



Integrative News

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ITPCC Expands International Reach

The Integrative Therapies Program for Children with Cancer (ITPCC) is making remarkable progress in developing and sustaining global partnerships. In an effort to facilitate learning about traditional/complementary and alternative (T/CAM) and bridge medical paradigms, members of the ITPCC team have traveled to different parts of the world to provide guidance, conduct collaborative research, and lecture on various aspects of T/CAM and pediatric oncology.

This past May, Dr. Banerji of the Prasanta Banerji Homeopathy Research Foundation, Kolkata, India, made a follow-up visit to ITPCC to review his brain tumor case series and discuss moving lab research efforts forward. Collaboratively, Columbia University researchers, ITPCC, and Dr. Banerji will determine the feasibility and safety of using the Banerji protocol, a new method of treatment using homeopathic medicines, among children with brain tumors.

This coming October, Dr. Kelly is co-chairing the symposium session “Traditional Practices and Nutrition Management for the Child with Cancer” at the International Society of Pediatric Oncology’s (SIOP) 41st Annual Meeting which will be held in São Paulo, Brazil. During this session Dr. Frederico Antillon-Klussman will present the interim analysis of our collaborative study in his talk: “Impact of Traditional Healing Practices on the Delivery of Conventional Therapy in Children.” Interim findings of our survey found 87% of patients followed in Division of Pediatric Oncology, Universidad Francisco Marroquin, Guatemala are using T/CAM, and yet only 25% of all reported T/CAM modalities were disclosed by patients to their physician. Elena Ladas will also present her talk: “Medical Nutrition Therapy for the Child with Cancer: Current Practice and Future Directions.”

ITPCC Patient Directs July’s Food as Medicine Program

ITPCC’s Food as Medicine Program offers a new twist. Inspired to use food as a means to keep herself healthy, Samantha has decided to be our guest chef.

“Ever since I was diagnosed with cancer and began my treatment I have had to change the ways I eat. I have learned so much about food and different methods of cooking a healthier diet. Now, cooking is my favorite hobby and one of the very few things I can still do during my cancer treatment. The foods that I am doing for Food as Medicine program are things that not only taste great, but are good for you too!” — Samantha

We are proud to showcase one of Samantha’s favorite recipes:

Fruit Kebobs with Coconut Mint Yogurt Sauce

Any fruit cut into 1-inch cubes. Good fruit to use is: pineapple, seedless watermelon, kiwi fruit, mango, cantaloupe and honeydew; you can also use grapes and strawberries and you don’t have to cut them!

1/2 - 1 T of lemon zest

2 cups vanilla yogurt (low fat or nonfat)

1/2 cup unsweetened shredded coconut

1- 2 T finely chopped fresh mint

Juice of lemon to taste

Skewer the fruit on 8-inch kabob sticks. This is the fun part—put them in any order you’d like.

Mix lemon zest, yogurt, coconut and mint together. Serve the yogurt sauce with the fruit skewers.



Samantha rolling vegetable summer rolls

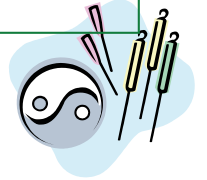


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The Society for Integrative Oncology 6th International Conference (November 12-13, 2009): An Invitation from the Program Chair, Dr. Kara Kelly

I am pleased to extend an invitation to attend the Society of Integrative Oncology's Sixth International CME conference:
"Revitalizing Health Care: Comprehensive Interdisciplinary Programs and Whole Systems Research."

The goal of this conference, which will be held at The New York Academy of Medicine, is to synthesize the evidence from a cross-cultural collection of health care practices in order to derive models of integrative systems that can benefit current oncology patient management. We aim to derive improved models within a culture of scientific exploration and the compassionate delivery of health care services. We have assembled an outstanding array of exciting speakers to discuss the controversies and challenges of integrative oncology. **Dr. Dean Ornish**, founder and president of the non-profit Preventive Medicine Research Institute will present new research data on the effects of diet and lifestyle choices on health and disease. The complexities of researching whole systems will be presented by **Dr. Marja Verhoef** from the University of Calgary. The clinical importance of the "placebo effect" and its relationship to whole systems research and practice will be reviewed in a keynote address given by **Dr. Ted Kaptchuk**, a doctor of Traditional Chinese Medicine at Harvard Medical School. We will also offer clinically oriented workshops in addition to the abstract-driven sessions presenting the latest scientific evidence emerging in the rapidly developing field of integrative oncology.

At the end of this conference, the learner will be able to:

- (1) Define whole systems and their role in integrative oncology: Traditional Chinese Medicine, Ayurveda, Homeopathy and Naturopathy.
- (2) Identify gaps in research in each whole system with respect to cancer care
- (3) Evaluate the role of lifestyle and placebo effects on cancer care
- (4) Begin to develop a plan to integrate whole systems care into your oncology setting.

We hope that you will be able to attend.

With warm regards,
Kara Kelly, MD