

# Understanding Your Cancer Treatment

During your cancer treatment, you may have surgery, chemotherapy, radiation, immunotherapy, or some combination of the above. These treatments are aimed at eliminating your cancer.

**Another type of therapy, called Integrative Medicine, focuses on your healing as a whole person, rather than on a single disease or symptom. Integrative Medicine works in conjunction with your standard medical care. We recommend you explore how it can help you before, during and after your treatment.**

Providence Integrative Medicine Program providers use therapies that are supported by modern medical research. Our licensed practitioners offering this complementary medicine have specialized training in working with people who have cancer. They use safe, natural therapies that have been shown by science to ease side effects associated with cancer treatment and to support your overall healing. Offerings include naturopathy, acupuncture, chiropractic, and massage therapy (see description on next page).

**Before scheduling your appointment, please check with your health insurance for coverage on these services.**

## East Portland:

### **Bradley J. Stuvland Integrative Medicine Clinic**

Providence Cancer Institute /  
Providence Portland Medical Center

4805 NE Glisan St., First Floor, North Tower  
Portland, OR 97213

503-215-3219

## West Portland:

### **Zidell Center for Integrative Medicine**

Providence Cancer Institute /  
Providence St. Vincent Medical Center

9155 SW Barnes Road, Suite 238  
Portland, OR 97225

503-216-0246



[Providence.org/integrativemedicine](https://providence.org/integrativemedicine)

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## Naturopathic medicine

Naturopathic medicine has been shown to support healing, reduce side effects and improve quality of life without interfering with cancer treatments. A naturopathic physician can suggest nutritional supplements, natural remedies, dietary changes, exercises or other approaches that can help with your specific issues.

### Naturopathic medicine may help:

- Support healing
- Reduce side effects
- Improve quality of life

## Acupuncture

There is strong evidence that acupuncture relieves nausea caused by chemotherapy. Studies also suggest that it may help ease many other side effects, including fatigue, sleep problems, pain, headaches, anxiety, and numbness and tingling in the hands and feet. Acupuncturists are trained to insert very thin needles into specific points on your body to stimulate healing and well-being.

### Acupuncture may help:

- Nausea
- Fatigue
- Sleep problems
- Pain
- Headaches
- Anxiety
- Numbness and tingling (neuropathy)
- Other issues

## Chiropractic medicine

Chiropractors use hands-on techniques, as well as therapeutic exercises, to relieve pain and discomfort in the muscles, bones and joints. They can help with many cancer-related side effects, including stress-related muscle pain and tightness, changes in muscle tissue, headaches and other issues.

### Chiropractic medicine may help:

- Stress-related muscle pain
- Changes in muscle tissue
- Headaches

## Massage therapy

Massage is for more than relaxation, although that's one great benefit. It has also been shown to reduce pain, stress, fatigue, sleep problems and other side effects of cancer treatment. Massage has even been found to help the immune system function better.

### Massage may help:

- Reduce pain
- Reduce stress
- Reduce fatigue
- Reduce sleep problems
- Improve immune system function

