Providing Integrative Oncology via Telehealth: Improving Treatment Outcomes and Achieving Optimal Health
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What is Integrative Oncology?

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. Integrative oncology combines conventional medicine, complementary therapies, and lifestyle approaches (optimizing nutrition, physical activity, and sleep) 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).

Providing You Support Wherever You Are

The global COVID-19 pandemic continues to cause tremendous stress and uncertainty in our world. People with cancer 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 people 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 person 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 activity counseling, 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.
Ingredients:

Salad:
- ¼ Seedless watermelon
- 3 Roma tomatoes
- 1 head Boston bib or Romaine lettuce
- ½ red onion slices thinly
- 2 ounces reduced fat feta cheese
- ¼ avocado sliced (optional)

Vinaigrette:
- 2 tbsp White Wine vinegar, lemon juice or lime juice
- 1-2 tbsp avocado or olive oil
- 2 tsp honey
- Salt to taste
- Pepper to taste

Instructions:

Salad:
1. Peel watermelon and cut into bite size pieces.
2. Chop tomatoes.
3. Peel and slice avocado. Discard pit.
4. Separate lettuce leaves with hands, wash and dry thoroughly.
5. Thinly slice red onion.
6. Place items in a bowl starting with lettuce followed by remaining ingredients.

Vinaigrette:
1. Add lemon juice or vinegar into a bowl.
2. Whisk in olive oil slowly one tablespoon at a time.
3. Whisk in honey.
4. Add salt and pepper.