

Functional Medicine: What are Patients Being Told?

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Objectives

1

Understand functional medicine

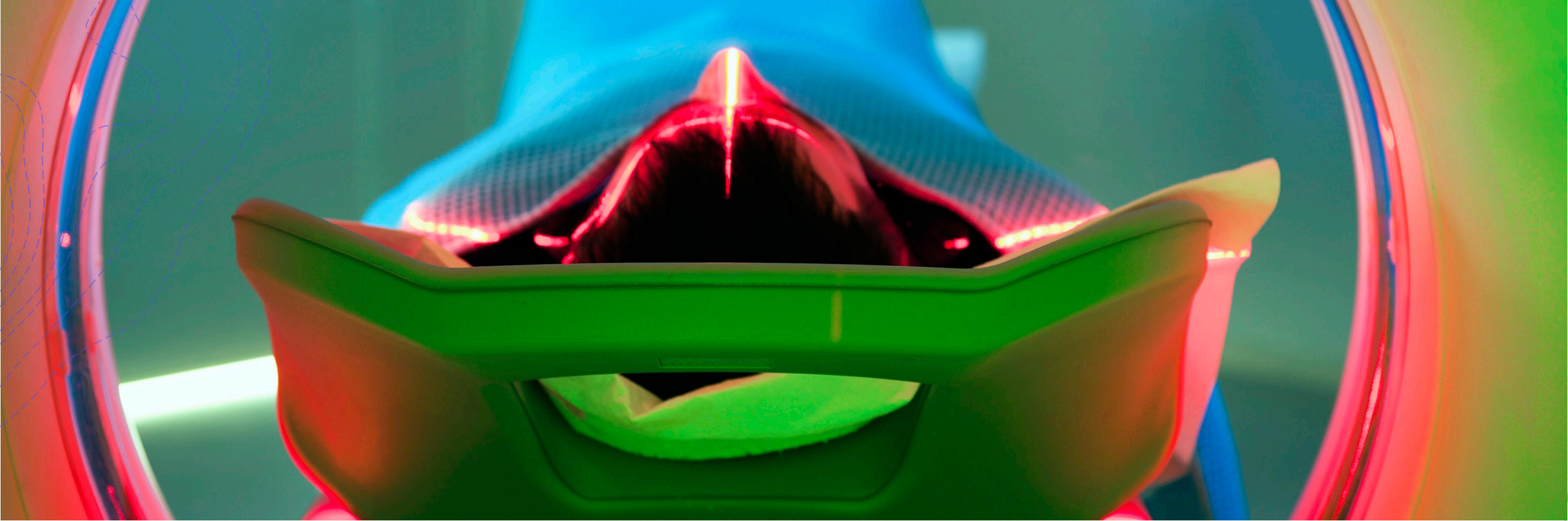
2

Explore Complementary, Alternative, and Integrative Modalities

3

Understand the current research, clinical evidence and guidelines supporting functional medicine approaches in oncology





Functional Medicine

"Functional Medicine takes a comprehensive approach to prevention, health and well-being; treats root causes of disease; and restores healthy function through a personalized patient experience - all while being a vital partner to conventional medicine" - Institute for Functional Medicine

Definitions

Complementary

- + Therapies that fall outside of conventional medicine, such as acupuncture, herbal/botanical medicine, mind-body therapies, nutraceuticals and energy medicine

Alternative

- + Nonconventional therapies used in place of what is offered conventionally
- + Used if they have exhausted the conventional therapy options, or if what is offered conventionally is not within their belief system or culture

Integrative

- + Combining evidence-based complementary therapies with conventional treatment regimens

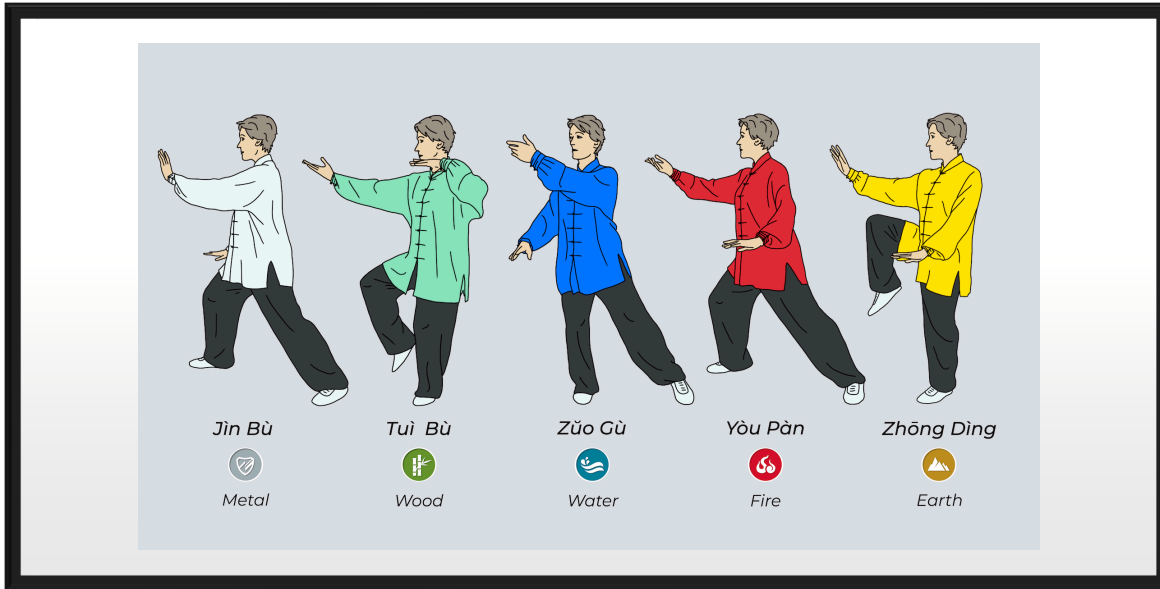
Complementary, Alternative, and Integrative Modalities

- Alternative medical systems
- Energy therapies
- Exercise therapies
- Manipulative & body-based methods
- Mind-body interventions
- Nutritional therapeutics
- Pharmacologic & biologic treatments
- Complex natural products
- Spiritual therapies



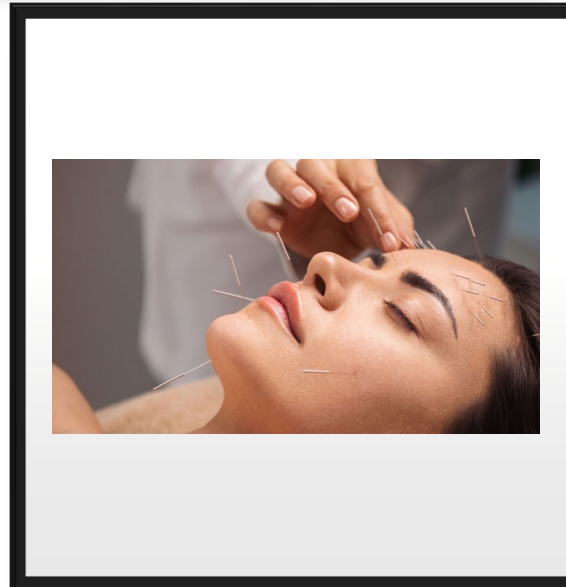
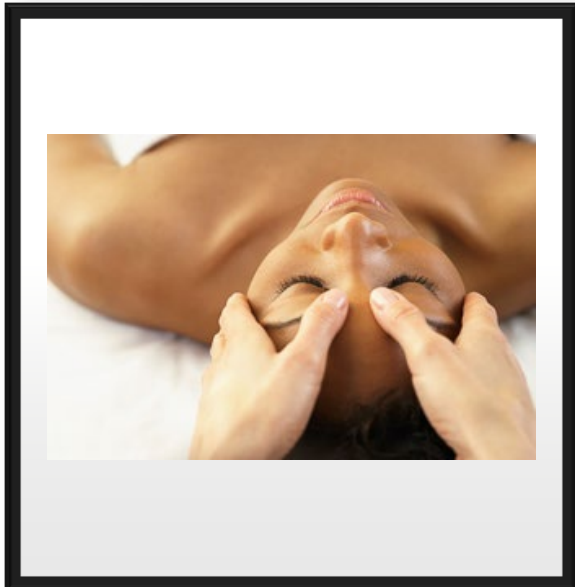
Complementary, Alternative, & Integrative Modality Definitions

Alternative medical systems	Therapies based upon complete systems of theory & practice that have evolved apart from conventional medical approaches in the U.S. (i.e. Ayurveda, Chinese & Tibetan medicine, homeopathy)
Energy therapies	Therapies that use energy fields - biofield and electromagnetic-based (i.e. reiki, qi gong, therapeutic touch, magnet therapy, pulsed magnetic fields)
Exercise therapies	Utilizes health-enhancing systems of movement & exercise (i.e. yoga, tai chi)
Manipulative & body-based methods	Involve movement and/or manipulation of body part(s) to influence health of whole body (i.e. chiropractic, therapeutic massage, osteopathy, reflexology)
Mind-body interventions	Employ a variety of techniques to enhance the mind's ability to affect the body, its overall function, and its perception of symptoms (i.e. meditation, hypnosis, art therapy, music therapy, guided imagery, biofeedback, aromatherapy,)



HOW TO DO GUIDED IMAGERY

- Believe in the Technique**
- Get Comfortable**
- Practice Deep Breathing**
- Vividly Visualize a Scene**
- Involve Your Senses**
- Relax in the Scene**
- Repeat**



Complementary, Alternative, & Integrative Modality Definitions

Nutritional therapeutics	Use of nutrients, nonnutrients, bioactive food components used as chemopreventative agents, & specific foods or diets used as cancer prevention of treatment strategies (i.e. macrobiotic diet, Gerson therapy, ketogenic diet, vitamins & minerals)
Pharmacologic & biologic treatments	Include off-label use of certain drugs, hormones, complex natural products, vaccines, & other biological interventions not yet accepted in mainstream medicine (i.e. metformin, IV vitamin C, low-dose naltrexone, melatonin)
Complex natural products	An assortment of plant samples (botanicals), extracts from marine organisms used for healing & treatment of disease (i.e. herbs, herbal extracts - mistletoe or viscum album, mixtures of tea polyphenols & mushroom extracts)
Spiritual therapies	Therapies that focus on deep, often religious, beliefs & feelings, including a person's sense of peace, purpose, connection to others & beliefs about the meaning of life (i.e. intercessory prayer and spiritual healing)

“It is more important to know what sort of person has a disease than to know what sort of disease a person has.”

Hippocrates/Sir William Osler

“The good physician treats the disease; the great physician treats the patient who has the disease.”

Sir William Osler, *To his students*

Research/Guidelines

<https://www.nccih.nih.gov/research/extramural>

<https://www.nccih.nih.gov/health/complementary-alternative-or-integrative-health-whats-in-a-name>

<https://www.nccih.nih.gov/about/nccih-strategic-plan-2021-2025>

https://www.who.int/health-topics/traditional-complementary-and-integrative-medicine#tab=tab_1

“Natural Products”

Medicinal Plants and Other Products
(Ingested, Topical, Inhaled, etc.)

Nutritional

Probiotics
Prebiotics
Phytochemicals
Dietary Plants, Herbs, and Spices

“Mind and Body Practices”

Psychological

Mindfulness and Spiritual Practices
Psychotherapy

Physical

Manual Therapies
Heat/Cold

Mindful Eating

Meditation
Breathing and Relaxation Techniques

Movement Education
Yoga
Tai Chi

Art
Music
Dance

Drugs

Botanical Drugs

Dietary Supplements

Vitamins and Minerals

Essential Nutrients
Food as Medicine
Food and Microbiome Metabolites
Diet and Dietary Patterns

Acupuncture

Light/Electrical/Magnetic Stimulation

Devices

Surgery

Research/Guidelines

<https://integrativeonc.org/practice-guidelines/>

<https://www.ifm.org/functional-medicine/>

<https://americanacademyoffunctionalmedicine.org/what-is-functional-medicine/>

<https://www.ons.org/articles/integrative-oncology-nurse-new-role-new-era-cancer-care>

<https://ascopost.com/topics/supportive-care/integrative-oncology/>

References

Institute for Functional Medicine

American Board of Functional Medicine

ONS

ASCO

National Center for Complimentary and Integrative Health

World Health Organization

Society for Integrative Oncology

**email me for a list of the specific references

Summary

Functional medicine in oncology is an approach that focuses on addressing the root causes of cancer and supporting the body's natural ability to heal. It integrates conventional cancer treatments with personalized strategies aimed at improving overall health and quality of life. This approach considers genetic, environmental, and lifestyle factors that contribute to cancer development and progression.





Thank You

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