

# Resource Information about Integrative, Complementary and Alternative (CAM) Cancer Treatments

## GENERAL CANCER INFORMATION

- American Cancer Society, National Cancer Information Center (NCIC) - (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/>

Information about types of cancer, clinical trials, and other cancer topics. Offers Physician Data Query (PDQ), a database that provides information 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.

- Cancer Information Service of the National Cancer Institute (CIS)  
(800) 4-CANCER (800-422-6237)  
Website: <http://cis.nci.nih.gov>

Provides personalized, confidential responses to specific questions about cancer. Offers telephone or online 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  
E-mail: [caceinfo@comcast.net](mailto:caceinfo@comcast.net)  
Website: [www.beatcancer.org](http://www.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 (212) 639-2000  
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 (800) 392-1611  
Website: <http://www.mdanderson.org/departments/CIMER/>

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 and other diseases.

- The Alternative Medicine Homepage-- Databases: Alternative Medicine Resources  
Website: <http://www.pitt.edu/~cbw/database.html>

This website sponsored by the University of Pittsburgh Falk Library of Health Sciences, updated in July 2008, provides a comprehensive lists of databases for information about complementary and alternative medicine studies from peer reviewed scientific journals, newsletters, magazines, etc. worldwide.

## **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>

Website which includes information on nutrition and cancer treatment, diet and medications, and symptom support.

- 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.foodsafety.gov/~dms/dscgmps6.html>

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.

- 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.

## **WEBSITES AND ORGANIZATIONS FOR PRACTITIONERS**

- Society for Integrative Oncology (SIO) – (201) 883-5823  
Center for Bio-Medical Communication, Inc.  
433 Hackensack Avenue - 9th Floor  
Hackensack, NJ 07601  
Website: <http://integrativeonc.org/>  
E-mail: [mmcevoy@cbcbiomed.com](mailto:mmcevoy@cbcbiomed.com)

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/documents/Integrat%20Oncol%20guidelines.pdf>. Membership fees apply to join SIO. 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.

## ADDITIONAL RESOURCES

### 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.
- 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.

- Useful web pages from National Cancer Institute for making informed decisions:

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>

## **LOCATING QUALIFIED COMPLEMENTARY PRACTITIONERS**

- Institute for Complementary and Alternative Medicine (ICAM)  
University of Medicine and Dentistry of New Jersey (UMDNJ)  
Website: [http://www.umdnj.edu/icam/cam\\_resources/index.htm](http://www.umdnj.edu/icam/cam_resources/index.htm)
- 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> (scroll to bottom of page)

Websites provide list of national organizations that can refer to local qualified (licensed, certified, etc.) practitioners for various complementary modalities.

Note: Many 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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