

Integrative Oncology

**Is there a role of
complementary medicine in
cancer therapy?**



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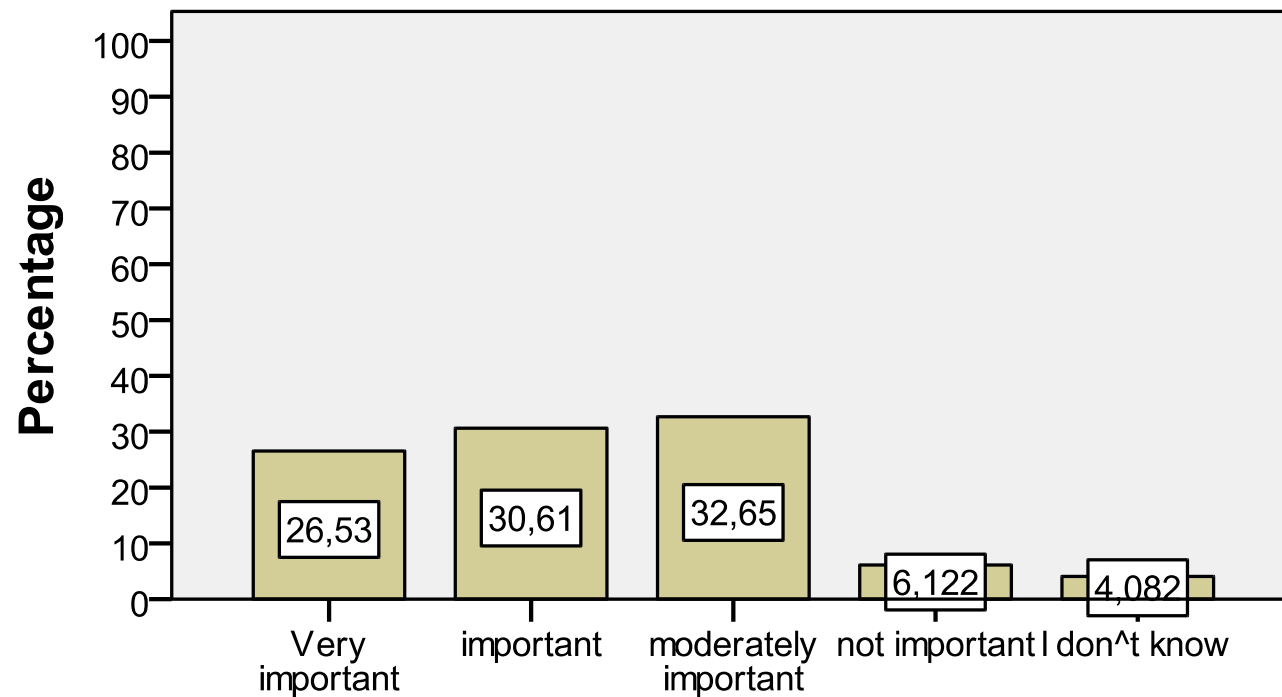
Arbeitsgemeinschaft
Prävention und Integrative Onkologie
Deutsche Krebsgesellschaft

Definitely yes!



How significant is the subject of complementary and alternative medicine for patients with CML in your country?

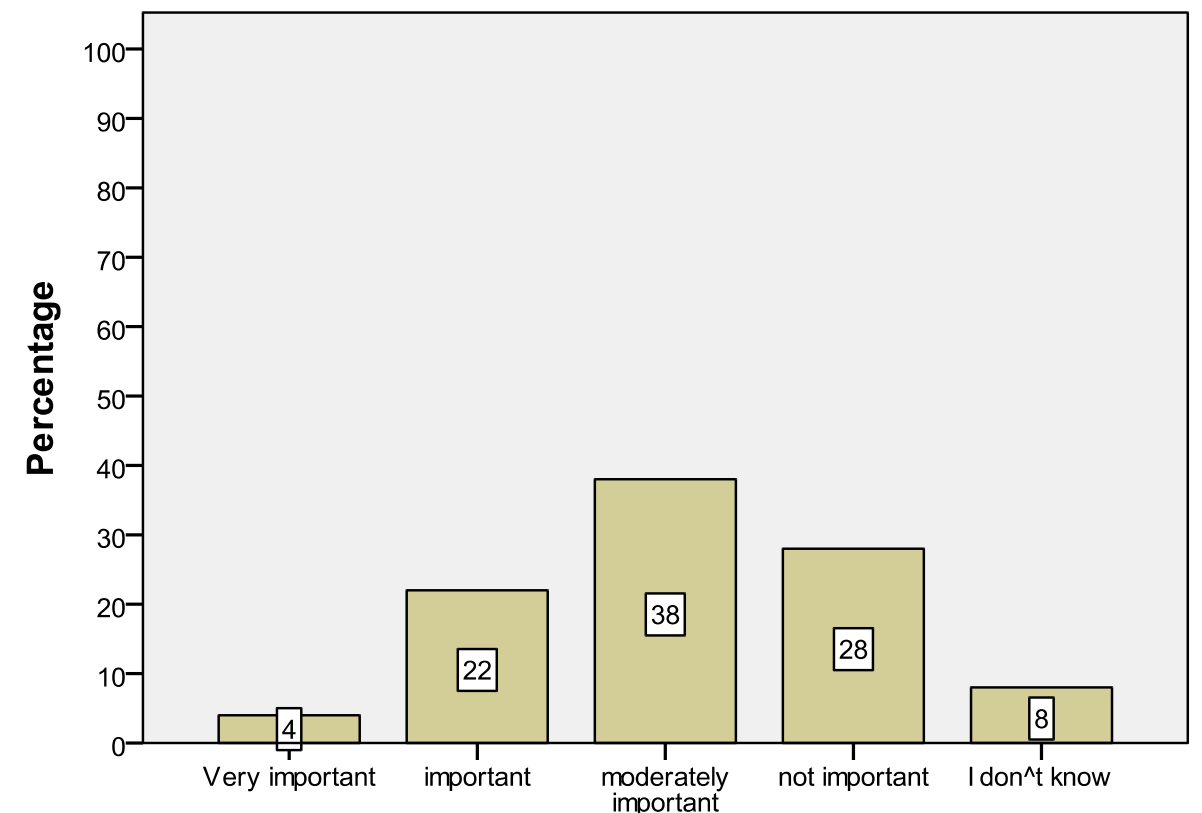
Complementary medicine



Joint survey run by
PRIO and **CML**
Advocates Network:
responses from
27 countries



Alternative medicine



Definitely yes!

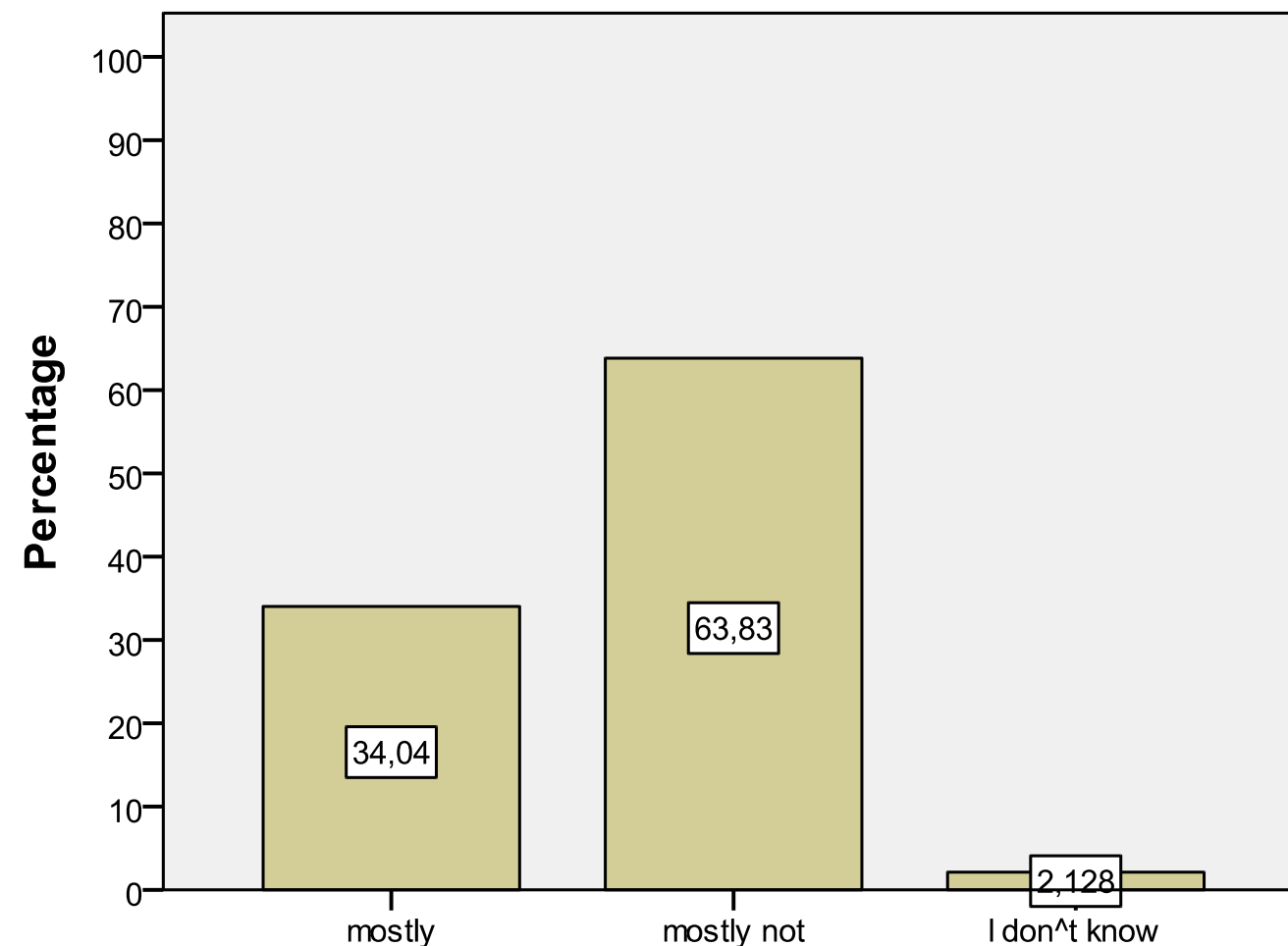
- **But:**



In your country, will CML patients generally inform their oncologist about their using complementary medicine in particular when undergoing conventional medicine at the same time?



Incidence of information to the oncologist about the use of complementary medicine



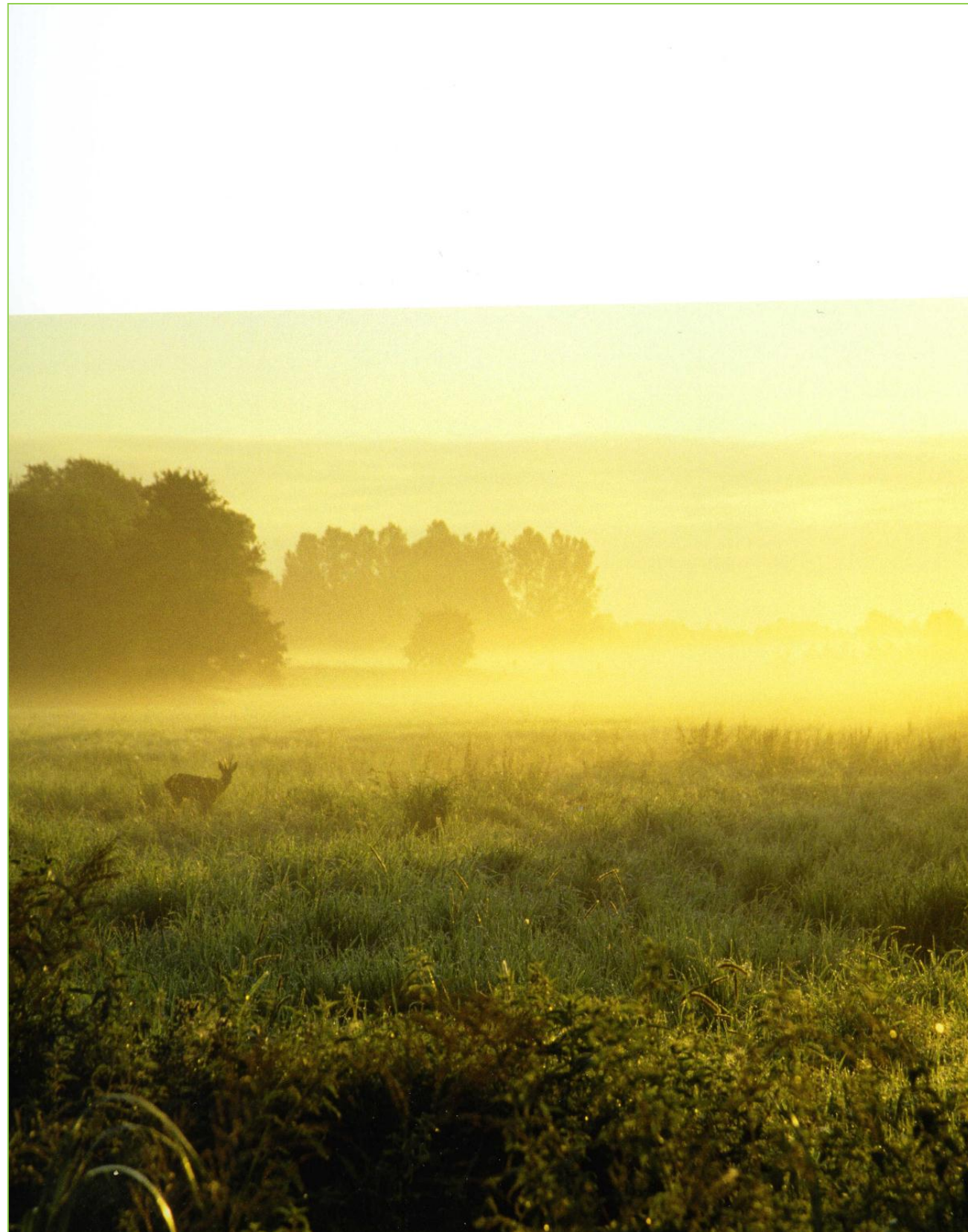
Doctor,

what can **I** do myself???



A lot, but be careful....

-
-
-
-
-



Courtesy
Die Schule des
kreativen Sehens
W. Rolfes, J. Borris,
F. Pölking, B. Volmer



What is the problem?



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How to make sure, that you are doing the right things

- **Check:**
 - Efficacy and not only effects!
 - Side effects?
 - Interactions?
 - Costs?



Consequences of drug interactions

- Reduction of the side effects of the cancer drug
- Reduction of the effect of the cancer drug
- Increase in the side effects



Alternative Medicine is not Complementary Medicine



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Prävention und
integrative Onkologie

Nutritional supplements

1. If they are effective then they most probably are forbidden
2. If they are not forbidden they most probably don't work
3. There could be some exceptions

R. J. Maughan, Institut für Sport und Trainingswissenschaften, Loughborough-Universität, England



Examples

- Vitamin D
- Selenium
- Omega-3-fatty acids



Immune stimulants or: Mistletoe and Co.

- The immune system



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Phytotherapy and Plant extracts

- Drugs against side effects
- Drugs which reduce resistance
- Drugs against cancer

- Two ways to do it:
 - Traditional medicine
 - The European analytical way



- Chrysanthemum mori folium [Mum, Chu-hua]
- Ganoderma lucidium [Reishi Mushroom, Ling zhi]
- Glycyrrhiza Glabra und Glycyrrhiza Uralensis [Licorice]
- Isatis indigotica Fort [Dyers Woad, DaQing Ye]
- **Panax Pseudo-Ginseng [San Qi]**
- Rabdosia rubescens [Rubescens, Dong Ling Cao]
- Scutellaria baicalensis Georgi [Baikal Skullcap, Huang-chin]
- Serenoa repens [Saw palmetto]



Pomegranate extract and prostate cancer

Paller CJ, et al.: A randomized phase II study of pomegranate extract for men with rising PSA following initial therapy for localized prostate cancer. Prostate Cancer Prostatic Dis. 2012 Jun 12. doi: 10.1038/pcan.2012.20. [Epubahead of print]

- Double blind study
- 104 patients with prostate cancer after curative therapy
- PSA rising without proof of metastases
- Dose 1 or 3 g/d
- Results:
 - PSA doubling time rises from 11,9 to 18,5 months ($p < 0,001$)
 - Side effects: mild diarrhea (8% of all patients)



What we want to achieve:

To turn the skepticism of
doctors into research
activities

Because we need:

More reliable information
on

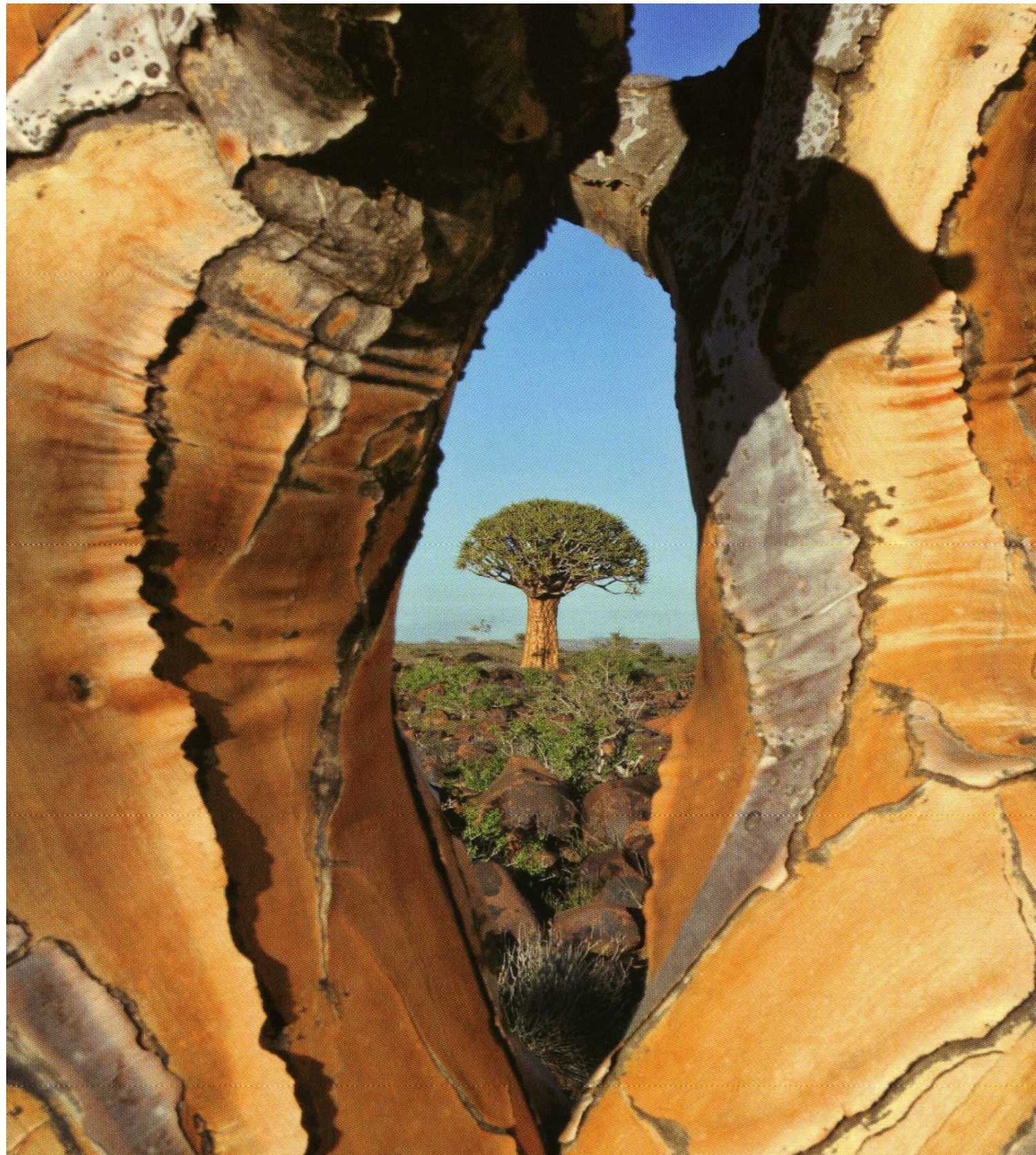
what works
what is helpful
what is dangerous

**To find resources to
turn to, that help us feel
more in control.**



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Integrative Oncology: it's about your aims and your way!



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Integrative Oncology: it's about your aims and your way!

**And about
responsibility
of physicians
and
researchers**

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