



## **Integrative Therapy Fact Sheet: Integrative Therapies**

### **What are Integrative Therapies?**

Integrative (also known as complementary) therapies and alternative medicines (CAM) are those practices that have been used in other countries for centuries for preventing and treating disease. Most are not taught in medical schools in the United States. Integrative therapies may include exercise, prayer, nutrition, homeopathy, acupuncture, Qigong, massage, chiropractic care, and others.

### **How Can Integrative Therapies Help Me?**

Integrative therapies are increasing in popularity. They can be effective in helping people with cancer manage their symptoms and improve their quality of life while undergoing medical treatments such as chemotherapy or radiation. Because some integrative therapies are unregulated, it is difficult to know which therapies will be most helpful in your treatment plan.

### **Special Points to Remember**

- Anyone who practices integrative medicine should be licensed or certified.
- Speak with your medical team first about the integrative therapies you're interested in trying.
- If you're wondering which integrative therapies may be beneficial for you, schedule an integrative medicine consultation in the Zakim Center. You'll meet with a nurse practitioner who will explain the safety and benefits of our integrative therapies, how they work in conjunction with traditional cancer treatment, and which ones may best fit your diagnosis, treatment schedule, and interests.

### **To Schedule an Integrative Medicine Consultation at the Zakim Center**

Please call **617-632-3322** to schedule your appointment.

### **Cost of Integrative Medicine Consultations**

Integrative medicine consultations at Dana-Farber are billed to your insurance company, and the cost varies based on coverage.

Thanks to the generosity of donors, financial assistance is available to those who qualify for our other fee-based services including acupuncture and massage. For more information, please contact the Zakim Center office at **617-632-3322** or **Zakim\_Center@dfci.harvard.edu**.

### **Additional Information**

**National Center for Complementary and Integrative Health**

<https://nccih.nih.gov/>



**Dana-Farber**  
Cancer Institute

**Leonard P. Zakim Center**  
for Integrative Therapies and Healthy Living

The National Center for Complementary and Integrative Health (NCCIH) was established within the National Institutes of Health. Its mission is to define, through rigorous scientific investigation, the usefulness and safety of complementary and integrative health interventions and their roles in improving health and health care.

To learn more about the Zakim Center's programs and services, please visit our website at [dana-farber.org/zakim](https://dana-farber.org/zakim), email [Zakim\\_Center@dfci.harvard.edu](mailto:Zakim_Center@dfci.harvard.edu), or call **617-632-3322**.

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