

# Integrative Medicine for Cancer Prevention

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## Perspective

Integrative medicine is a combination of medical treatments for cancer and complementary therapies to cope with the symptoms and side effects. You may sometimes hear integrative medicine called complementary and alternative medicine or CAM. However, there are no true alternatives to cancer treatment. There is evidence that suggest some mind and body approaches, such as acupuncture, massage therapy, music therapy, meditation and mindfulness-based stress reduction, and yoga may help to manage some symptoms of cancer and side effects of treatment. An integrative approach to cancer care treats the disease with surgery, chemotherapy and other conventional tools, while also supporting patients' strength, stamina and quality of life with evidence-informed therapies.

Alternative therapies to chemotherapy include photodynamic therapy, laser therapy, immunotherapy, targeted therapy, and hormone therapy. Individuals should discuss possible treatments with medical professionals to establish which treatment may be most beneficial for them. But researchers may now have found a way out of this conundrum. A new study has found that resolvins — compounds naturally secreted by our body in order to stop the inflammatory response — can stop tumors from growing when such growth is induced by cellular waste.

**Holistic care treats the whole person:** Mind, body and spirit that typically means a combination of traditional and what your doctor might call complementary medicine. For instance, a holistic way to treat cancer could include chemotherapy and acupuncture. The final definition for integrative oncology is: "Integrative oncology is a patient-centered, evidence-informed

field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments.

**Traditional alternative medicine:** This field includes the more mainstream and accepted forms of therapy, such as acupuncture, homeopathy, and Oriental practices. These therapies have been practiced for centuries worldwide. In rare cases, some people may survive for several months or even a year with stage 4 cancer, with or without treatment. Some studies have found that attempting to aggressively treat cancer that has reached stage 4 can actually lead to a drop in the quality of the patient's remaining life. This may include diet, exercise, psychotherapy, relationship and spiritual counseling, and more. Complementary and alternative therapies such as acupuncture, chiropractic care, homeopathy, massage therapy, naturopathy, and others Western medications and surgical procedures other options for DLBCL that is no longer responding to chemo might include some type of immunotherapy (such as CAR T-cell therapy or a monoclonal antibody) or a targeted therapy drug such as selinexor (Xpovio).

Clinical trials of new treatments may be another good option for some people. It refers to the provision of care to patients that are based on a mutual understanding of their physical, psychological, emotional, and spiritual dimensions. In addition, holistic care emphasizes the partnership between nurse and patient and the negotiation of healthcare needs that lead to recovery. Integrative medicine has increasingly become recognized as a valid and effective approach to healthcare and is gaining increasing acceptance among both the general population and among allopathic physicians and healthcare delivery systems.

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