



March is colorectal cancer awareness month.

To learn more about screening recommendations, visit:

<https://www.cancer.org/cancer/colon-rectal-cancer/early-detection/screening-tests-used.html>

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Coping with Cancer

Ways to manage the effects of a cancer diagnosis

What is "Integrative Medicine"?

Most Americans have never heard of integrative medicine. But, this health movement is leaving a big footprint on hospitals, universities, medical schools and comprehensive cancer centers throughout the United States. And, now at UAB, we offer an integrative medicine program for cancer survivors.

Integrative medicine uses non-traditional treatments for a holistic approach of managing the symptoms and side effects patients experience during and after cancer treatments. Integrative medicine depends very heavily on a partnership between the patient and the doctor. Carolina Salvador, a hematology oncologist and Medical Director of the new integrative medicine clinic at UAB says, "The patient and the integrative medicine doctor form a partnership that helps the patient safely express his

needs and feelings. The doctor serves as a vehicle offering appropriate, safe and effective complementary/ alternative methods that help the patient's natural healing responses work."

Typically, integrative medicine combines conventional Western medicine with complementary treatments, such as massage, biofeedback, yoga, herbal medicine, acupuncture and stress reduction techniques. Some doctors prefer the term "complementary" to emphasize that such treatments are used with mainstream medicine, not as replacements or alternatives.

What makes integrative medicine appealing?

According to the American Hospital Association, the percentage of U.S. hospitals that offer complementary therapies has more than dou-



bled in less than a decade, from 8.6% in 1998 to almost 20% in 2004 and up to 42% in 2010. Both doctors and patients alike are bonding with the philosophy of integrative medicine and its a guiding principle within integrative medicine is to use therapies that have some high-quality evidence to support them.

Advocates point to deep dissatisfaction with a health care system that often leaves doctors feeling rushed and overwhelmed - and patients feeling as if they're nothing more than a disease. Integrative medicine seems to promise more time, more attention, and a broader approach to healing -- one that is not based solely on the Western biomedical model, but also draws from other cultures.

“...I’m just so tired all the time.”

To help you manage your fatigue symptoms, follow these tips from the National Cancer Institute:

Did You Know?

Cancer-related fatigue affects about 99% of people while they are getting cancer treatments. But, for about 30% of cancer



- **Practice good sleep hygiene.** No computers or televisions in the bedroom as they can disrupt good sleep habits. Develop a routine for bedtime that encourages rest and relaxation.
- **Avoid caffeine,** and tobacco after 3:00 pm and alcohol after 6pm.
- **Reduce nap time** during the day if you are not getting a restful sleep at night. Set aside time each day where you can read, meditate or listen to music instead of napping.
- **Plan and prioritize** your activities.
- **Follow a healthy diet.** Eat small, well-balanced, high-protein meals and snacks. Smaller meals require less energy to digest than larger meals. Avoid eating after 8pm as digestion can disrupt sleep.
- **Begin a tolerable daily exercise** regimen to reduce fatigue and improve sleep.

What is Integrative Medicine?, cont.

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Dr. Salvador says that’s exactly why an integrative medicine practice appealed to her. “I use our time together to get to know the person in front of me– and not just the disease. I ask about their values, about things that bother them the most, how they interpret their health and disease and how this affects the

their daily lives. “

Dr, Salvador goes on to say, “I let them guide me towards where they need my help and then together, in a true partnership, we find the best treatment or techniques to help them feel better and experience a better quality of life. Persons affected by cancer and their families need know that even when there is no cure, there’s still hope

for healing and happiness within oneself and with others” And, that’s what Dr. Salvador says integrative medicine is really all about—giving a patient back the sense that, despite a chronic disease like cancer, there is still a whole person who needs care rather than just the disease.



For an integrative oncology consultation with Carolina Salvador, MD, Hematology Oncologist, call:

(205) 934-5077

“Cancer can take away all of my physical abilities. But, it cannot touch my mind, it cannot touch my heart, and it cannot touch my soul.”

Anonymous Patient

UAB Integrative Medicine Clinic Activity Schedule

Location

Patients will check in at the Guest Services desk on the 2nd Floor of The Kirklin Clinic (TKC) across from the coffee bar, to the right of the crosswalk.

Scheduling

To schedule classes if a UAB Hematology Oncology patient, call (205) 801-8139. If not a UAB Hematology Oncology patient, call (205) 934-5077 to schedule an initial clinic consultation and evaluation with Dr. Caroline Salvador.

All Activities are on Thursdays

Arts in Medicine	9:00 am—9:45 am
Yoga (2 Sessions)*	10:30 am—11:30 am 12:00 pm—1:00 pm
Meditation**	1:15 pm—2:30 pm
Nutrition	2:30 pm—3:30 pm
Pastoral Care	3:30 pm—4:30 pm
<i>*Yoga cost \$10 per person</i>	<i>**Meditation costs \$5 per person</i>



Programs in March for You!

UAB COMPREHENSIVE CANCER CENTER

Wallace Tumor Institute
1824 6th Avenue South

Phone: 205.934-5772
E-mail: tgw318@uab.edu

We're on the Web!
www.ccc.uab.edu



We would like your suggestions

Please let us know the topics you would like us to include in our newsletter and programs you would like for us to offer.

Email your suggestions to:
tgw318@uab.edu

Living with Cancer: Integrative Medicine and You

Want to learn more about how integrative medicine can help you get beyond a cancer diagnosis? Join Carolina Salvador, MD, Hematology Oncologist and Integrative Oncology Practitioner for a roundtable discussion on how integrative medicine can work for you.

When: Tuesday, March 21, 2017
11:30—12:30 pm

Where: Wallace Tumor Institute, WTI 220
A light lunch will be served; space is limited.

To Register: To Register: tgw318@uab.com
Or call: (205) 934-5772

New Beginnings Support Group with

Marcia Howton, MD

Join us for a talk on coping with a breast cancer diagnosis with Dr. Howton, who specializes in pain management, mindfulness meditation, comprehensive body-mind therapies, caregivers health and wellbeing and much more.

When: Thursday, March 16th
11:00 am (lunch is served)

Where: 4th Floor Conference
Room, The Kirklin Clinic

To Register:
(205) 801-7907
[newbeginningssupport-
group@uabmc.edu](mailto:newbeginningssupport-group@uabmc.edu)

Gentle, Restorative Yoga with Suzanne Graham

Join us for a flowing sequence of supported yoga postures, breathe work and meditation designed to help manage the side effects and stress of cancer. Cancer patients and survivors are welcomed.

When: *Wednesdays from*
12:15-1:15 PM
Embodiment Practice Center

Thursdays from
5:45-7:15 PM
Embodiment Practice Center

For more information:
dianewood@uabmc.edu



UAB COMPREHENSIVE
CANCER CENTER

Knowledge that will change your world