



From Prevention to Care:
Complete Cancer Care:
Integrative Cancer Care

Presented by:

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Co-Founder and CEO, InspireHealth



InspireHealth
INTEGRATED CANCER CARE





InspireHealth

- Not-for-profit
- Founded in 1997 (Centre for Integrated Healing)
- Four M.D.s – on salary through MSP
- Over 5,000 cancer patients served to-date
- Current capacity of 600 new cancer patients per year
- Recognized as the national leader in Integrative Cancer Care



What We Do

- InspireHealth helps people with cancer to play an active role in their own care by integrating the approaches to health and healing into cancer prevention, treatment and recovery.
- There is growing evidence that this integrated approach, which engages people in their own care, improves quality of life, reduces recurrence and improves survival.

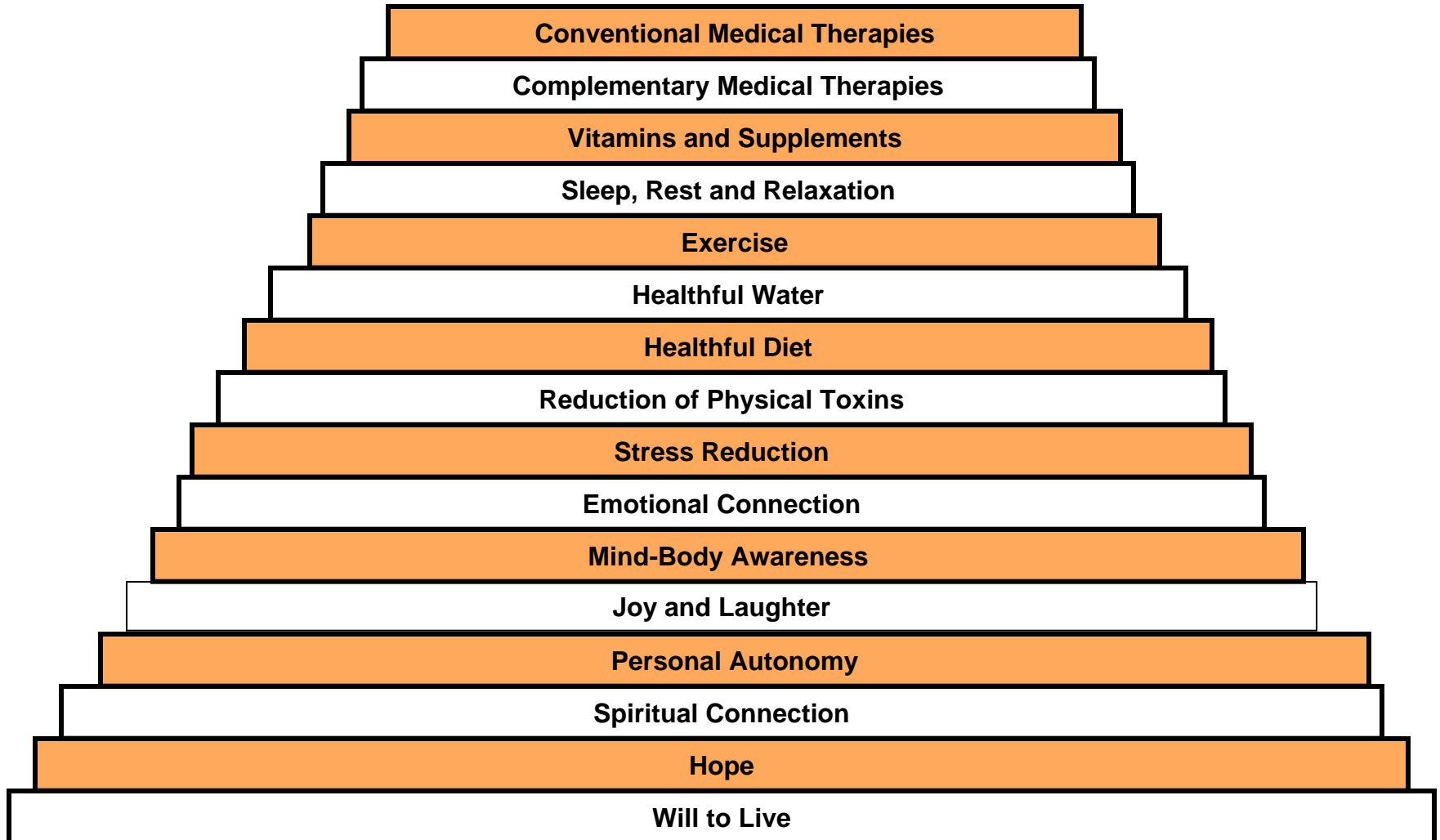


Core Principles of Integrative Care

1. Patient empowerment and engagement, the right to choose
2. Whole-person approach
3. Evidence informed and wisdom based
4. Family and community involvement



Foundations of Healing





Emotional Support

90 patients newly diagnosed with Stage II and III breast cancer were asked to list people outside the home they could call for help or support. The average number listed was six - the range was 2 to 10.

These women were followed for up to 7 years.

Survival was directly correlated with the number of support people.

Those who listed a greater number of supportive people were 60% less likely to have recurrent disease or to die from it than those with fewer support people.

Dr. Karen Weihs, George Washington University Medical Center, Washington DC (2001) (Unpublished research)



Benefits of Meditation

- Decreased stress, tension, depression, anxiety
- Supports optimal immune system function, improved health
- Sense of authenticity and connection
- Peace of mind, optimism
- A sense of greater spiritual and emotional well-being





Lowering the risk of recurrence for breast cancer

LOW-FAT DIET (lowered fat from 29% to 20% of calories)

All women 24% lower risk

Estrogen receptor negative 42% lower risk

Hormone-blocking drugs like Tamoxifen lower the risk of recurrence by about 20% in women who are estrogen receptor positive if taken for 5 years.

Journal of the National Cancer Institute; Dec 20, 2006: 98(24):1767-76



Colon Cancer and Diet

- Consumption of less meat, fat, refined grains and sugar is associated with a substantial reduction (70%) in recurrence and increased survival in patients diagnosed with colon cancer.

Meyerhardt, JA, D. Niedzwiecki, D. Hollis, et al. **Association of Dietary Patterns with Cancer Recurrence and Survival in Patients with Stage III Colon Cancer.** *J Am Med Assoc.* 2007 15 Aug; 2987: 754-764.



Benefits of Exercise

- increases intake of oxygen
- increases circulation of blood and improves cardiovascular fitness
- increases circulation of lymphatic system
- light sweat helps body to detoxify
- supports optimal immune system function
- increases brain endorphins
- reduces risk of depression and anxiety
- reduces risk of cancer development
- reduces risk of cancer recurrence



Exercise and Cancer Treatment

- During cancer treatment, regular mild to moderate exercise has been shown to improve wellbeing, increase energy, boost self-confidence, lessen anxiety and depression, stimulate immune system function and improve appetite as well as sleep patterns.
- Cramp, F and J. Daniel. **Exercise for the Management of Cancer-Related Fatigue in Adults** *Cochrane Database of Systematic Reviews*. 2008 2: 006145.
- McNeely, ML, K. L. Campbell, B. H. Rowe, T. P. Klassen, J. R. Mackey and K. S. Courneya. **Effects of Exercise on Breast Cancer Patients and Survivors: A Systematic Review and Meta-Analysis** *CMAJ*. 2006 Jul 4; 1751: 34-41.



Lowering the Risk of Recurrence for Breast Cancer

EXERCISE (physical activity equivalent to 1 hour of brisk walking)

1 hour per week	20% lower risk
3 to 5 hours per week	50% lower risk
5 hours per week	44% lower risk



Colon Cancer and Exercise

- Patients with colon cancer who exercise regularly have a 50 - 60% reduction in cancer mortality

[1] Meyerhardt, JA, E. L. Giovannucci, M. D. Holmes, et al. **Physical Activity and Survival After Colorectal Cancer Diagnosis** *Journal of Clinical Oncology*. 2006 Aug 1; 2422: 3527-3534.

- [2] Meyerhardt, JA, D. Heseltine, D. Niedzwiecki, et al. **Impact of Physical Activity on Cancer Recurrence and Survival in Patients with Stage III Colon Cancer: Findings from CALGB 89803** *J Clin Oncol*. 2006 Aug 1; 2422: 3535-3541.



Reversing Rising PSA in Early Prostate Cancer

HEALTHY LIFESTYLE CHANGES

Vegetarian diet
Exercise
Meditation

RCT

- Control group: average 6% rise PSA 1 year.
6 of 46 men progressed to surgery/radiation.
- Treatment group: average 4% decline PSA 1 year.
None of the men progressed to surgery/radiation.
- Growth of LNCaP prostate cancer cells inhibited 70% by treatment group serum vs. Only 9% by control group serum.



In our studies, we found that people who already have heart disease or prostate cancer may slow, stop or even reverse its progression just by making intensive changes in diet and lifestyle. The more people changed their diet and lifestyle, the more improvement we saw.

It costs less to eat and live healthfully. Walking, loving, and meditating are free and require no special equipment.

Dean Ornish, M.D.



Melatonin and Cancer Risk

Nurses who do shift work have an increased incidence of breast cancer

Journal of the National Cancer Institute, Oct.17, 2001; 93(20): 1563-8.



Fish oil plus vitamin E restores immunodeficiency and prolongs survival for advanced cancer: a randomized control trial.

60 patients with metastatic cancer were randomized to receive dietary supplementation with either fish oil or placebo daily.

Conclusion: Fish oil had a positive immuno-supportive effect and significantly prolonged survival.

Gogos CA, et al; Cancer. 1998 Jan 15;82(2):395-402



Vitamin D and cancer prevention

**Vitamin D supplementation reduces all-cancer risk by 60%
(by 78%, if supplementation continued for more than 1 year)**

Lappe, JM, D. Travers-Gustafson, K.M. Davies, R.R. Recker and R.P. Heaney. *Am J Clin Nutr.* 2007 Jun; 856: 1586-1591

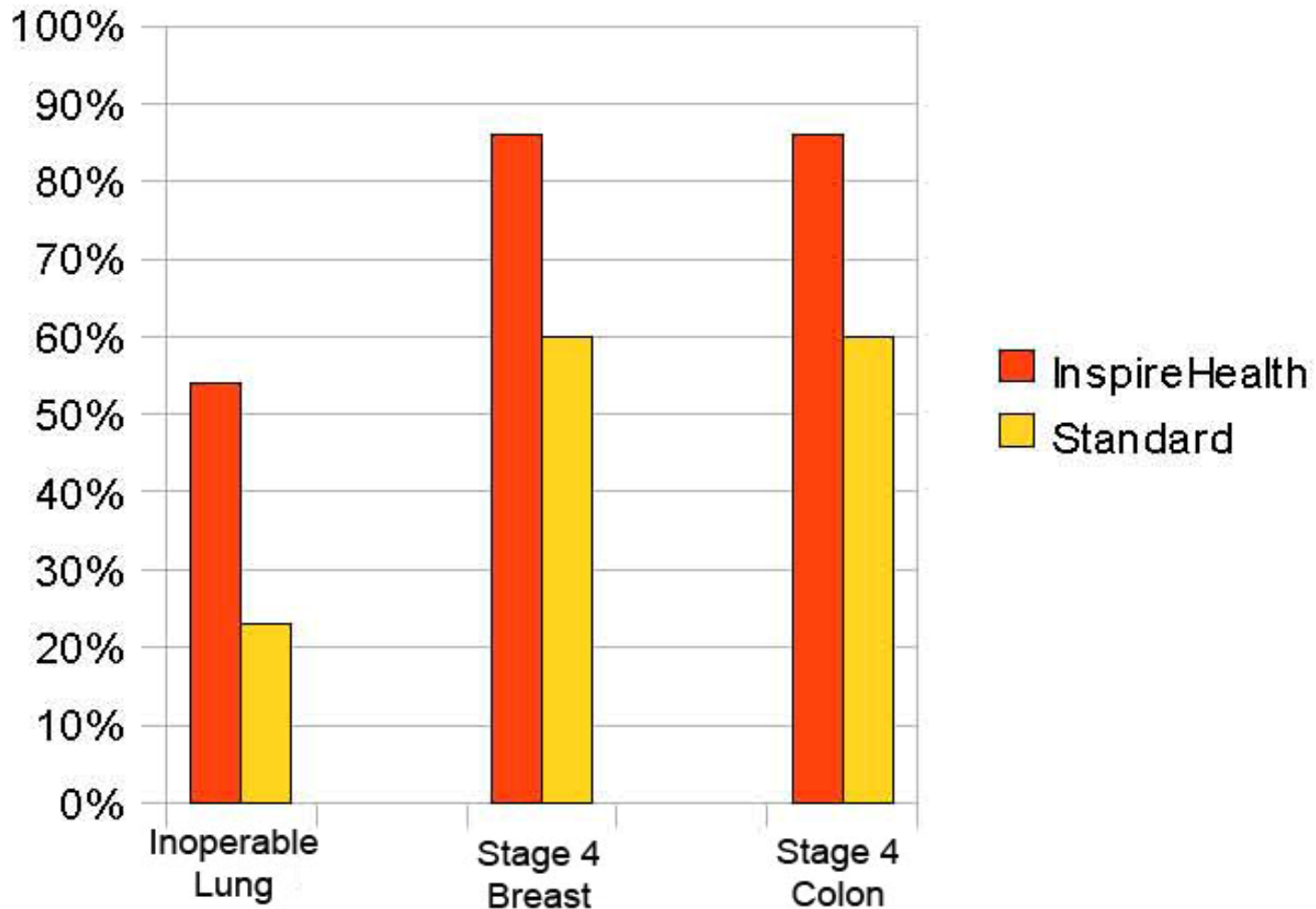


Cancer and Vitamin D

- Two recent studies (breast cancer; colon cancer) have found that vitamin D blood level at the time of cancer diagnosis is strongly correlated with survival.
- Patients in whom vitamin D levels were high were half as likely to have a recurrence or to die from their disease
- [\[1\]](#) Ng, K, J. A. Meyerhardt, K. Wu, et al. **Circulating 25-Hydroxyvitamin d Levels and Survival in Patients with Colorectal Cancer** Journal of Clinical Oncology. 2008 Jun 20; 2618: 2984-2991.
- [\[2\]](#) Palmieri, C, T. MacGregor, S. Girgis and D. Vigushin. **Serum 25-Hydroxyvitamin D Levels in Early and Advanced Breast Cancer** J Clin Pathol. 2006 Dec; 5912: 1334-1336.

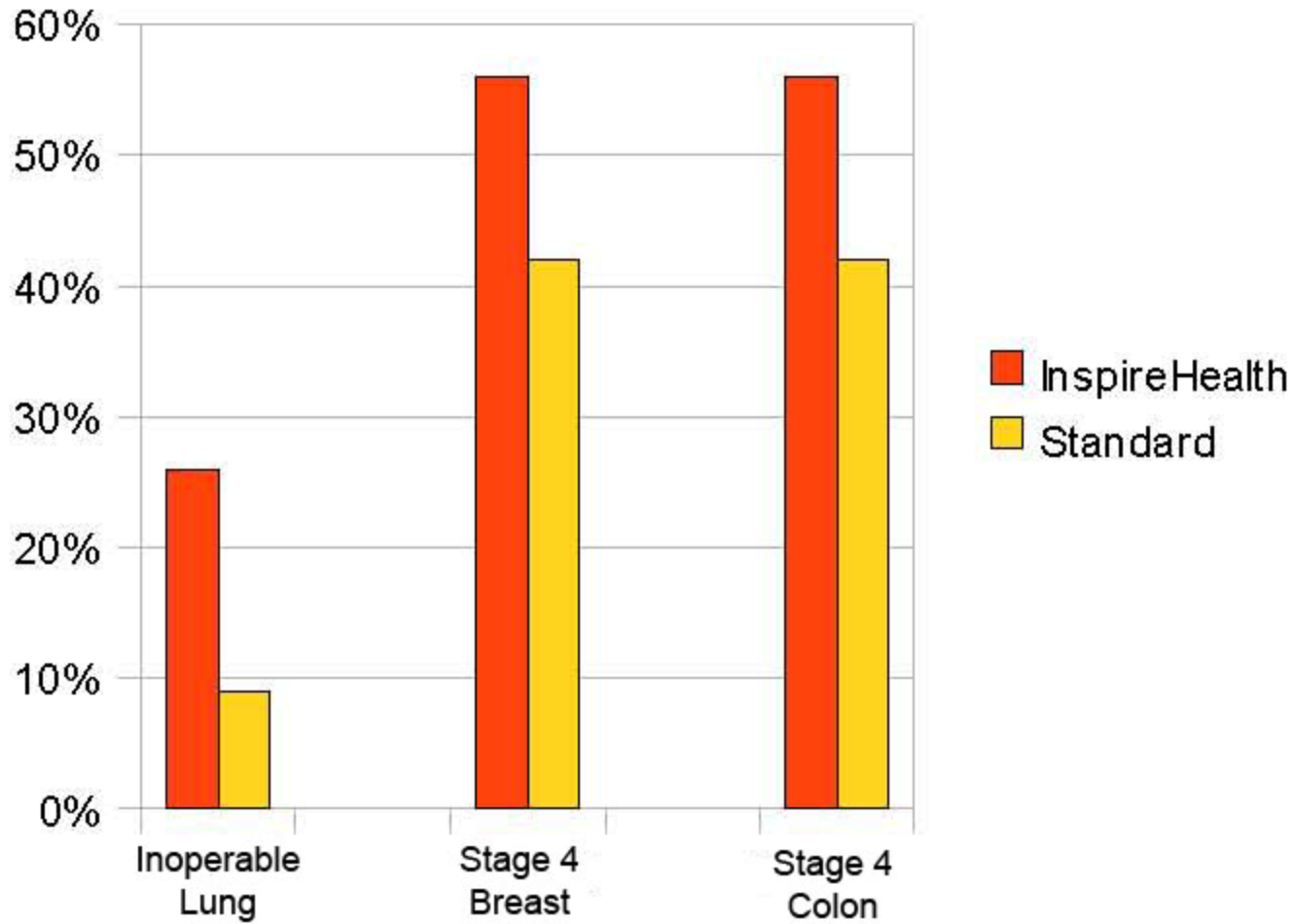


1-Year Survival Rates



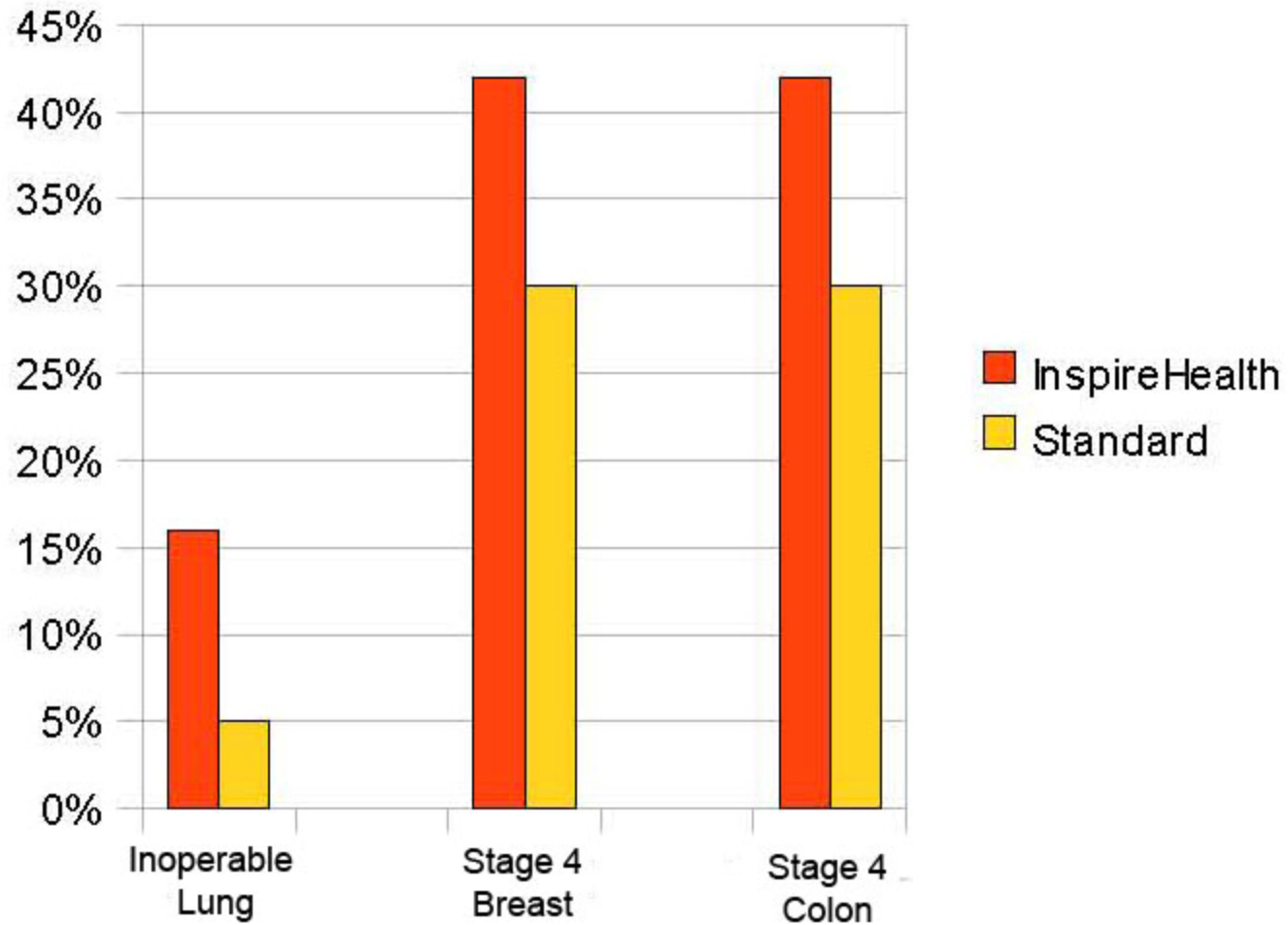


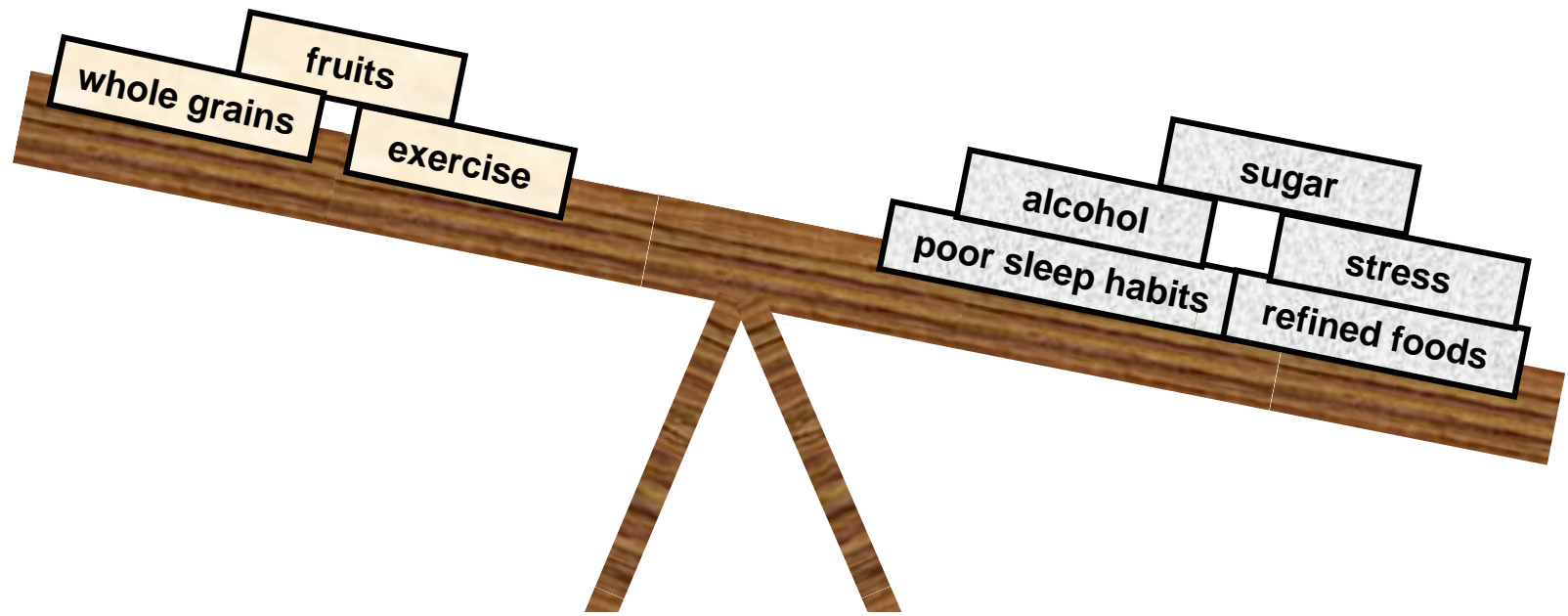
2-Year Survival Rates

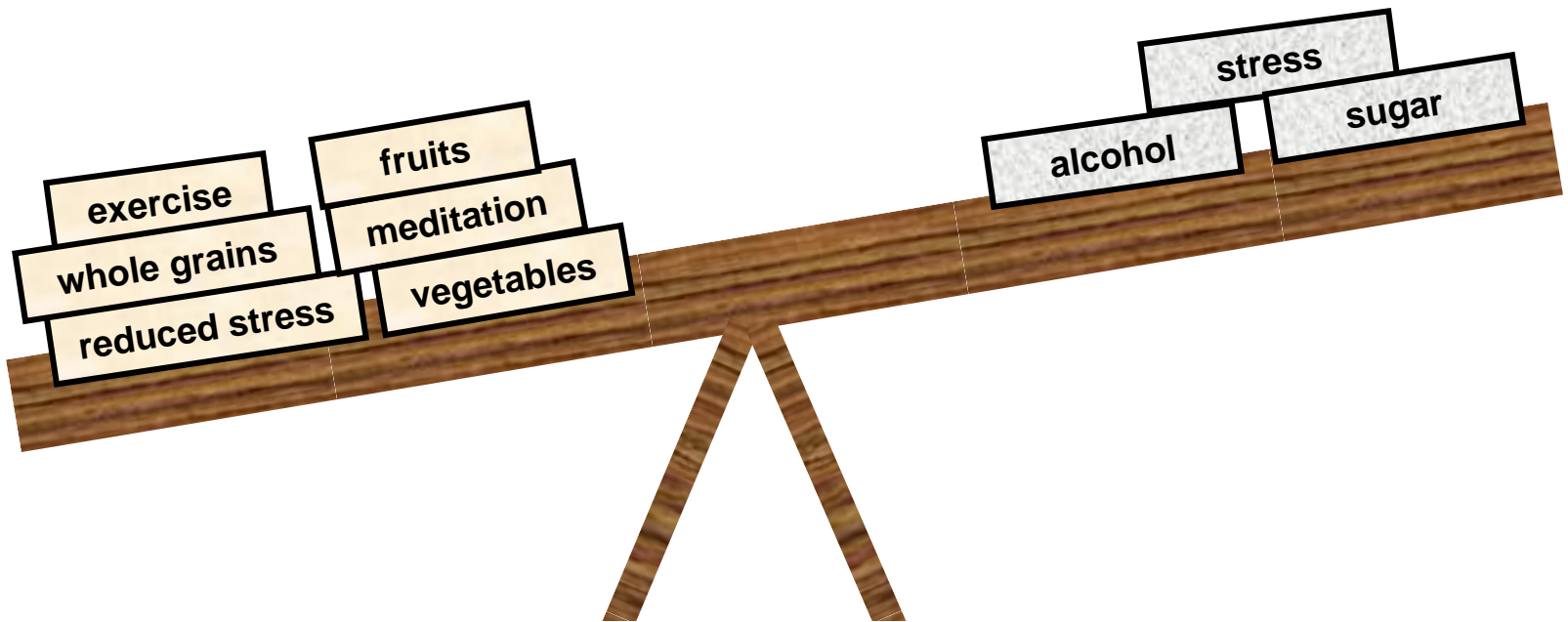




3-Year Survival Rates









InspireHealth Programs and Services

- 1. Group “Fireside Chat” with a Medical Doctor** (Free) – At InspireHealth, every Monday from 3 to 4pm, with a medical doctor. An opportunity for anyone to learn more about InspireHealth and to ask questions about our classes, programs, philosophy, etc. No appointment needed.
- 2. LIFE Seminar** (\$375 fee, bursaries available) – A 2-day program – both educational and experiential - exploring the Foundations of Health and how they can benefit individuals living with cancer.



InspireHealth Programs and Services

- 3. Extended Medical Doctor Consultation (Free)** – One and a half hour consultation to review history and provide the necessary guidance to help the patient achieve and maintain a healthier lifestyle and optimal health. This consultation includes a review of diet, exercise, emotional health and provides guidance for the safe integration of supplements with conventional treatments. A **Life Enhancing Health Plan** is developed e.g. fitness, healthy nutrition, stress reduction, etc.
- 4. Life Enhancing Advanced Program (Free)** – Four 2-hour weekly group sessions led by an InspireHealth medical doctor designed to follow and deepen the education and experience of the Life Enhancing Seminar.



InspireHealth Programs and Services

5. **Research Resources (Free)** – Access to InspireHealth’s Research Information System, Research Updates, and extensive library of resource books and articles.

6. **Core Health Classes (Free)** – Designed to support healthful lifestyle changes:
 - Healthful nutrition and cooking classes
 - Meditation
 - Yoga
 - Laughter yoga
 - Support groups
 - Relaxation with Music and Imagery



InspireHealth Programs and Services

7. **Acupuncture for chemotherapy side effects** (Free) – group program provided by InspireHealth medical doctors certified in acupuncture.
8. **Associate Practitioners** (Fee-for-Service) - consultations are available from an in-house Naturopathic Doctor, Acupuncturist, Massage Practitioner, Counsellor, Exercise Therapist and Registered Nutritionist, all of whom share an integrative philosophy.
9. **Follow-up Physician Consultations** (Free) – half hour follow up appointments including telephone consultations for people from out of town.



‘Virtual’ InspireHealth Pilot Project

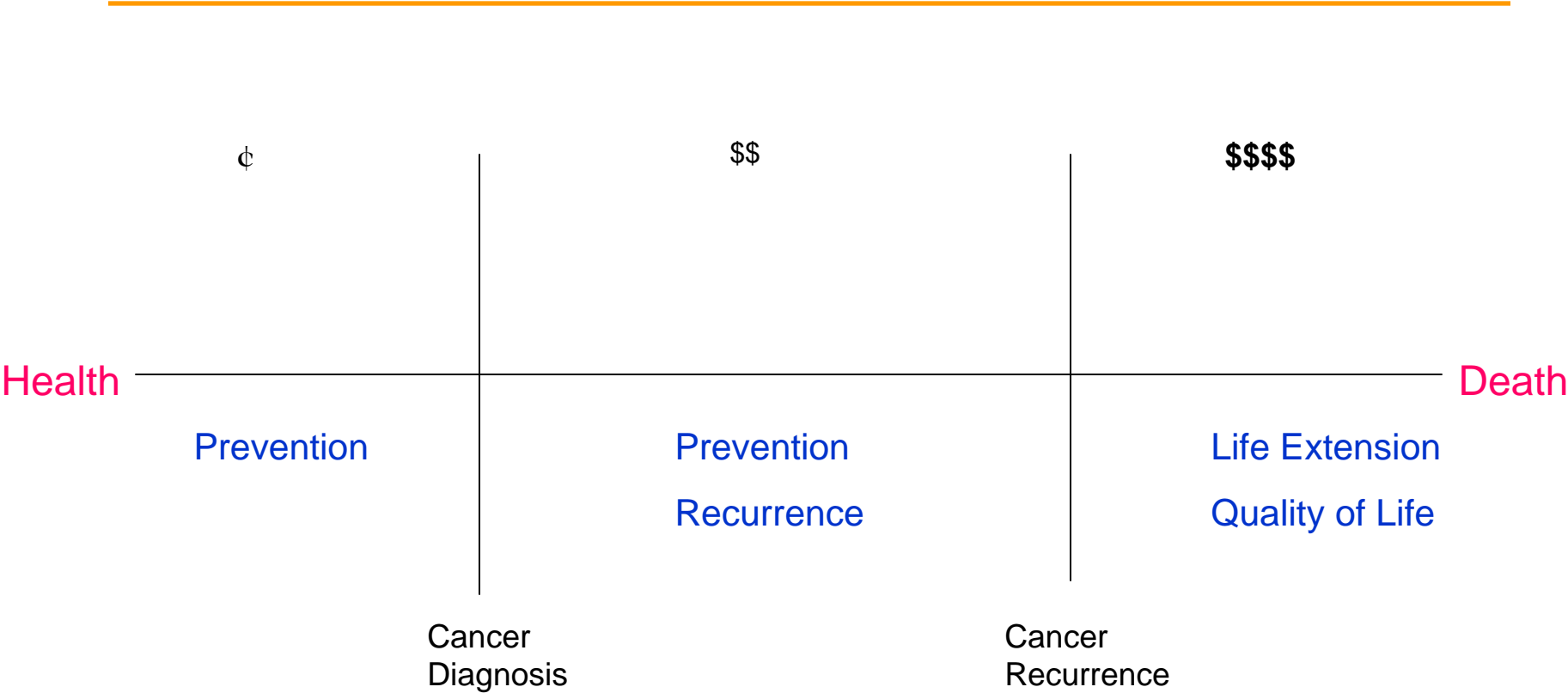
October 2009: Kamloops, B.C.

InspireHealth physician to visit community for a 1 week period:

- Present Life Seminar (full-day) to interested cancer patients and their family members.
- Provide 1.5 hour private consultations to cancer patients interested in playing an active role in their own health.
- Further coordinate a team of practitioners and other resources in the community (e.g., nutritionist, exercise therapist, yoga, meditation, etc.) who can provide ongoing integrative care and support within the community.
- Further engage the community in health-engagement in support of cancer prevention and integrative care.



Continuum of Cancer Care





InspireHealth: Long Term Goals

- A cancer care system that fully embraces, as an essential component of care, the importance of supporting health, healing and immune system function.
- Principals of prevention and health applied throughout the cancer care continuum, with prevention as an equal priority.
- Promote and participate in the creation of an integrated health care system in British Columbia - an economically sustainable health care system that inspires people to live healthy, happy and passionate lives.



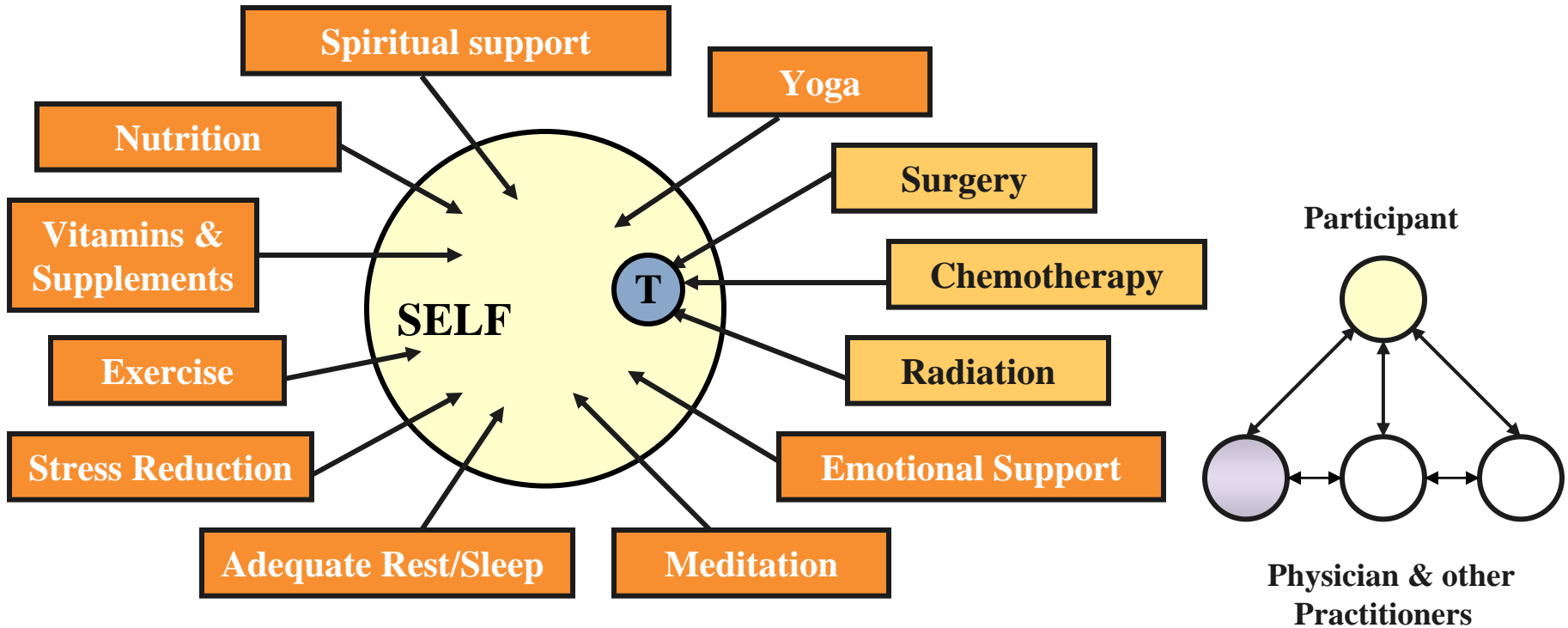
Research Updates

Free monthly publication of the most recent research abstracts in integrative cancer care to keep you up-to-date on the latest research.

- Each issue contains all the relevant integrative cancer care research abstracts published in respected medical journals world-wide in the last month.
- To receive your free monthly issues, email our Clinical Librarian, Megan Wiebe, at mwiebe@inspirehealth.ca



Integrated Cancer Care Model





Key Concepts: Core Health Definition

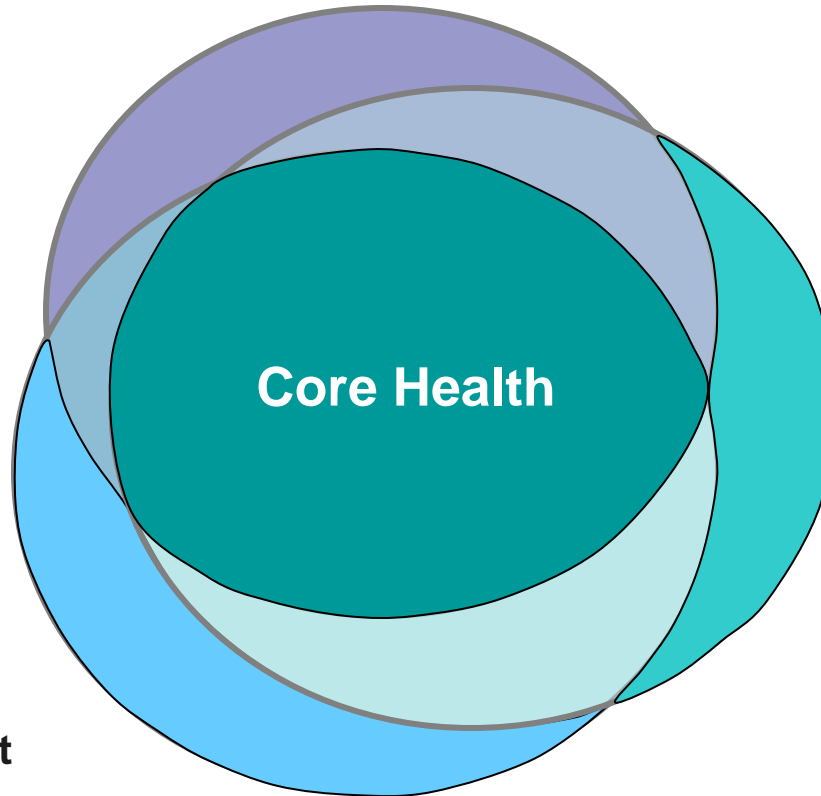
Core Health

Self-Care

- nutrition
- exercise
- stress reduction
- sleep

Shared-Care

- empathy
- love/compassion
- empowerment
- emotional support
- spiritual support



Treatments

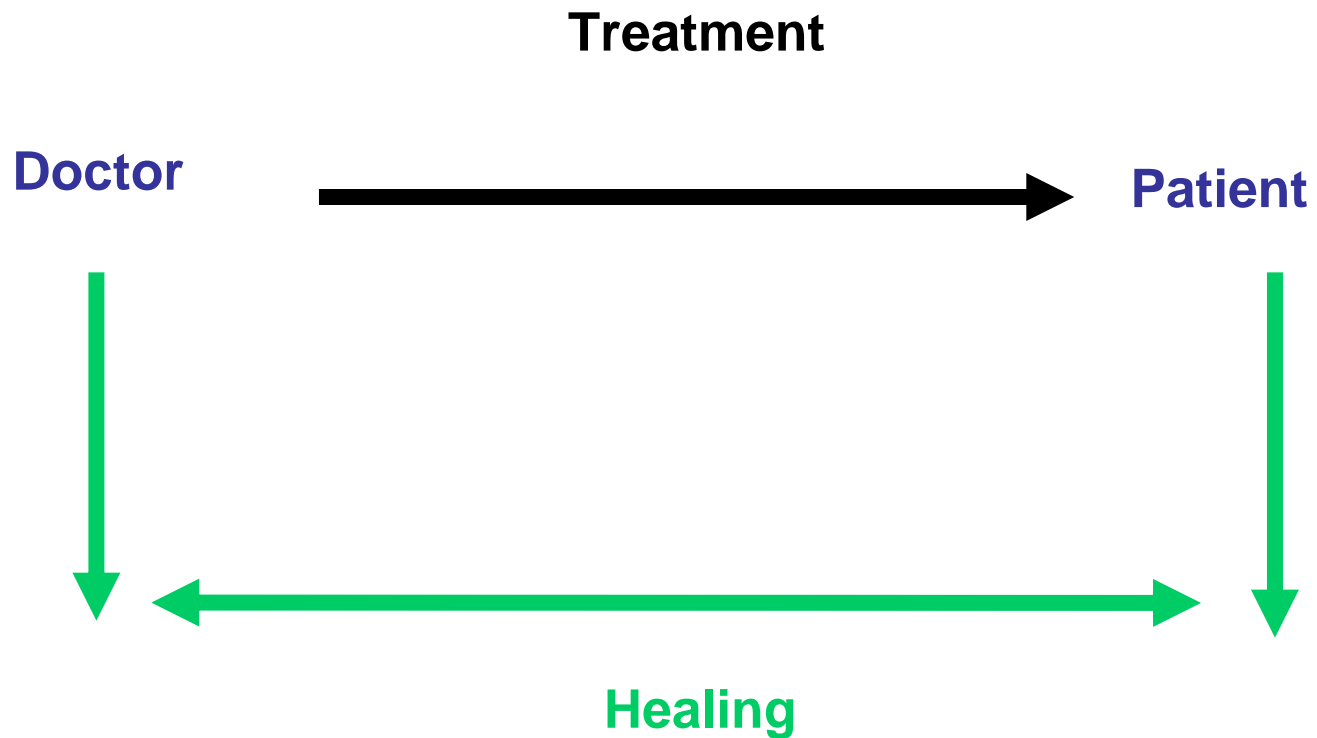
- pharmaceuticals
- surgery
- radiation

- acupuncture
- herbs
- chi gong

- supplements
- homeopathy
- i.v. vitamins



Health Care Provider Responsibility





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To sign up for our Research Updates
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