

## Accessing Program 360: Integrative Oncology Component

### The Cancer Patient's Guide

Integrative Medicine combines conventional and complementary therapies to aid in your healing process. It engages the mind, body, spirit and community and focuses on lifestyle choices. Whether your cancer was recently diagnosed or is currently in remission, the potential benefits of the integrative healing approach are varied and significant.

#### The 360 Program

- In order to receive integrative medicine services through the 360 program at Northwestern Integrative Medicine (NIM), you must be receiving cancer services at Northwestern.
- You may be referred for services by your physician, surgeon, radiologist or a mid-level practitioner (such as a nurse practitioner or a physician assistant).

#### Appointments

- You are eligible for a total of two appointments free of charge (you cannot receive multiple referrals).
- The following integrative medicine therapies will be available to you:  
Acupuncture, massage, energy medicine (Reiki and Healing Touch) treatments, naturopath visits\*.
- At the conclusion of your two appointments, you may choose to continue receiving therapies at a discounted (25% off) out-of-pocket cost for Acupuncture, Massage or Naturopathic Medicine —unless your insurance plan covers integrative medicine treatments. Alternatively, we will be happy to refer you to local clinics at reputable schools of acupuncture and massage, where the fees are often reduced.

#### Additional NIM Services

- We are pleased to offer complimentary acupuncture and massage sessions in the infusion suites of the Maggie Daley Center on Prentice 4 and in the Lurie Cancer Center on Galter 21 during chemotherapy treatment. These services can be arranged with your chemotherapy nurse and do not count towards your 2 free visits.
- Integrative Physician consults are available to assist you in developing an overall integrative plan. Depending on the provider you choose, this type of consult is typically covered by insurance or at an out-of-pocket cost, please note that this service is not required for your participation in integrative medicine treatments.
- If you are interested in using supplements, we encourage you to do so under the direction of a healthcare provider, as certain supplements might interact with your cancer treatment. The staff of NIM will be happy to provide you with guidance during your scheduled visit.

*\* Please note, naturopath visits are available only for patients who are not undergoing active cancer treatment, such as chemotherapy or radiation therapy.*

#### Scheduling your visits:

- Once your oncology provider has referred you for your integrative medicine visits, please call **312-926-DOCS (3627)** to schedule your appointments.
- **Northwestern Integrative Medicine is located in the Avenue Office tower at 150 E. Huron, Suite 1100, Chicago, IL 60611.**
- Reduced fee validated parking is available in the NIM office building and across the street at the hospital.

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# Integrative Medicine Oncology Service Descriptions

## I. Acupuncture

Acupuncture is an integral component of traditional Chinese medicine, a holistic, energy-based approach to healthcare that is more than 2000 years old. During an acupuncture session, the practitioner uses sterile ultra-thin needles, heat, electricity, or finger pressure to stimulate specific points on the surface of a patient's body. This stimulation, in turn, affects bodily organs and their function. Acupuncture has been found to be useful for chemotherapy-related nausea and vomiting. In addition, if you are undergoing radiation therapy, you may well find acupuncture to be helpful in relieving side effects that have resulted from your treatment.

Acupuncture may help cancer patients manage the following symptoms:

Pain	Nausea
Xerostomia (Dry mouth)	Neuropathy
Fatigue	Insomnia
Anxiety/Depression	Constipation/diarrhea

## II. Massage Therapy

Massage is defined as the use of one's hands to apply pressure and motion on another person's skin and underlying muscle for the following purposes: physical and psychological relaxation, improvement of circulation, relief of muscle tension, and other therapeutic benefits. In addition to these well-documented benefits of massage, human touch conveys a sense of warmth, caring, security and comfort. As a person living with cancer, you likely are experiencing physical and psychological stress as a result of your illness. The tension-relieving nature of massage promises to help you manage this stress, as well as other challenging symptoms.

Massage Therapy may help cancer patients manage the following symptoms:

Musculoskeletal discomfort	Pain
Lymphedema	Insomnia
Mental stress, tension and fatigue	Anxiety

## III. Energy Medicine Therapies (Reiki, Healing Touch)

Energy-based therapies promote healing and overall wellness. A specially trained practitioner uses his or her hands to transmit energy to a recipient. During an energy medicine treatment, you will lie down on a massage table, fully clothed except for your shoes. The practitioner then will place his or her hands lightly on different parts of your body. The healing energy will flow automatically to areas of imbalance in your body. This process is both soothing and energizing, and many people report feeling a sense of warmth during their energy medicine sessions. As you face cancer, you may well find that energy therapies can help to relieve numerous symptoms that result from your illness, as well as from treatments such as chemotherapy.

Energy Therapies may help cancer patients manage the following symptoms:

Pain	Nausea and stomach upset
Anxiety and/or depression	Aid in recovery after surgery

## IV. Naturopathic Medicine

Doctors of Naturopathic Medicine (NDs) believe in the healing power of nature and in the body's own ability to restore physiological function. By approaching the body as a system, NDs search for the underlying causes of illnesses such as cancer. Inherent in these doctors' approach to patient care is a meaningful collaboration with other physicians, in order to optimize patients' health and prevent disease. Naturopathic doctors use herbs, homeopathy, hydrotherapy, nutrition, counseling and other modalities. Naturopathic medicine at NIM is available to assist you in managing your symptoms, as well as in re-entering your daily life after treatments such as radiation, chemotherapy and surgery.

Naturopathic Support may help cancer patients manage the following symptoms:

Weight issues	Desire to optimize diet to enhance overall health
Gastrointestinal symptoms	Immune support
Anxiety and/or depression	Sleep disturbances
Nerve pain	Hot flashes