Bridging Conventional Cancer Care And Naturopathic Medicine

To educate patients, caregivers, and the public on the benefits of Naturopathic Medicine in cancer treatment and prevention

Cancer Support Virgin Islands and ICMC

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Director of Naturopathic Medicine and Rehabilitation Services at Southeastern Regional Medical Center, Cancer Treatment Centers of America

• Medical family background
• Tropical medicine
• Naturopathic education
• Cancer specialty/fellowship training
• Team
  - 5 ND’s including 1 ND Lead
  - 1 Acupuncturist
  - 1 Rehab Supervisor that is an SLP
  - 2 Physical Therapists, 2 prn PT’s, 1 contract PT
  - 2 Occupational Therapists
  - Unit Coordinators—check in, scheduling, administrative assistant roles

Source:
Daniel Kellman, ND, FABNO
Bridging Oncology and Naturopathic Medicine

- Explore the latest in Naturopathic Oncology Approaches
- Separate Fact from Fiction
- Managing Side Effects of Chemotherapy, Radiation, Surgery and other treatments
- Optimizing Immune Function and Anti-cancer Approach
- Prevention and Survivorship
Naturopathic Oncology

• “The application of the art and science of naturopathic medicine to the field of cancer care and treatment.” --OncANP definition

• Naturopathic oncologists work both in hospital oncology settings and in private practices

• Many people choose complementary and alternative medicine in their fight against cancer and in seeking to improve quality of life through treatments. Therapies most sought out include meditation, prayer, acupuncture, herbal, botanical, nutritional diets, homeopathic, and other holistic practices.
Naturopathic Oncology

Naturopathic Oncologists (FABNO)

• The OncANP initiated a credentialing process for naturopathic doctors in 2006. A separate and independent board, the American Board of Naturopathic Oncology (ABNO) was established to oversee the process.

• ABNO established a Board of Medical Examiners (BoMEx). ABNOBoMEx developed standards including training requirements, an application process and mechanisms for an independent agency to administer board certification tests.

• To be eligible for examination, must complete Naturopathic Oncology Residency, or practice as an ND for 5 + years with greater than 50% oncology practice with case reports and clinical work submitted

Source:
Naturopathic Medicine at CTCA

• *Patient Empowered Care* was the model practiced for many years
• Here’s a video:
• New era of healthcare landscape requires creative way to deliver integrative services
• SERMC launching the *Integrative Care Center* June 26th, 2017
Integrative Care Center at SERMC

Integrative Care Center

- Naturopathic Medicine
- Acupuncture
- Chiropractic
- Nutrition
- Mind and Body
- Pastoral Care
- Cancer Fighters

Our Promise~ You and your healing are at the center of our hearts, minds and actions every day. We rally our team around you, delivering compassionate, integrative cancer care for your body, mind and spirit.

Source: Integrative Care Center at SERMC
The Importance of an Integrative Approach

*Cancer as a wild horse
*Mutations weaken the fence and lead to erratic horse

Conventional treatments capture the wild horse

Integrative therapies build a stronger fence

Source:
Cancer Cell Development

What Causes Mutations?

- Genetics
- Aging
- Radiation Exposure
- Chemical Exposure
- Cigarette Smoke
- Pollution
- Others?

Source: Cancer Cell Development
DNA – Mutation to Cancer (II)

Multiple mutations needed to cause Cancer: 6-8 ones in key genes

Naturopathic Prevention

- Decrease inflammation
- Modulate Immune System
- Stop Cancer Drivers
- Reduce Stress
- Hydrotherapy

Source: Naturopathic Prevention
Decrease Inflammation

Curcumin (Turmeric)

*Primary use/benefit in oncology:*

- Anti-Inflammatory
- Augmentation of chemotherapies
- Augmentation of radiation therapy
- Anti-neoplastic activity/Impact on PFS or OS
- Side-effect prevention/treatment
- Others: Fish Oil, Boswellia, Quercetin, Bromelain
Modulate Immune Function

**Vitamin D3** regulates immune system and helps cells reproduce and develop properly

*Primary use/benefit in oncology:*

- Bone health
- Healthy immune system function
- Potent anticancer properties for a wide variety of cancers (including Breast, Colorectal, and Lung)
- **Others:** Astragalus, Reishi
**Stop Cancer Drivers**

**Melatonin**: enhancing standard therapy (chemotherapy and radiation therapy), side-effect prevention and amelioration, and anti-neoplastic actions of melatonin have all been established in recent publications.

**Primary use/benefit in oncology:**
- Sleep quality
- Immune system enhancement
- Anti-neoplastic activity/ Impact on PFS or OS/ Chemotherapy augmentation
- Cachexia
- Cisplatin-induced renal toxicity
- Chemotherapy side-effect amelioration (i.e. neuropathy)
- **Others**: Honokiol, Maitake d-fraction, Green Tea Extract

Source: Stop Cancer Drivers
Reduce Stress

• Meditation
• Yoga
• Qi Gong/Tai Chi
• Prayer
• Exercise

**Incorporate one or more of these daily**
Reduce Stress

Phytonsonsides

“Forest Bathing”

--Immunopharmacol Immunotoxicol 2006;28(2):319-33. (phytonsonsides induce natural killer cell activity)

**Other studies have shown that visiting parks and forests seems to raise levels of white blood cells, including one in 2007 in which men who took two-hour walks in a forest over two days had a 50 percent spike in levels of NKs. And another found an increase in white blood cells that lasted a week in women exposed to phytoncides in forest air.

Source:
Hydrotherapy/Hyperthermia

• Alternating hot and cold applications via water
• Thermotherapy—the treatment of disease by the application of hot and cold; perhaps more accurate
• Hyperthermia is heat therapy. Heat has been used for hundreds of years as therapy. According to the National Cancer Institute (NCI), scientists believe that heat may help shrink tumors by damaging cells or depriving them of the substances they need to live.

Source: Hydrotherapy/Hyperthermia
Home Hydrotherapy

1. Hot shower X 10 minutes, followed by 1 minute of cold water.

2. Hot bath with Epsom Salts X 20 minutes, followed by cold water application
   - Use 3 to 4 cups of Epsom Salts per bath
   - While water is draining from bath, pour cold water buckets over head and entire body, or use cold shower

**always end with cold for immune system stimulation**

**make sure bathroom is warm, have warm towels/clothing ready**

**Benefits**: increased oxygenation and circulation, stimulates immune cells, may induce heat shock proteins which damage cancer cells, removal of toxins, decreases stress and increases energy level

**Others**: infrared saunas, hot springs, exercise, wet socks treatment

Source: Home Hydrotherapy
Strategies to manage side effects of chemo

Coenzyme Q10 (CoQ10)

• Numerous research studies have been conducted to demonstrate the benefits of CoQ10 for its cardio-protective effects. This is especially important when patients receive cardio-toxic chemotherapies, such as anthracyclines (Adriamycin and Doxil), as well as Herceptin and Perjeta.
Natural remedies for side effects

L-Carnitine

• Radiation and chemotherapy induced fatigue
• Paclitaxel and Cisplatin-induced peripheral neuropathy
• Cachexia
Natural remedies for side effects

Hot Flashes: Black Cohosh, Acupuncture, HMC Hesperidin
Joint pain: Acupuncture, Fish oil, Bromelain, Boswellia, Turmeric

*These are common side effects of Tamoxifen and Aromatase inhibitors (Arimidex, Aromasin, Femara)

*Please work with an ND to individualize the best co-management strategies.
Astragalus

• It can play a supportive role in cancer care by preventing treatment-related neutropenia and reducing fatigue. Astragalus also possesses protective qualities for the kidneys and may reduce cisplatin-induced renal toxicities.

Primary use/benefit in oncology:

• Immune system enhancement and leukocyte support (NFkB, TNF, IL2)
• Cancer-fighting actions
• Cisplatin-induced nephrotoxicity

Source:

Natural remedies for side effects
Natural remedies for side effects

Maitake Mushroom

• It is commonly used in naturopathic oncology to prevent treatment-induced low platelet counts.

• One of the active compounds of maitake (the “D” fraction of the beta-glucan) activates natural killer cells, cytotoxic T-cells, and interleukin-1.

• Maitake has been shown to prevent metastasis, induce cell cycle arrest and promote apoptotic pathways in experimental models.

*Primary use/benefit in oncology:*

• Pancytopenia, bone marrow support and immune system enhancement

• Anti-neoplastic activity

• Others: sesame oil, bone broth, papaya leaf

Source:

Natural remedies for side effects

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Source:
Advanced Naturopathic Oncology

Intravenous Vitamin C

Mistletoe Therapy

Hyperthermia

Source: Advanced Naturopathic Oncology
Urban myths, controversies, fads

• Alkaline Water
• Essiac Tea
• Apricot Seeds/Laetrille/B17
• Graviola/Sour Sop
• Sugar feeding cancer

*lack of data
*multilevel marketed products

Source:
Resources

• American Association of Naturopathic Physicians: www.naturopathic.org

• Oncology Association of Naturopathic Physicians: www.oncanp.org
References

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Source:
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Source:
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References for Astragalus
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Source: