress management, vitamin D2, electrical nerve stimulation, cognitive and behavioral therapy, massage, myofascial release, reflexology
Quality of life	Acupressure, biofield healing, calendula cream, cannabis, chlorella extract, CoQ10, curcuminoids, electrical nerve stimulation, electrotherapy, flaxseed, <i>Ganoderma lucidum</i> , ginkgo forte, guided imagery, healing touch, homeopathy, hypnosis, laser therapy, manual lymphatic draining, massage, meditation, movement, music therapy, multimodal, multivitamin, polarity therapy, relaxation, shenqi fuzheng, shark cartilage, soy, supportive-expressive group therapy, Tai Chi
Physical functioning	Mind-body cognitive therapy, music therapy, multimodal, myofascial release, reflexology, stress management, Tai Chi, yoga
Radiation therapy-induced toxicity outcomes	Adlay bran extract, alpha ointment with henna, aquaphor-biafine-radiacare, boswellia cream, calendula cream, chamomile, curcumin, glutamine, homeopathic pills, honey, hydration, massage, oil-in-water emulsion, glutathione and anthocyanin gel, wheat grass extract, pentoxifylline and vitamin E
Sleep disturbance	Acupuncture, calendula cream, meditation, qigong, stress-management techniques
Vasomotor outcomes	Black cohosh, flaxseed, homeopathy, hypnosis, magnetic therapy, meditation, peppermint, vitamin E, yoga

Abbreviations: CoQ10, coenzyme Q10; CYCLO 3 FORT, fluid extract of *Ruscus aculeatus*, hesperidin methyl chalcone, and vitamin C; LCS101, a botanical compound mixture; RG-CMH, a Chinese medicinal herb complex. Reprinted with permission.<sup>5</sup>

## **On line live MBI group**

**Effects of yoga during active cancer treatment, not in the post treatment**

**Impact on adherence ???**





## Conclusion

*“High level of evidence support the routine use of mind-body practices , such as yoga, meditation, relaxation techniques and passive music therapy.*

*Given the high level of evidence of benefit coupled with the relatively low level of risk, these therapies can be incorporated as an option into patient care, especially when there is poor symptom control”*



**GRAZIE PER L'ATTENZIONE!**

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(per graditi commenti/scambi di idee)

[www.asco.org/supportive-care-guidelines](http://www.asco.org/supportive-care-guidelines)  
(for update and to submit new evidence)