

The purpose of this guide is to help you find information and support on complementary and alternative medicine. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

Brochures and Fact Sheets

- National Cancer Institute
 - **Thinking about Complementary & Alternative Medicine – A guide for people with cancer.** This booklet for patients and caregivers provides guidance on how to choose CAM therapies and practitioners, questions to ask your doctor, and additional CAM resources.
Printable version available at:
<http://cancer.gov/cancertopics/cam/thinking-about-CAM>
 - **Talking about Complementary and Alternative Medicine with Health Care Providers: A Workbook and Tips**
Printable version available at:
https://cam.cancer.gov/docs/workbook/talking_about_cam_workbook.pdf

Articles

- Cavallo, Jo. *Prescription for Trouble: No Matter What the Prognosis, Experts Say Alternative Medicine is Never a Replacement for Conventional Cancer Treatment.* Cure; Vol.6, No. 2, Spring 2007, (p. 27).
CURE articles available online at:
<http://curetoday.com>

Books

- Abrams, Donald I. and Weil Andrew T. **Integrative Oncology.** New York, NY: Oxford University Press, 2nd Edition, 2014.
- American Cancer Society. **American Cancer Society Complete Guide to Complementary & Alternative Cancer Therapies.** 2nd Ed. Atlanta, GA: American Cancer Society, 2009.
- Ladas, Elena J. and Kelly, Kara M. **Integrative Strategies for Cancer Patients: A Practical Resource for Managing the Side Effects of Cancer Therapy.** Hackensack, NJ: World Scientific, 2012.

- Lee, C. and Decker, G. **Cancer and Complementary Medicine: Your Guide to Smart Choices in Symptom Management**. Pittsburgh, PA: Oncology Nursing Society, 2012.

Web Resources

- **American Cancer Society: Complementary and Alternative Therapies section**
 - Go to: <http://cancer.org>
 - Click “*Find Support & Treatment*”
 - Click “*Treatments and Side Effects*”
 - Click “*Complementary and Alternative Medicine*”

A review of mind/body, physical, herbal, nutritional, pharmaceutical, and biological alternative and complementary therapies related to cancer.
- **Complementary/Integrative Medicine**
<http://goo.gl/5S7U5a>

The site from the M.D. Anderson Cancer Center offers evidence-based reviews of complementary or alternative cancer therapies, as well as links to other authoritative resources.
- **Cure-ious? Ask. Federal Trade Commission Cancer Treatment Scams**
<http://consumer.ftc.gov/articles/0104-cancer-treatment-scams>

This site includes questions to ask your doctor about alternative cancer therapies, information on spotting scams, and a link to file complaints about bogus claims. It can be viewed in English or Spanish.
- **Food and Drug Administration: Beware of Online Cancer Fraud**
<http://fda.gov/ForConsumers/ConsumerUpdates/ucm048383.htm>

Provides consumer information on signs of health fraud and red flags to look for.
- **MedlinePlus: Health Information from the National Library of Medicine**
 - Cancer Alternative Therapy information at:
<http://nlm.nih.gov/medlineplus/canceralternativetherapies.html>
 - Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions at:
<http://nlm.nih.gov/medlineplus/druginformation.html>
- **National Cancer Institute: Complementary and Alternative Medicine**
<http://cancer.gov/cancertopics/cam>

Information on specific therapies from the National Cancer Institute.
- **National Cancer for Complementary and Alternative Medicine (NCCAM)**
<http://nccam.nih.gov/>

A National Institute of Health center that supports CAM research and provides information to health providers and the public about CAM for all disease types.

- **Office of Cancer Complementary and Alternative Medicine (OCCAM) at the National Cancer Institute**
<http://cancer.gov/about-cancer/treatment/cam>
This site offers information about research in field of complementary and alternative therapies used by people with cancer. It also has fact sheets about various dietary supplements and FDA alerts and warnings.
- **Office of Dietary Supplements**
<http://ods.od.nih.gov>
This National Institute of Health office provides information about dietary supplements, including background information and ongoing scientific research. Also includes FDA warnings and safety information.
- **Society for Integrative Oncology**
<http://integrativeonc.org>
The Society for Integrative Oncology’s mission is to advance evidence-based, comprehensive, integrative healthcare to improve the lives of people affected by cancer.
- **UpToDate**
Patient information: Complementary and alternative medicine treatments (CAM) for cancer
→ Access at: <http://uptodate.com>
→ In the Search Patient Content box, type “*Complementary and alternative medicine treatments for cancer*” and click “Search”
→ This will bring up relevant articles which are listed under “*Complementary and alternative medicine treatments (CAM) for cancer*”

A detailed, comprehensive overview based on professional literature reviews written for physicians and updated regularly. This overview includes some medical terminology and is suitable for readers seeking to gain in-depth understanding of the complementary and alternative medicine treatments for cancer.

University of Michigan Resources

- **Complementary Therapies Program at the University of Michigan Rogel Cancer Center**
<http://mcancer.org>
 - Click “*Patients and Families*”
 - Click “*Patient Support Services*”
 - Click “*Managing Emotions and Coping*”
 - Click “*Complementary Therapies*”

Under complementary therapies, you'll see Art Therapy, Guided Imagery, and Music Therapy. Guided Imagery and Music Therapy podcasts are available in two ways: listening on your computer, and for download.

Additional PERC Resources

Available for checkout at the PERC

- **Healing Music To Go** - A collection of therapeutic music CDs
- **Music and Imagery** - Experiences of Relaxation, Restoration, and Healing
- **The Sight & Sound Program** - iPads with various apps, including music and guided imagery.

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