

Research • Education • Clinical Delivery

Inside Integrative Medicine



A Newsletter for Staff, Participants and Friends of Integrative Medicine & Place ... of wellness

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No Supplements for Swine Flu

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Several CAM organizations, including the American Herbal Products Association (AHPA), the Consumer Healthcare Products Association (CHPA), the Council for Responsible Nutrition (CRN), the Natural Products Association (NPA) and the United Natural Products Alliance (UNPA), are warning consumers about products that falsely claim to treat or prevent the H1N1 flu virus (swine flu).

According to a statement released by the organizations, the coalition is "unaware of any scientific data supporting the use of dietary supplements to treat swine flu. Furthermore, federal law does not allow dietary supplements to claim to treat any diseases, including swine flu." The U.S. Food and Drug Administration (FDA) has only approved two drugs for the treatment of the flu: oseltamivir (Tamiflu®) and zanamivir (Relenza®).

The industry urged marketers and retailers of dietary supplements not to stock or sell any products that are presented as being able to treat or prevent the swine flu.

The industry also said that "there are dietary supplements that have much to offer in terms of enhancing general immune function. However, therapies for the treatment of swine flu should only be recommended by qualified healthcare professionals or public health authorities."

The warning comes just days after the FDA and the Federal Trade Commission (FTC) alerted the public to be wary of Internet sites and other promotions for products that claim to diagnose, treat or prevent the swine flu.

"Consumers who purchase products to treat the novel 2009 H1N1 virus that are not approved, cleared or authorized by the FDA for the treatment or prevention of influenza risk their health and the health of their families," said Michael Chappell, acting FDA Associate Commissioner for Regulatory Affairs. "In conjunction with the Federal Trade Commission, the FDA has developed an aggressive strategy to identify, investigate, and take regulatory or criminal action against individuals or businesses that wrongfully promote purported 2009 H1N1 influenza products in an attempt to take advantage of the current flu public health emergency."

For more information about the influenza virus, please visit Natural Standard's [Medical Conditions](#) database.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

Leo Buscaglia

M. D. Anderson and AARP Launch Survivorship Web site

A new Web site offers M. D. Anderson resources, expertise and information to people 50 and older through collaboration with the American Association of Retired Persons.



Together, M. D. Anderson and the AARP have launched Journey of Cancer Survivorship, which provides content written by M. D. Anderson's Public Affairs staff. The information on the site takes into account that there isn't one single roadmap through the cancer journey but instead many different obstacles and options.

M. D. Anderson Survivorship officials say that combining information and practical advice from M. D. Anderson experts with the experiences of cancer survivors makes for content that can help people in every stage of the journey lead healthier, happier lives. Partnering with an organization as well positioned as the AARP helps to spread the word even further.

AARP, 40 million members strong, is a nonprofit membership organization focused on improving the quality of life for people 50 years old and over.

Employees are encouraged to share this tool with colleagues, patients and family members. Please note that if viewing this site from inside M. D. Anderson, you may see extra white space on the screen. However, all the information is still present. If viewing the page outside of the institution the complete layout of the page is visible. Visit the site at

http://www.aarp.org/health/conditions/cancer_survivorship/.

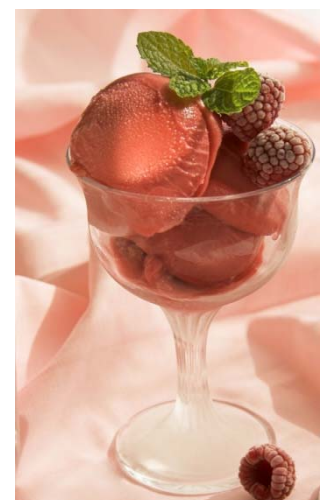
Red Wine Sorbet

3 cups raspberries, fresh or frozen
1 ¼ cups red wine
1 ½ tablespoons fresh lemon juice
¾ cup sugar (if possible, substitute with stevia or agave)

Process all ingredients in a food processor until smooth. Freeze in an ice cream maker following manufacturer's instructions. For best results, allow the sorbet to set in the refrigerator 15-20 minutes prior to serving.

As always, please be mindful of any food allergies or dietary restrictions you may have.

Please consult with your medical provider if you have any questions.



Red Wine to Help Side Effects?

Reprinted with permission from Natural Standard.com

Compounds in red wine may help reduce the risk of radiation-induced skin reactions in breast cancer patients, [researchers report](#).

Skin problems, including irritation, swelling, blisters, redness and dryness are common side effects of radiation. Although medications may help prevent these reactions, they are often costly and can cause their own side effects.

Therefore, less expensive, natural products have been gaining interest among patients. The latest study tested the potential benefits of red wine, which contains antioxidants, including polyphenol, tannins and resveratrol, which may have anticancer effects.

The study included 348 women who were receiving radiation therapy after breast cancer surgery. They were divided into three groups depending on the dose of radiation received.

About 13.6 percent of women who drank a glass of wine daily experienced skin reactions compared to 31.8 of women who drank a half glass of wine daily and 38.4 percent of those who did not drink any wine. However, the incidence increased to 35 percent among those who drank two glasses daily. The wine did not affect the anticancer effects of radiation.



However, these results are preliminary and controversial. [Other research](#) has found that drinking as little as one alcoholic beverage daily may increase the risk of breast cancer. In fact, researchers estimate that alcohol consumption may play a role in up to 11 percent of breast cancer cases.

New Medical Director for IMP

The Department of General Oncology welcomes Dr. Richard Lee to M. D. Anderson Cancer Center as the new Medical Director of the Integrative Medicine Program.

A graduate of George Washington University School of Medicine, Dr. Lee received his training in internal medicine at Stanford University School of Medicine. He went on to complete fellowships in both clinical medical ethics and hematology and oncology at the University of Chicago.

More recently, he has also completed a fellowship in palliative medicine at Northwestern University in Chicago. Dr. Lee is a 2008 recipient of a coveted ASCO Young Investigator Award for patient oriented research in integrative medicine and is Board certified by the American Board of Internal Medicine in hematology and oncology.

"We are very fortunate to have such a versatile, well-trained, and personable new faculty member to lead our Integrative Medicine Program," says Dr. Michael Fisch, the Chair of the Department and General Oncology.

Dr. Lee has extensive training in Traditional Chinese Medicine, with an emphasis on acupuncture. He has also received numerous honors and awards, including a prestigious Fulbright Scholarship.

During the transition, our entire clinic team will be available to help in any way. Dr. Fisch is seeing integrative medicine patients and providing oversight to the clinic during this transition. Dr. Fisch has expertise in symptom management and integrative medicine.

If you would like to schedule an appointment with the Integrative Medicine Clinic, ask your M. D. Anderson physician to submit an online consultation request. Should you have any questions, please contact the clinic at 713-792-6072.



Integrative Medicine Program Simms-Mann Lecture Series

October 15, 2009 – **Location Change Onstead Auditorium (\$3.8013)**

Current Issues and Trends in the Field of Herbal Dietary Supplements: Market Data, Regulation and Research

Mark Blumenthal, Founder and Executive Director, American Botanical Council (ABC), Editor/Publisher of HerbalGram, Austin, TX

November 5, 2009 – **Teaching Self-Healing to Cancer Patients: Relieving Suffering and Prolonging Life**

Alastair Cunningham, Ph.D., Senior Scientist Division of Epidemiology, Statistics and Behavior, Ontario Cancer Institute, Toronto, Ontario CANADA

Lectures take place at 12:00 – 1:00 p.m. in Hickey Auditorium (R11.1400). For more information about the lecture series, please visit the Complementary/Integrative Medicine Education Resources website at www.mdanderson.org/CIMER

Missed a lecture? Selected lectures from the IM Lecture Series are now available on DVD at [The Learning Center](#).

