Complementary Care for Cancer Patients

Complementary and Alternative Medicine (CAM) is a wide range of therapies that may be used in addition to conventional medicine. While some therapies may be helpful, others can interact with your current treatment. Therefore, it is very important that you discuss any CAM therapies with your doctor before trying anything new. Because information about CAM is readily available on the internet, it may be difficult to determine which sources are reliable. Below is a table listing reputable websites for information on supplement use, in addition to a list of books and cookbooks. All can help you locate the most accurate and safe information available.

**WEBSITES**

  - National Institutes of Health (NIH)
  You can access additional information on dietary supplements and complementary and alternative medicine from this website. On the main website, search “Office of Dietary Supplements” for information on vitamins, minerals and other dietary supplements or “National Center of Complementary and Alternative Medicine” for information and fact sheets on current issues and dietary and herbal supplements. To access these websites directly, go to:
    - [http://nccam.nih.gov/health](http://nccam.nih.gov/health)

- [http://www.aicr.org](http://www.aicr.org)
  - American Institute for Cancer Research

  - National Cancer Institute

  - Cancer Nutrition

The National Center for Complementary and Alternative Medicine Web site is an excellent resource for facts on herbs or botanicals. Two free publications that can be downloaded and available to the public are: *Herbs at a Glance* and *Using Dietary Supplements Wisely*.

**BOOKS**


**COOKBOOKS**


Smilow Cancer Hospital at Yale-New Haven Hospital offers a Complementary Services Program to anyone receiving cancer treatment at Smilow Cancer Hospital. Services include: therapeutic massage, guided imagery, art expression, reiki touch and yoga, and many can be provided in your room or on your floor. For more information, please call 203-200-6129.