



Complementary and Alternative Medicine (CAM)

Patient Education Resource Center (PERC)
Information Guide

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

Books

- American Cancer Society. **American Cancer Society Complete Guide to Complementary & Alternative Cancer Therapies.** 2nd Ed. Atlanta, GA: American Cancer Society, 2009.
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.

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"

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

- 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.
- **Cure-ious? Ask.** – Federal Trade Commission
<http://www.ftc.gov/curious>
This site includes questions to ask your doctor about alternative cancer therapies, information on spotting scams, and a link to file complaints about bogus claims. It can be viewed in English or Spanish.
- **Complimentary Therapies Program at the University of Michigan Comprehensive Cancer**
<http://www.mcancer.org>
 - Click on: "Living with Cancer"
 - Click on: "Mind/Body"Information on complimentary therapies at the University of Michigan Comprehensive Cancer Center
- **Office of Cancer Complementary and Alternative Medicine (OCCAM) at the National Cancer Institute**
<http://www.cancer.gov/CAM>
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.

- **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.
- **UpToDate**
 - *Patient information: Complementary and alternative medicine treatments (CAM) for cancer*
→ Access at: <http://www.patients.uptodate.com>
→ Hover the mouse over "View patient-level articles by category"
→ Click on "Cancer"
→ Relevant articles are listed under "Complementary and alternative medicine treatments (CAM) for cancer"
A detailed, comprehensive overview based on professional literature reviews written for physicians and updated regularly. This overview includes some medical terminology and is suitable for readers seeking to gain in-depth understanding of the complementary and alternative medicine treatments for cancer.

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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