



# Complementary and Alternative Medicine (CAM)

Patient Education Resource Center (PERC)  
Information Guide

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## Brochures

- National Cancer Institute. **Thinking About Complementary & Alternative Medicine - A guide for people with cancer.**  
A printable version is available at: <https://cissecure.nci.nih.gov/ncipubs/>

## Articles

- Cavallo, Jo. **Prescription for Trouble : No Matter What the Prognosis, Experts Say Alternative Medicine is Never a Replacement for Conventional Cancer Treatment.** *Cure*; Vol.6, No. 2, Spring 2007, (p. 27).
- LaTour, Kathy. **Healing Journey.** *Cure*; Vol. 4, No. 1, Spring 2005. (p.29).

CURE articles are available online at: <http://www.curetoday.com>

## Audiovisual Resources

- M. D. Anderson Cancer Center. **Patients talk about... Complementary Therapies and Cancer.**  
This program features six cancer patients discussing their experiences with alternative and/or complementary therapies during treatment. May be viewed online at: [www.mdanderson.org/departments/cimer](http://www.mdanderson.org/departments/cimer)

## Books

- American Cancer Society. **American Cancer Society's Guide to Complementary and Alternative Cancer Methods.** Atlanta, GA: American Cancer Society, 2000.  
A user-friendly reference tool helps patients evaluate methods of CAM therapies which have been promoted for conditions related to cancer. Each entry describes the therapy, its history and reviews the scientific evidence in the peer-reviewed medical literature. General chapters address issues of safety, doctor-patient relationship, and insurance coverage.
- American Cancer Society. **Complementary & Alternative Cancer Methods Handbook.** Atlanta, GA: American Cancer Society, 2002.

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The purpose of this information guide is to direct patients and health care professionals to sources of information on cancer and related topics, it does not constitute an endorsement of the information contained in the resources. This list is not meant to be comprehensive, but rather to provide starting points for Information seeking.

All listed materials can be found at the Patient Education Resource Center of the University of Michigan Comprehensive Cancer Center in room B1-361. An online version of this document can be found at:  
[http://www.cancer.med.umich.edu/support/information\\_guides.shtml](http://www.cancer.med.umich.edu/support/information_guides.shtml)

A concise handbook format describing CAM therapies in cancer practice.

- O'Toole, Carole. **Healing Outside the Margins: A Survivor's Guide to Integrative Cancer Care.** Washington DC: LifeLine Press, 2002.  
A guide for integrating complementary with conventional therapies, the book explains what can be expected of various modalities and how to locate qualified practitioners.

## Web Resources

- **Complementary and Alternative Therapies section of the American Cancer Society's site**

- Go to: <http://www.cancer.org>
- Click on: "Patients Family & Friends"
- Click on: "Preparing for Treatment"
- Click on: "Making Treatment Decisions"
- Scroll down to: "More Resources" and click on: "Complementary and Alternative Therapies"

A review of mind/body, physical, herbal, nutritional, pharmaceutical and biological alternative and complementary therapies related to cancer.

- **Complementary and Alternative Medicine on the cancer.gov site**  
<http://www.cancer.gov/cancertopics/treatment/cam>  
Information on specific therapies from the National Cancer Institute.
- **Complementary/Integrative Medicine**  
<http://www.mdanderson.org/departments/cimer/>  
The site from the M.D. Anderson Cancer Center offers evidence-based reviews of complementary or alternative cancer therapies, as well as links to other authoritative resources.
- **Complimentary Therapies Program at the University of Michigan Comprehensive Cancer**  
<http://www.mcancer.org>
  - Click on: " Support & Survivorship"
  - Click on: "Enhancing Treatment"Information on complimentary therapies at the University of Michigan Comprehensive Cancer Center

- **National Center for Complementary and Alternative Medicine (NCCAM)**  
<http://nccam.nih.gov/>  
Fact sheets and access to complementary and alternative Medicine databases which include references to articles in peer-reviewed scientific literature on CAM therapies.
- **Office of Cancer Complementary and Alternative Medicine (OCCAM) at the National Cancer Institute**  
<http://www.cancer.gov/cam/index.html>  
This site offers information about research in field of complementary and alternative therapies used by people with cancer. It also fact sheets about various dietary supplements and FDA alerts and warnings.
- **Quackwatch**  
<http://www.cancertreatmentwatch.org/>  
Maintained by Stephen Barrett, M.D., a retired psychiatrist, this site provides ways to identify scams and has a special section on cancer alternative treatments. It focuses on biologic, pharmacologic and nutritional therapies.
- **Unconventional Cancer Therapies**  
<http://www.bccancer.bc.ca/HPI/UnconventionalTherapies/default.htm>  
A review of biologic and pharmacologic therapies including professional evaluation, toxicity, and risks based on citations in peer-reviewed medical journals. Provided by the British Columbia Cancer Center in Vancouver, Canada.

### **Additional PERC Resources – Available for checkout at the PERC**

- **The Audio Healing Collection** – A collection of CD's and DVD's for relaxation, meditation, visualization and affirmation.
- **Healing Music To Go** – A collection of therapeutic music CD's.
- **The Sight & Sound Program** – iPods preloaded with therapeutic music, podcasts and guided imagery.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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