Integrative medicine reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic, lifestyle approaches and healthcare disciplines to achieve optimal health and healing.

"I am here" consists of nearly 4,000 handmade paper flowers with an intention, prayer or personal wish handwritten into each stem. Created by Smilow patients, their caregivers, staff and volunteers, this garden shows the strength of the human spirit and the interconnectivity we all share.

Many services are offered free of charge Monday - Friday from 8 am - 4 pm in the Complementary Services/Rehabilitation Services area on the first floor of Smilow Cancer Hospital, room NP1-402. Many of the services are also available on patient units and in rooms.

Consultation: 203-200-4325
All other services: 203-200-6129
Smilow Cancer Hospital
20 York Street
New Haven, CT 06510
smilow.org
Smilow Cancer Hospital’s approach to integrative medicine provides evidence-based guidance about complementary therapies commonly used by cancer patients and survivors. We work to complement your treatment and address the serious physical and emotional symptoms often experienced by patients before, during and after therapy, and to avoid interactions with conventional cancer care.

Our team has expertise in the practice and evaluation of complementary medicine, which can guide patients to make effective decisions on integrative therapies throughout their treatment program and beyond. We collaborate closely with your oncology care team to provide safe and effective care.

Our services include the following:

**Integrative Medicine Consultations**
Integrative Medicine clinical consultations provide guidance for the safe use of dietary supplements/natural products, acupuncture, massage, meditation and other complementary therapies. Ather Ali, ND, MPH, MHS, has extensive experience in the integrative management of chronic disease, as well as teaching patients to optimize their health from a holistic perspective. He is trained in naturopathic medicine, integrative medicine, epidemiology and clinical research.

**Art Expression**
Art Expression offers a variety of creative outlets that provide a unique therapeutic experience. A broad spectrum of engaging classes and workshops, taught by visiting artists, provide the opportunity to learn various artistic techniques and to participate in collaborative installations and projects.

**Essential Oils**
Plant-based oils are used to promote relaxation, relieve stress and anxiety and help control insomnia, nausea and pain. Essential oils can be incorporated into other complementary approaches.

**Massage**
Experienced and licensed therapists are trained in oncology massage, focused on improving side effects from cancer and its treatment. Research has shown that massage therapy may reduce pain, promote relaxation and boost mood in cancer patients.

**Reiki**
Reiki is a complementary health approach in which practitioners place their hands lightly on or just above a person, with the goal of facilitating the person's own healing response. This is to promote relaxation and produce stress-reduction effects.

**Bedside Yoga**
Yoga is a mind and body practice with origins in ancient Indian philosophy, combining breathing techniques, physical postures, meditation and relaxation. Patients can receive individual bedside yoga therapy, adapted to individual needs and limitations.

**Group Sessions**

**Community Choir**
Patients, caregivers, staff and volunteers are invited to join voices and experience the benefits of singing together.

**Personal Story Writing**
Patients are invited to work with an experienced mentor on a writing essay of their choice. Individuals can contribute to an annual anthology of written works.

**Zumba Gold**
A gentler form of Zumba, designed for all populations and all fitness levels. It blends easy to follow dance rhythms with music. Chair-based options are available.

**Additional Resources**

**Smilow Healing Garden**
Our rooftop garden features a small stream, trees, shrubs and other plantings with comfortable benches for relaxation. On the seventh floor of Smilow Cancer Hospital. Open from 8 am - 5 pm.

**Smilow Reflection Room**
A quiet, serene place for reflection, room 102 on the fourth floor of Smilow Cancer Hospital is open at all times.

**Patient and Family Resource Center**
The Patient and Family Resource Center, located on the first floor of Smilow Cancer Hospital includes:
- Brochures, books and an array of written information
- Computers with Internet access
- Information on local community resources
- Informational sessions led by subject matter experts

Also, call us from home and we can email, mail or fax information to you. All services are free of charge. Drop in hours: 9 am - 3 pm. For more information, call 203-200-4636.

**The Cingari Family Boutique at Smilow**
The Cingari Family Boutique, located adjacent to the Smilow lobby, offers services and support to meet the special needs of people with cancer and help with the side effects of healing. Products and services include breast prostheses and fittings, bras, camisoles, swimsuits and other apparel for women who have had a mastectomy; products to manage symptoms of lymphedema; hair alternatives, including hats, scarves and head wraps, decorative canes and much more. 203-200-CARE (2273).