

# UPMC CANCERCENTER INTEGRATIVE ONCOLOGY PROGRAM



Dear Friend,

Welcome to the Integrative Oncology Program at UPMC CancerCenter. I would personally like to thank you for your hope, curiosity, and bravery.

I would also like to introduce you to the following terms:

- Complementary: using a non-mainstream approach “together” with conventional medicine
- Alternative: using a non-mainstream approach “in place of” conventional medicine
- Integrative: weaving non-mainstream techniques into conventional medicine to create a cohesive approach toward treating patients

Our preference is to define Integrative Oncology as managing the mind, body, and spirit in the context of conventional cancer care using the modalities of MOVEMENT, TOUCH, NUTRITION, AND MINDFULNESS to address symptoms and quality of life.

During your visit, we will discuss your cancer, your prior and current treatment, chronic medical problems, and current symptoms. We will also discuss your current practices, your support system, and your beliefs. And we will work together to create a care plan to address your individual needs. The attached intake form and supplement list will help our visit move smoothly so please take the time to complete it as much as possible. In addition, please bring any supplements you are currently using with you.

We look forward to seeing you soon.

Yours in health,

The Integrative Oncology Team

