

Alternative and Complimentary Therapies for Treating Cancer

Weiguang Wang*

University of Wolverhampton, Research Institute in Healthcare Science, UK

Brief Report

Medical products and procedures that are not part of traditional medical care are referred to as complementary and alternative medicine (CAM). Cancer patients can use complementary and alternative medicine (CAM) to help them manage with the adverse effects of their treatments, such as nausea, pain, and exhaustion. Assist them in overcoming their fears about cancer treatment and the stress that comes with it. They have the impression that they are contributing to their own care. Make every effort to treat or cure their cancer. Integrative medicine is a type of medical care that combines conventional medicine with complementary and alternative medicine (CAM) practises that have been scientifically proven to be safe and effective. This method places a strong emphasis on the patient's preferences while also attempting to treat mental, physical, and spiritual elements of wellness.

Traditional medicine is a system in which health professionals with an M.D. (Medical Doctor) or D.O. (Doctor of Osteopathy) degree use medications, radiation, or surgery to treat symptoms and diseases. Other health professionals, such as nurses, pharmacists, physician assistants, and therapists, practise it as well. Allopathic medicine is often known as biomedicine, Western, mainstream, or orthodox medicine. Some doctors who practise traditional medicine also practise complementary and alternative medicine.

Standard medical care is a treatment that is commonly utilised by healthcare providers and is regarded by medical experts as a proper treatment for a certain type of condition. Standard therapy is sometimes known as best practise, standard of care, or standard therapy. Complementary medicine is used in conjunction with normal medical care, but it is not considered standard treatment in and of itself. Acupuncture is one example of how it might be used to aid with some of the negative effects of cancer treatment. Alternative medicine is utilised in place of conventional medicine. One example is the use of a particular diet instead of cancer medications given by an oncologist to treat cancer. Ayurvedic medicine is an Indian medical system whose purpose is to purify the body and restore equilibrium to the mind, body, and spirit. Traditional

Chinese medicine is based on the notion that health is the result of a yin-yang balance in the body [1-5].

Alternative cancer treatments may not be able to cure your disease, but they may be able to help you manage with the signs and symptoms of cancer and cancer treatments, such as anxiety, exhaustion, nausea and vomiting, pain, insomnia, and stress. Alternative medicine is a term that is widely used to describe treatments that aren't typically provided by medical professionals. Doctors and other providers are adding alternative medicines in treatment plans alongside mainstream treatments as academics investigate them and the evidence for them grows. Integrative medicine is a term used by certain physicians to describe this approach. Many symptoms linked with cancer and its treatment may be alleviated by combining these evidence-based integrative medicine therapies with traditional treatments. Alternative or integrative treatments, on the other hand, are rarely potent enough to completely replace mainstream therapy. To find the perfect balance, talk to your provider about your alternatives.

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*Address for Correspondence: Weiguang Wang, University of Wolverhampton, Research Institute in Healthcare Science, UK, Email: w.wang2@wlv.ac.uk

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