



## **Integrative Medicine, Complimentary Therapies, and Chinese Medicine and Lung Cancer Approach to Chinese Medicine**

[Lorren] Thank you so much for joining us for the Caring Ambassadors Program video series, Learn from the Experts. Our main goal is to empower and educate patients and communities to be advocates for their health and to improve their lives.

Today's video is dedicated to living with lung cancer and it highlights one chapter from our book, Lung Cancer Choices. This video series is broken down into short segments, so it's easy to watch and navigate. You can watch the videos in any order, so feel free to choose what interests you the most.

I'm Lorren Sandt, the Executive Director at Caring Ambassadors Program, and I'm joined today by Cindy Langhorne-Hatfield and a panel of people living with lung cancer and caregivers. We're very excited to welcome Misha Ruth Cohen, a Doctor of Oriental Medicine, and a Licensed Acupuncturist. Misha has practiced traditional Asian medicine and Integrated Chinese Medicine for the past 48 years. She is the Clinical Director of Chicken Soup Chinese Medicine, Executive Director of the Misha Ruth Cohen Education Foundation, and past Research Specialist of Integrative Medicine at the University of California, in San Francisco, CA, as our featured author in this video. Misha will be discussing her chapter, Integrative Medicine, Complimentary Therapies, and Chinese Medicine in Lung Cancer. People diagnosed with lung cancer and other cancers have a wide range of integrative and complementary modalities to choose from, including a wide breadth of Chinese traditional medicine practices. These can often be used as adjunctive therapies to support Western conventional treatments. Side effects

## Integrative Medicine, Complimentary Therapies, and Chinese Medicine and Lung Cancer Approach to Chinese Medicine

frequently can be ameliorated using various forms of integrative and Chinese medicine and increase the efficacy of Western medical treatment.

We hope that this video will provide helpful insights and information for patients and caregivers dealing with lung cancer. If you're interested in learning more about the Caring Ambassadors Program and our mission to help patients with lung cancer, please watch the video series.

And, please share this information with anyone who might find it useful.

Together, we can make a difference in the lives of those affected by lung cancer.

[Misha]Thank you, Lorren. I'm glad to be here today, and I want to welcome all of you who are watching and listening and wanting to learn more about integrative medicine, and particularly Chinese medicine, in the treatment and support in lung cancer. I first wanted to talk a little bit about integrative medicine and integrative oncology. The terms integrative medicine and integrative oncology are now widely accepted as terminology to describe using complementary therapies in conjunction with other therapies, with Western therapies, with conventional therapies, as supportive treatment in a multi-disciplinary and interdisciplinary conventional cancer care. The National Center for Complementary and Integrative Health (NCCIH), which some of you may have known as Integrative Medicine in the past, the National Institutes of Health (NIH) in the past few years has redefined integrative medicine as Integrative Health, in case you run across that. So, it's the NCCIH. They've described the Integrative Health as, medicine that combines mainstream medical therapies and complementary and alternative medicine therapies for which there are some high quality scientific evidence of safety and effectiveness. So, that's very important because we're looking at evidence, we're looking at safety, but we're also looking at traditional practices as part of Integrative Medicine and Integrative Health. Integrative Medicine and complementary therapies and lung cancer can include a number of things, Chinese medicine, Western, herbal therapy, relaxation techniques, meditation techniques, the visualization, prayer, exercise, nutritional supplementation, dietary therapy. In this session today the primary focus will be on Chinese medicine and related therapies that can be used in conjunction with other integrative medicine, and Western medicine, for supporting people who are diagnosed with lung cancer. Integrative oncology and integrative medicine for lung cancer refers to the study and use of complementary modalities that are not

## Integrative Medicine, Complimentary Therapies, and Chinese Medicine and Lung Cancer Approach to Chinese Medicine

traditionally part of modern Western practices but, can be used as adjuncts to mainstream medicine. Focusing on Chinese medicine, in China and in many parts of the U.S, and in many parts of the world, people with various types of cancers seek out Chinese medicine and integrative therapies, in addition, to or sometimes as an alternative, to Western medical treatment. In lung cancer however, Chinese medicine is used primarily for supportive care and supportive adjunctive care in conjunction with Western treatments. So, when intensive Western treatments are being used Chinese medicine can relieve the adverse side effects as well as improve treatment outcome. When we have questions, we can talk about that a little bit more later. In 2007 and 2013 there was a multi-disciplinary panel of experts in oncology and integrative medicine that updated the guidelines and made recommendations on complementary therapies for use in lung cancer patients, and basically these included the therapies of acupuncture, massage therapy, Mind Body modalities, nutrition, Botanicals, and exercise. So, in these evidence-based clinical practice guidelines the American College of Chest Physicians (CHEST) recommends that all patients with lung cancer be asked specifically about the use of complementary and alternative medicine the terms used at the time and given counseling. In their perspective it was important to minimize potential harm and delay in treatment. In addition, the panel did conclude the mind-body modalities, and massage therapy, can decrease anxiety, mood disturbance, chronic pain, acupuncture can help control pain and other side effects, and herbal products and other dietary supplements need to be evaluated for side effects and potential interactions with chemotherapy and other medications. In China, where Chinese medicine is used in conjunction with Western medicine in hospitals and in clinics, women and men who undergo cancer treatments of all types, are offered the choice to use Chinese herbal medicine, acupuncture, Qigong and exercise, as adjunctive therapy to reduce side effects and increase the efficacy of the western treatment. So, there's extensive research that's been done on integrative medicine for cancer in settings in conjunction with Western research approaches and treatments in China. Chinese medicine is a system of medicine that has been used for thousands of years in the treatment of health imbalances and disease it's very important. Chinese medicine is not only old but it's been continually practiced for thousands of years, and as its practice it changes over time, and often the changes that we see today are more modern changes. Traditionally, if the body is attacked by disease-causing

pernicious influences in disrupted by internal balances Chinese medicine can be used to support and to help to rebalance the energetic state as well as the imbalances. And there are three main areas of contrast between Western Chinese medicine in general. Western medicine approach includes the design of drugs, and other therapies, to treat a specific disease or disorder. And in Western medicine different people who have the same diagnosis might be prescribed the same drug to treat a problem. In contrast a symptom, such as pain, may be viewed as a symptom of several possible disorders or disharmonies or patterns which affect the individual's mind and body and spirit. So, Chinese medicine focuses on identifying the underlying disharmony, which is a diagnosis, and creating an individualized treatment suited to that diagnosis. So, the individualization can make studies such as double-blind controlled studies challenging to develop. However, it is sometimes possible for various types of rigorous research to be conducted and it has been conducted in many areas in Chinese medicine, particularly in acupuncture. In China quite a lot of herbal studies have been done, in the United States less so. The goals of treatment are often different in Chinese and Western medicine. Western medicine is usually designed to either cure the disease or it does not. Chinese medicine may produce healing in the mind body and spirit even in the presence of persistent disease. So, in the 21st century the Western scientific insights and Chinese treatment of mind body and spirit have begun to overlap, and there's no contradiction between the two systems and when they're clearly understood Western medicine and Chinese medicine can complement and strengthen each other.

Most Western cancer therapies focus on killing cancer or eliminating the tumor. The primary goal of Chinese traditional medicine is to create wholeness and harmony within a person allowing the body to heal itself. So Chinese medicine strives to make the internal constitution stronger. Internal constitution to focus on immune functions that allow the body to fight cancer, and Western medicine has been more recently beginning to look at some of these concepts and treatments and starting to use these concepts and treatments and so there's more overlap and an understanding of how the immune system works in both Chinese medicine and Western medicine even though they're different terminology, and all of that, there is some crossover. Instead of primarily focusing on the effects of Chinese medicine treatments on tumor eradicating abilities, it

may be more beneficial to study the effect of Chinese traditional medicine on immune responses and that's something that we have supported in the world of Chinese medicine in the research areas to start to look at that. That work is being done more recently at NIH not necessarily specifically in cancer but in a number of other areas, looking at the mechanisms of immune responses in the use of acupuncture and herbal medicine. So Chinese medicine needs to be evaluated and should be evaluated on its terms and in light of its own treatment goals, not necessarily in the treatment goals and objectives defined by Western medicine. So, in Western medicine the focus is on eradicating illness after it appears in the body, in contrast, Chinese medicine can focus on balancing the body on disease prevention, often accomplished by creating balance and harmony in the body's various systems. So, studies that evaluate efficacy of a treatment to prevent disease are complicated. They take many years to study. These studies are needed, however, I think that it's very difficult to have these type of studies done. To understand the efficacy of Chinese medicine fully, Chinese medicine and other therapies can be used as alternative therapies and are most commonly used in Asia in primary therapy in treating early stages of certain type of cancers, although not in the primary treatment of lung cancer, specifically. However, most of the Western studies which are designed to evaluate the effectiveness of Chinese medicine is in treating very late-stage cancers. So, this would be a time in which frequently this stage when any treatment may be less successful, may be harder to tolerate, might be more difficult for compliance. For example, some of the herbal medicines that would be used in China for later stage cancers have more toxicity, in the same way that Western treatments might have toxicity, or, not the same exact toxicity but, would have toxicity. However, in traditional Chinese medicine literatures there's little indication that the recommended Chinese therapies would stop later stage cancers. Nevertheless, studies focused on supportive treatment and palliative care in late-stage disease could be very helpful. And just because treatment is not effective in very late-stage cancer, and dismissing it because of that may deny scientists, and practitioners the opportunity to study effective treatments for early-stage cancer as well. We can look at the Synergy between Western and Chinese medicine and the simultaneous use of traditional Chinese medicine therapies and how might they improve Western medicine. In some centers in the West people who are undergoing Western treatments have a

## Integrative Medicine, Complimentary Therapies, and Chinese Medicine and Lung Cancer Approach to Chinese Medicine

choice to use Chinese medicine therapies as adjuncts to decrease the side effects and increase the efficacy of Western medical treatment.

[Lorren] Thank you, Misha. Please check out our next video when Misha talks about Chinese Herbal Medicine.

[Music]

### Learn from the Experts - Approach to Chinese Medicine in Lung Cancer

Thank you so much for joining us for the Caring Ambassadors Program video series, Learn from the Experts. Our main goal is to empower and educate patients and communities to be advocates for their health and to improve their lives. This video is dedicated to living with lung cancer and it highlights one chapter from our book, Lung Cancer Choices. This video series is broken down into short segments, so it's easy to watch and navigate. You can watch the videos in any order, so feel free to choose what interests you the most. We're very excited to welcome Misha Ruth Cohen, a Doctor of Oriental Medicine, and a Licensed Acupuncturist. Misha has practiced traditional Asian medicine and Integrated Chinese Medicine for the past 48 years. She is the Clinical Director of Chicken Soup Chinese Medicine, Executive Director of the Misha Ruth Cohen Education Foundation, and past Research Specialist of Integrative Medicine at the University of California, in San Francisco, CA, as our featured author in this video. Misha will be discussing the approach to Integrative Medicine, Complimentary Therapies, and Chinese Medicine in Lung Cancer. People diagnosed with lung cancer and other cancers have a wide range of integrative and complementary modalities to choose from, including a wide breadth of Chinese traditional medicine practices. These can often be used as adjunctive therapies to support Western conventional treatments. Side effects frequently can be ameliorated using various forms of integrative and Chinese medicine and increase the efficacy of Western medical treatment. This video focuses on the Chinese Medicine approach to lung cancer. [@caringambassadorsprogram3508](#)