Inside Integrative Medicine
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Providing Integrative Oncology via Telehealth: Improving Treatment Outcomes and Achieving Optimal Health and Healing

What is integrative medicine?
Integrative oncology is an approach to cancer care delivery that balances complementary health approaches and lifestyle medicine with conventional medicine in a deliberate manner that is personalized, evidence-informed, and safe. Complementary health approaches refer to natural products (e.g., dietary supplements, herbs), mind and body practices (e.g., meditation, yoga, massage, acupuncture) and other systems of care such as traditional Chinese medicine, Ayurvedic medicine, or naturopathy.

What is integrative oncology?
Integrative oncology combines conventional medicine, complementary therapies, and lifestyle approaches in a manner that is comprehensive, personalized, evidence-informed, and safe in order to achieve optimal health and healing. Integrative oncology consultations are available in the inpatient and outpatient setting through Telehealth (video/telephone office visit).

We Are Here for You During These Challenging Times:
The global COVID-19 pandemic is causing tremendous stress and uncertainty in our world. Cancer patients and survivors are especially vulnerable during times of excess stress. Social isolation and being disconnected from loved ones and the care team can make it difficult to maintain a healthy lifestyle to help remain cancer free and improve quality of life.

The Integrative Medicine Center is here to help enhance the care of patients affected by cancer and their caregivers by providing and advancing comprehensive integrative treatment approaches through compassionate, evidence-informed clinical care, and research. We work collaboratively with oncology care teams with the goal of improving treatment outcomes and achieving optimal health and healing via Telehealth and in-person clinical treatments.

The integrative oncology consultation serves as the foundation for developing an integrative care plan that includes complementary health approaches and lifestyle changes. During the initial Telehealth visit with the physician, each patient is evaluated comprehensively, and referrals are made to our other services according to the individual’s physical, mind-body, or social needs. Services currently being offered via Telehealth include, nutrition counseling, yoga/meditation, music therapy, physical therapy, and health psychology. In-person visits include acupuncture and oncology massage treatments. Our interdisciplinary team works together closely to optimize and adapt the integrative care plan to the changing landscape of an individual’s cancer journey.

Due to COVID-19 precautions, several integrative services are now available using a virtual format. Other services on hold. Please contact the Integrative Medicine Center for more details.

The mission of the Integrative Medicine Program is to optimize health, quality of life and clinical outcomes through integrative medicine education and research-driven clinical care.
**Cucumber Quinoa Salad**

Total Time: 30-45 minutes  
Servings: 4-5 people

**Ingredients:**

- 1 cucumber, diced  
- 2 cups chilled cooked quinoa  
- ½ red onion, diced  
- ¼ cup crumbled feta cheese  
- ½ cup fresh basil, chopped  
- 2 tablespoons dill  
- ½ teaspoon salt

**Vinaigrette:**

- 2 tablespoons lemon juice  
- 2 tablespoons olive oil  
- ½ teaspoon salt  
- ½ teaspoon dried oregano  
- ½ teaspoon dried thyme

**Instructions:**

1. In a large bowl toss all ingredients together until combined  
2. In a small bowl whisk vinaigrette ingredients together. Pour vinaigrette over salad and blend.