



UNIVERSITY *of* MARYLAND
ST. JOSEPH MEDICAL CENTER

THE CANCER INSTITUTE

AN AFFILIATE OF THE UNIVERSITY OF MARYLAND
MARLENE AND STEWART GREENEBAUM
COMPREHENSIVE CANCER CENTER

What Are Your Patients Doing “Out There?” Update on Complementary Therapies

Ginny Jump
Nurse Practitioner
Wellness and Support Center

Disclosure

This presenter has no financial interest or other relationships with manufacturers of commercial products, suppliers of commercial services, or commercial supporters.

What are some “out there” things your patients are doing?





Straight outta hot yoga like...

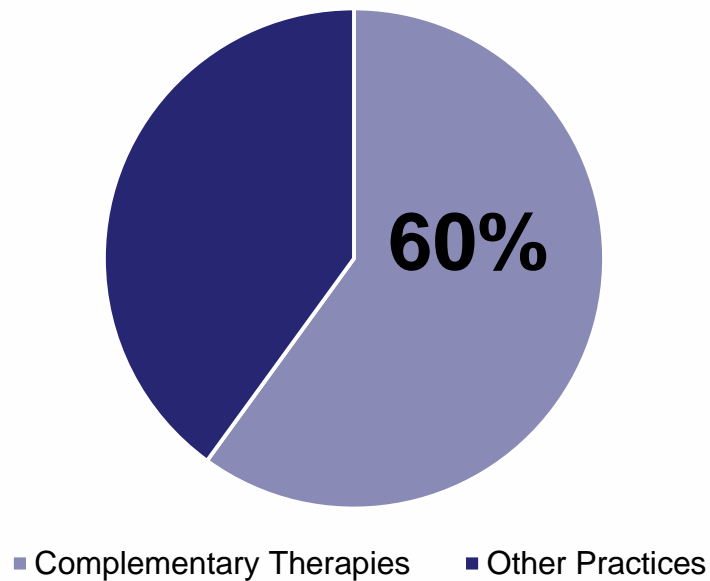
@yogimemes



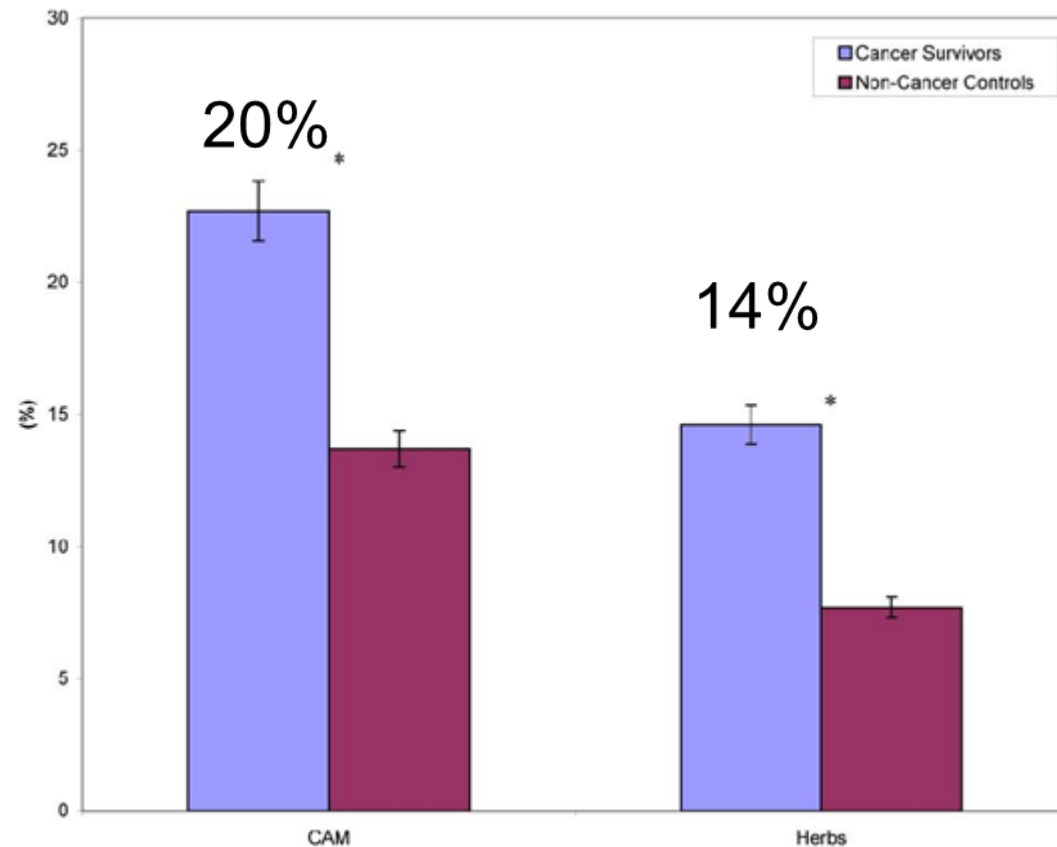


Complementary Therapy

Cancer Patient Use of Complementary Therapies



Communication Around Complementary Therapies





Objectives:

- Provide an update on common complementary therapies.
- Provide reliable resources for safe and effective recommendations of complementary therapies.
- Provide information for improved conversations around complementary therapies.

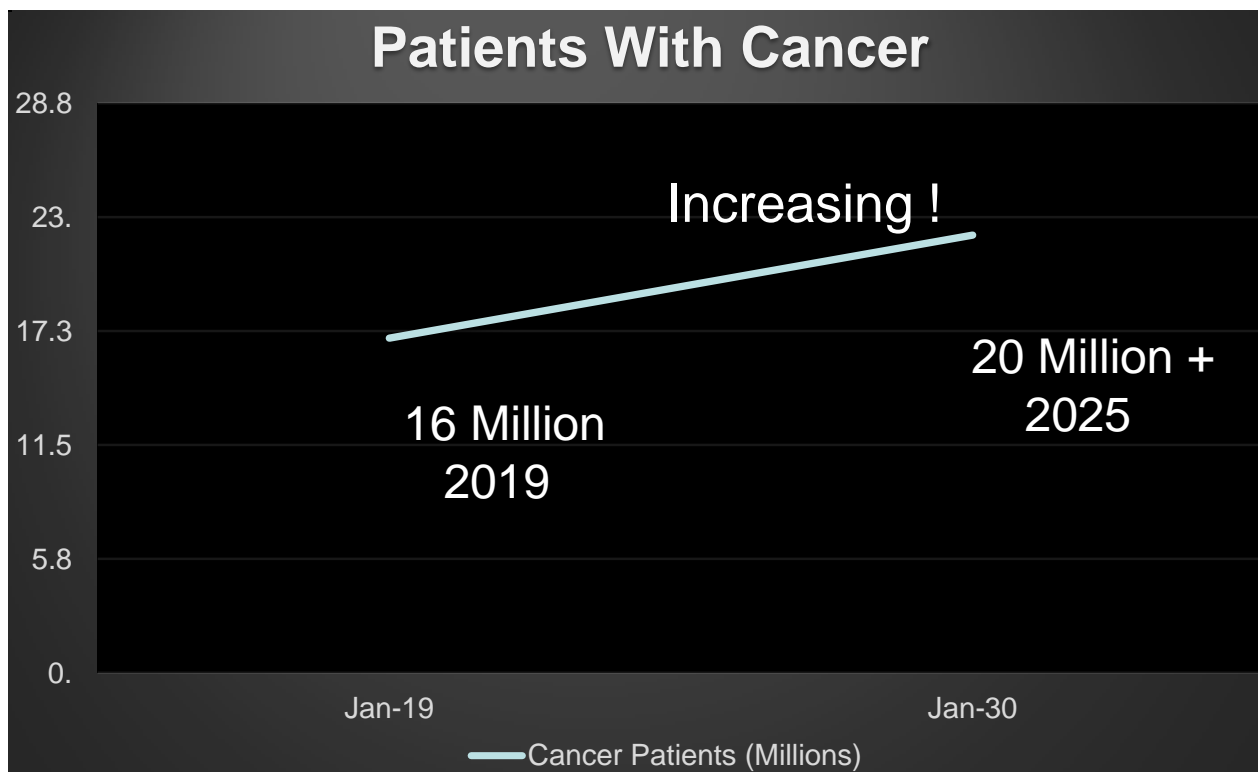
Survivorship at University of Maryland St. Joseph's Cancer Institute



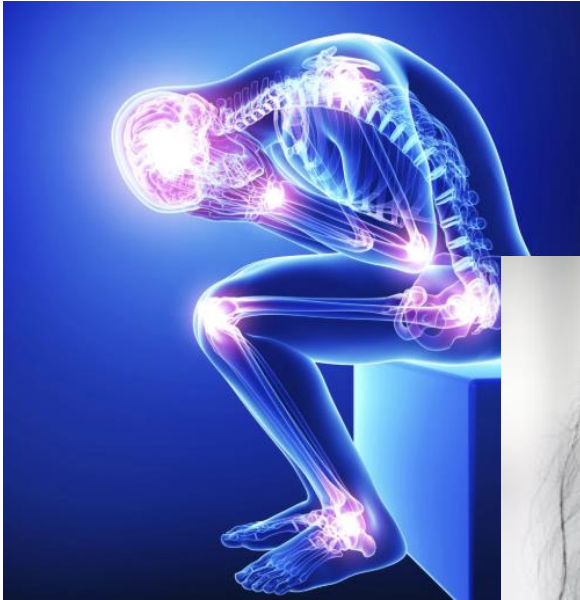
St. Joseph's



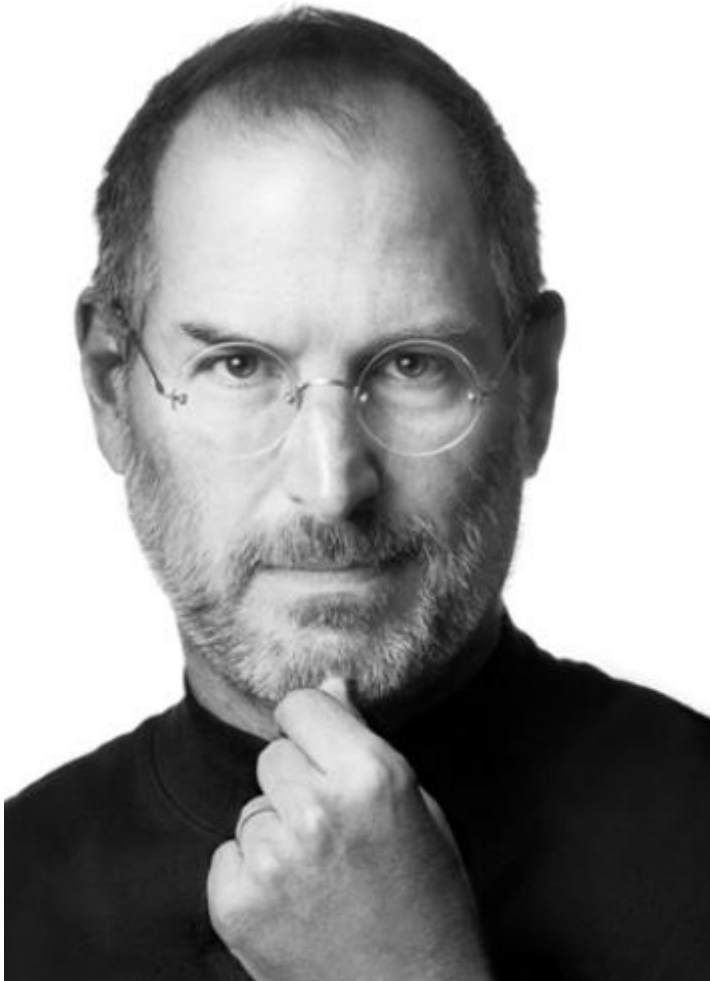
Cancer Survivorship Statistics



Cancer Patient Symptoms



What do you think?



- Surgery, chemotherapy and radiation.

- Acupuncture
- Diet alterations
- Spiritual Consultants
- Hydrotherapy

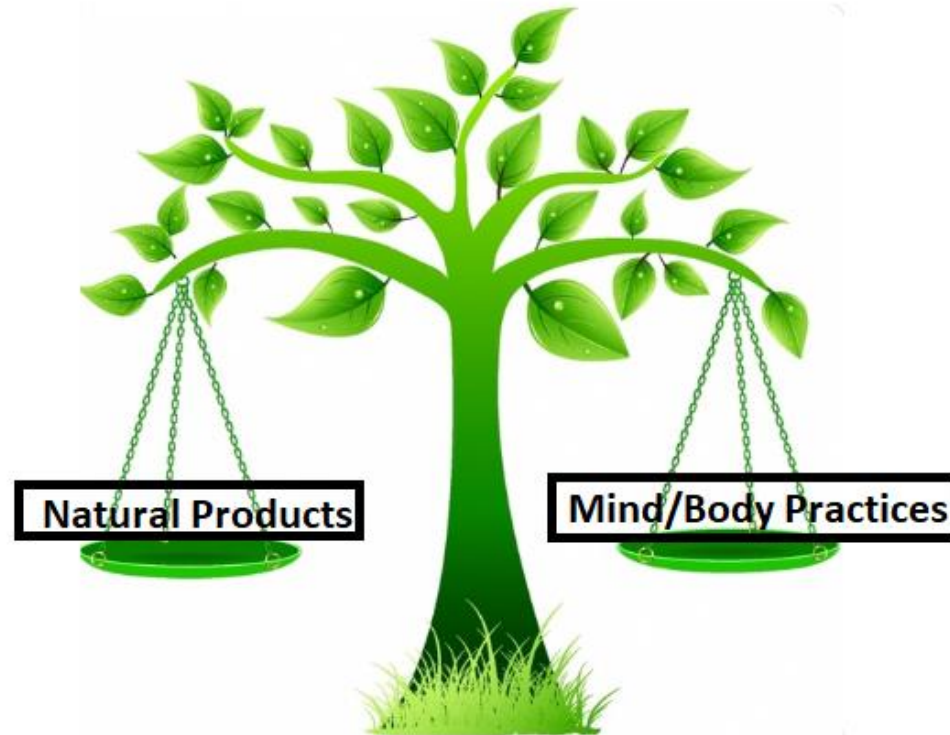
Or a combination of both?
Complementing each other.

Story Time





Complementary Therapies



Watkins, C. L., Fernandez-Robles, C., Miller, K. M., Pine, A., & Stern, T. A. (2011). Use of complementary and alternative medicine by patients with cancer. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3184577>.

Natural Products

Dietary Supplements and Herbs



Watkins, C. L., Fernandez-Robles, C., Miller, K. M., Pine, A., & Stern, T. A. (2011). Use of complementary and alternative medicine by patients with cancer. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3184577>.

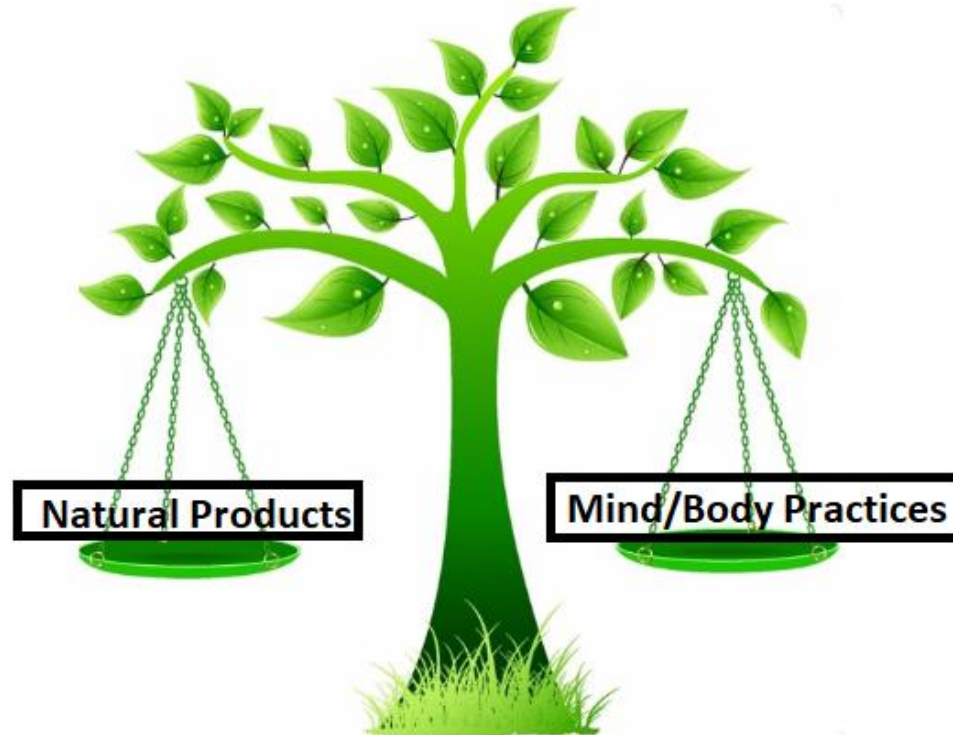
A doctor in a white lab coat with a red stethoscope around their neck is holding a wooden tray filled with fresh produce. The tray contains green leafy vegetables, two red strawberries, a sliced kiwi showing its green flesh and black seeds, and a piece of purple cabbage. The background is a soft, out-of-focus white.

**LET FOOD BE THY
MEDICINE AND MEDICINE
BE THY FOOD.
- HIPPOCRATES**

Diet and Exercise



Complementary Therapies

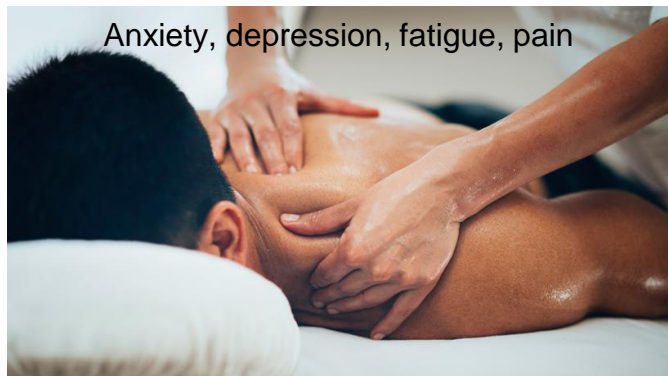
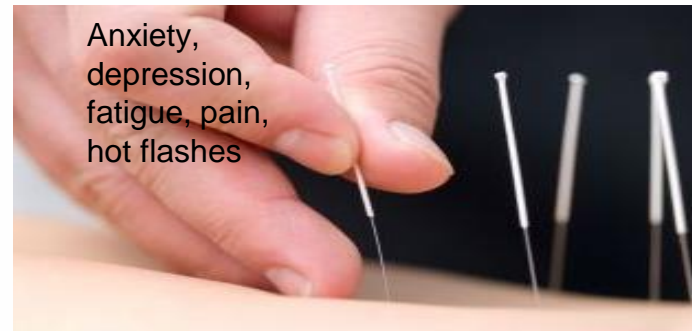
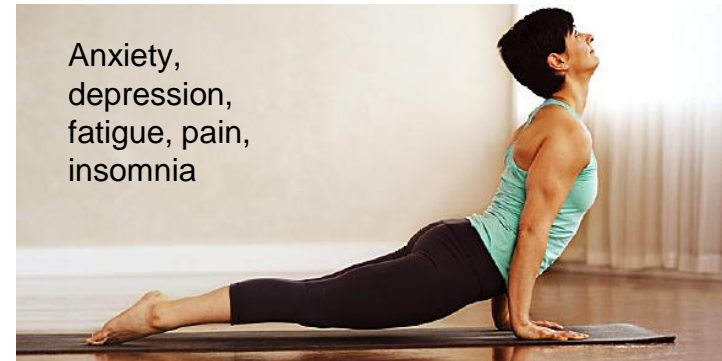
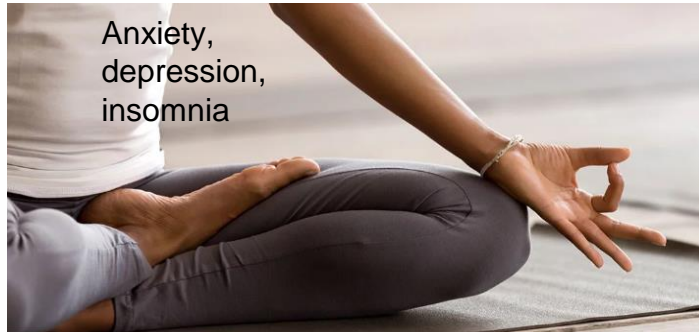


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Mind Body Practices



Mind Body Practices



How Stress Affects Cancer



No Stress



Resources

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Drugs, Herbs and Supplements

Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name:

A B C D E F G H I J K L M N O P Q R S T U
V W X Y Z 0-9

For FDA approved labels included in drug packages, see [DailyMed](#).

Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

[All herbs and supplements](#)

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Resources



National Center for
Complementary and
Integrative Health

- Use of Complementary Health Approaches for Cancer
- Safety and Side Effects of Complementary Health Approaches for Cancer
- Effectiveness of Complementary Health Approaches for Cancer
- NIH Research on Complementary Health Approaches for Cancer

Resources



The advertisement features a smartphone on the left displaying the HerbList app interface for Cinnamon. The app shows a green header with a back arrow, the word 'Herbs', and the title 'Cinnamon'. Below the header is a photo of a cinnamon plant. The title 'Cinnamon' is displayed in a green box. The main text area contains a fact sheet about cinnamon, including common names and the Latin name. At the bottom of the phone screen is the NIH logo and the text 'National Center for Complementary and Integrative Health'.

HerbList™

HerbList™ gives you fast, free access to science-based summaries on more than 50 popular herbs, such as cinnamon, ginger, and turmeric.

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 NIH National Center for Complementary and Integrative Health

Resources




Resources



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Nutrient Depletion

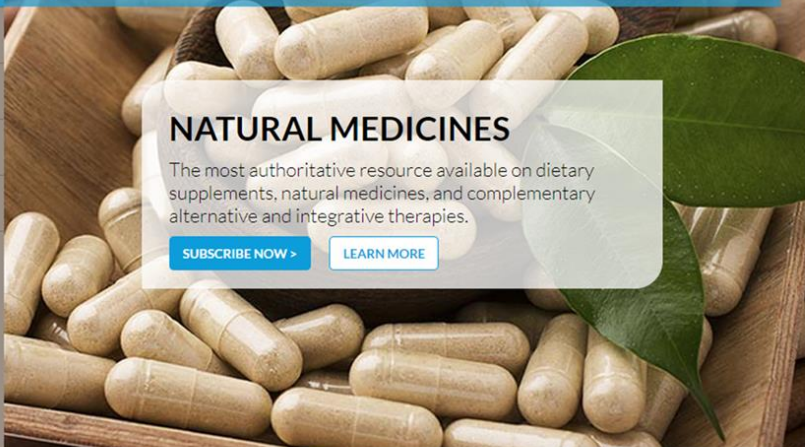
Pregnancy & Lactation

Adverse Effects

NATURAL MEDICINES

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A photograph of a wooden bowl filled with numerous light-colored, oval-shaped capsules. A single green leaf is placed on the right side of the bowl, partially overlapping the capsules.

Resources



Story Time





We can do this!



A photograph of a peeled orange on a light-colored wooden surface. The orange peel is curled into a shape that resembles a question mark, positioned to the right of the main text. The orange segments are visible, and the background is a blurred wooden texture.

ANY QUESTIONS?

Ginny Jump
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410 427 2559



THANK YOU

AND BE WELL!