

WEBSITES FOR INFORMATION ON COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM) FOR CANCER

What is Complementary and Alternative Medicine (CAM)?

The National Institutes of Health defines CAM as “a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine.” **Complementary** therapies are those used in addition to standard medical care. **Alternative** therapies are used in place of conventional treatments. **Integrative** health care combines conventional treatment with CAM therapies that are known to be safe and effective. The list of CAM therapies changes regularly because over time some of them become part of conventional medicine.

What are reputable websites for information on specific complementary and alternative medicine treatments?

Many websites provide information on complementary and alternative medicine. Some are excellent. Others may give incomplete or biased information. For guidelines on how to evaluate the information on these sites, see “Evaluating Information Sources for Complementary & Alternative Health Care.” You can find this article on the website of the Program on Integrative Medicine at the University of North Carolina School of Medicine. (Website: <http://pim.med.unc.edu>. 1) Click on “Resources,” 2) Next click on “Monographs on IM.”) 3) Finally click on “Evaluating CAM Information.”) The following websites are a few you may want to visit:

American Cancer Society (ACS)

- 1) The ACS provides guidelines for exercise and nutrition to prevent cancer.
<http://www.cancer.org/acs/groups/cid/documents/webcontent/002577-pdf.pdf>
- 2) And it offers guidelines for exercise and nutrition during and after cancer treatment.
<http://www.cancer.org/Treatment/SurvivorshipDuringandAfterTreatment/NutritionforPeoplewithCancer/nutrition-and-physical-activity-during-and-after-cancer-treatment-answers-to-common-questions>

Integrative Medicine Program at the University of Wisconsin-Madison School of Medicine and Public Health

Website: www.fammed.wisc.edu/integrative

Our website contains:

- A module on [Integrative Care and Prevention of Breast Cancer](#), which includes detailed information for both health care professionals and patients.
- [Patient handouts](#) on a variety of integrative medicine topics.
- [Supplement Samplers](#) providing information for clinicians on a variety of supplements, so they are better able to guide their patients.



Websites for Information on CAM for Cancer

Complementary/Integrative Medicine Education Resources (CIMER) at the University of Texas MD Anderson Cancer Center

Website:

<http://www.mdanderson.org/education-and-research/resources-for-professionals/clinical-tools-and-resources/cimer/index.html>

CIMER provides evidence-based information to improve the lives of patients who choose to use CAM therapies under the direction of informed physicians. Information is provided for health care professionals and patients.

Memorial Sloan-Kettering Cancer Center

Website:

<http://www.mskcc.org/mskcc/html/11570.cfm>

Search the database provided by the Integrative Medicine Service of Memorial Sloan-Kettering Cancer Center for evidence-based information on herbs, botanicals, supplements, and more. Summaries are available for both consumers and healthcare professionals.

Office of Dietary Supplements at the National Institutes of Health

Website: <http://ods.od.nih.gov/>

This website offers a variety of information on dietary supplements.

National Cancer Institute (NCI) at the National Institutes of Health (NIH)

1) Website: www.cancer.gov

Enter “CAM” in the search box. Click on “Complementary and Alternative Medicine” under “Best Bets for CAM.” This section contains:

- An overview of CAM approaches
- Information on specific topics in two versions—patient and health professional. Both versions are available to anyone. (To view or print the entire document rather than each individual segment, go to the box entitled “Page Options” and choose “View entire document” or “Print entire document.”)
- Research information. Click on “CAM News & Resources.” Includes a database of clinical trials in the U.S. involving CAM that are currently enrolling patients.

2) Office of Cancer Complementary and Alternative Medicine (OCCAM) at the NCI

Website: <http://www.cancer.gov/cam/>

This website contains health information on CAM and a list of clinical trials.

The information in this handout is for general education. Please work with your health care practitioner to use this information in the best way possible to promote your health and happiness.

This handout was created by Charlene Luchterhand, MSSW, Integrative Medicine Program, Dept. of Family Medicine, University of Wisconsin-Madison School of Medicine and Public Health.

Date revised: October, 2011