

Winter 2008



INTEGRATIVE NEWS

ITPCC Celebrates Ten Years!

The Integrative Therapies Program for Children with Cancer (ITPCC) was initiated in 1998 to begin investigating the safety of integrative medical therapies and provide a reliable resource for children treated in The Division of Pediatric Oncology at Columbia University. Ten years later, we continue to grow as a program. On November 6th, 2008, the Hope & Heroes Children's Cancer Fund hosted their Seventh Annual Gala, honoring Dr. Kara Kelly in celebration of her ten years of service as Medical Director of the ITPCC. Surrounded by the ITPCC staff, Dr. Kelly reported on the strides that the program has taken over the past 10 years. Successes she highlighted ranged from collaborations with a small homeopathic clinic in Calcutta, India to the initiation of the first large scale, prospective dietary study among children with ALL. We are looking forward to the next 10 years.

Celebratory note from Dr. Michael Weiner,

Chief, Division of Pediatric Oncology, Columbia University

The ITPCC is truly a benchmark program in facilitating and evaluating the integration of global modalities with conventional medicine. Highly regarded among both the medical community and patients, the ITPCC has enthusiastically embraced the challenge of being lead pioneers in the field of integrative oncology.

With increasing survival rates among children with cancer over the past several decades, there has been an emerging need for the improved management of both side-effects and late-effects of conventional medicine not always mitigated with standard care. As a testament to the ITPCC's work, integrative medicine is closing the gap in providing this type of supportive care patients both need and seek.

In the coming years, the ITPCC will establish and expand collaborations both nationally and internationally to pursue the ongoing safety and efficacy of global modalities in the care of children with cancer.

It is with great enthusiasm that we mark and celebrate the program's 10-year anniversary this year. Thank you to all of our supporters who have made these past ten years remarkable.

ITPCC at the SIO Conference

The ITPCC presented the results of three studies at this year's annual Society for Integrative Oncology's conference held in Atlanta, Georgia. The staff presented the results on integrative therapy use among survivors, acupuncture treatment patterns in children with cancer, and dietary antioxidant intake among survivors of childhood cancer.

We are looking forward to next year's meeting which will be held at The New York Academy of Medicine in New York City, November 12th and 13th, 2009. We are pleased to announce that Dr. Kara Kelly is the chair of the scientific program committee for the meeting. Mark your calendars!

Staff

Kara Kelly, MD

Medical Director

Elena J. Ladas, MS, RD

Director

Deborah Hughes, MPH

Program Manager

Christine Grimaldi, PhD

Exercise Physiologist /

Yoga & Movement Therapist

Kathy Taromina, MS, LAc

Licensed Acupuncturist /

Reiki Practitioner

Diane Rooney, MS, LAc, LMT

Licensed Acupuncturist /

Licensed Massage Therapist

Evelyn Li, MS, LAc, LMT

Licensed Acupuncturist /

Licensed Massage Therapist

Alexa Weitzman, MS, LAc

Licensed Acupuncturist /

Research Coordinator / Chef

ITPCC Raises over \$80,000 Running the NYC Marathon

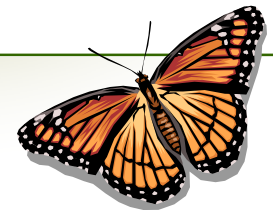
Congratulations to all the runners:

Shannon Appel, Paul Buencamino, Doree Damoulakis, Anne Davy, Shelby Goodrun, Silvia Haflinger, Elizabeth Kassapidis, Bruce Kimball, Elena Ladas, Bryan McAteer, Laurie Meehan, Joanne Mone, Catherine Poulcallec-Gordon, Stephanie Staidle, Eileen Stark, Charlene von Saher and Alexa Weitzman.



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Talking About Integrative Medicine

The public is using integrative medicine and lifestyle modifications for the management of various conditions at remarkable rates. Though integrative and conventional medicine can often work in tandem, sometimes these medicines can interfere with each other if not coordinated properly. Patients should feel comfortable and be proactive in discussing integrative therapies with their health care provider. Communication ensures safe, coordinated and integrated care.

4 practical tips for communicating with your health care provider about the use of integrative medicine therapies:

1. Tell your doctor what integrative medicines or lifestyle modifications you are using and why these medicines are of interest to you
2. Listen to your doctor's concerns, as your medical history may have an impact on your use
3. Ask your doctor if they have any questions for your CAM provider, as well as ask your CAM provider if they have any questions for your doctor
4. Discuss the issues with both practitioners and include both in assessing the risks vs. benefits of the particular therapy

Often patients do not talk to their health care provider about integrative therapies because the health care provider never asks, they did not know they should ask, or there was not enough time during routine appointments. Providers should include questions about integrative therapies and lifestyle modifications on their medical history forms and should ask patients to bring a list of all the therapies they are using prior to their visit.

Talking about integrative therapies will decrease the risks of interactions and improve the integration of care.