

Stronger Together



Addressing Disparities in Access to Supportive Care During Cancer Treatment and Survivorship: An Integrative Approach

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M Memorial
Cancer Institute

Addressing Disparities in Access to Supportive Care During Cancer Treatment and Survivorship: An Integrative Approach

Objectives:

- Share usage data regarding Integrative Medicine in disparate oncology populations
- Describe the role of Integrative Medicine in cancer care and survivorship for underserved
- Present the challenges regarding accessibility to Integrative Medicine in the context of cancer care

Complementary Versus Alternative

- “Complementary” generally refers to using a non-mainstream approach **together with** *conventional medicine*.
- “Alternative” refers to using a non-mainstream approach **in place of** conventional medicine.

Integrative Medicine

- Unfortunately, some patients gravitate to the use of widely promoted disproved or unproven “alternative” modalities to achieve their goals.
- No less than mainstream cancer therapies in common use, complementary therapies must be evidence-based or, lacking firm evidence, must at least have a rational basis.

Complementary and Alternative Medicine Use in Minority and Medically Underserved Oncology Patients: Assessment and Implications.

Jones D¹, Cohen L¹, Rieber AG¹, Urbauer D¹, Fellman B¹, Fisch MJ², Nazario A¹.

RESULTS:

Patients (n = 165) reported a high awareness and use of CAM therapies. CAM use was highest for prayer (85%), relaxation (54%), special diet (29%), meditation (19%), and massage (18%).

Patients' interest in using CAM was high for nearly all therapies.

Lack of adequate knowledge and cost of use were reported as deterrents to use.

Original Investigation | Medical Education

Prevalence of and Factors Associated With Patient Nondisclosure of Medically Relevant Information to Clinicians

Andrea Gurmankin Levy, PhD, MBe; Aaron M. Scherer, PhD; Brian J. Zikmund-Fisher, PhD; Knoll Larkin, MPH; Geoffrey D. Barnes, MD, MSc; Angela Fagerlin, PhD

- **4510 US adults - MTurk and Survey Sampling International**
- **Self-reported non-disclosure within 7 areas of medically relevant information**
- **61.4% - 81.1% reported not disclosing**
- **1) Disagreeing with physicians' recommendation 2) Misunderstanding physicians' instruction**
- **Most common reasons for non-disclosure: Not wanting to be judged, Not wanting to hear how unhealthy their behavior is, Embarrassment, Not wanting to clinician to feel they are difficult**



Integrative Medicine

- Engages mind, body, spirit and community
- Encourages providers to model healthy lifestyles for their patients
 - Focuses attention on lifestyle choices for prevention & maintenance of health
 - Maintains that healing is always possible even when cure is not



Symptom Clusters

- Fatigue
- Weight loss/gain
- Poor sleep quality
- Depression
- Anxiety
- Neuropathy
- Cognitive slowing
- Pain
- Physical deconditioning
- Sexual dysfunction
- Lymphedema

Integrative Medicine in Cancer Care

Nutrition

Exercise

Mindfulness

Sleep

Acupuncture

Massage

Yoga

Music Therapy

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A S C O S P E C I A L A R T I C L E





Integrative Therapies During and After Breast Cancer Treatment: ASCO Endorsement of the SIO Clinical Practice Guideline

Gary H. Lyman, Heather Greenlee, Kari Bohlke, Ting Bao, Angela M. DeMichele, Gary E. Deng, Judith M. Fouladbakhsh, Brigitte Gil, Dawn L. Hershman, Sami Mansfield, Dawn M. Mussallem, Karen M. Mustian, Erin Price, Susan Rafté, and Lorenzo Cohen

Special Articles

51

Integrative Oncology Care of Symptoms of Anxiety and Depression in Adults With Cancer: SIO-ASCO Guideline Summary and Q&A

Linda E. Carlson, PhD, RPsych¹ ; Nofisat Ismaila, MD² ; Elizabeth L. Addington, PhD³ ; Gary N. Asher, MD, MPH⁴; Joke Bradt, PhD, MT-BC⁵; Ashwin Mehta, MD⁶; and Julia H. Rowland, PhD⁷ ; on behalf of the SIO-ASCO Expert Panel

DOI <https://doi.org/10.1200/OP.23.00358>

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- Overview of recommendations
- How can people access these therapies?
- Are there disparities in accessing integrative therapies?
- Questions regarding dietary supplements?

ASCO Special Articles



Management of Fatigue in Adult Survivors of Cancer: ASCO–Society for Integrative Oncology Guideline Update

Julienne E. Bower, PhD¹ ; Christina Lacchetti, MHSc² ; Yesne Alici, MD³; Debra L. Barton, RN, PhD⁴ ; Deborah Bruner, RN, PhD⁵ ;
Beverly E. Canin⁶ ; Carmelita P. Escalante, MD⁷; Patricia A. Ganz, MD¹ ; Sheila N. Garland, PhD⁸ ; Shilpi Gupta, MD⁹; Heather Jim, PhD¹⁰ ;
Jennifer A. Ligibel, MD¹¹ ; Kah Poh Loh, MBBCh BAO, MS¹² ; Luke Peppone, PhD¹³ ; Debu Tripathy, MD⁷ ; Sriram Yennu, MD, MS⁷ ;
Suzanna Zick, ND, MPH¹⁴ ; and Karen Mustian, PhD¹²

Integrative Medicine and Health Disparities

综合医学与健康差异

Medicina integral y disparidades sanitarias

Robert Saper, MD, MPH

A particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion

Barriers to Integrative Medicine Use Among the Underserved

- **Awareness**
- **Accessibility**
- **Availability**
- **Affordability**

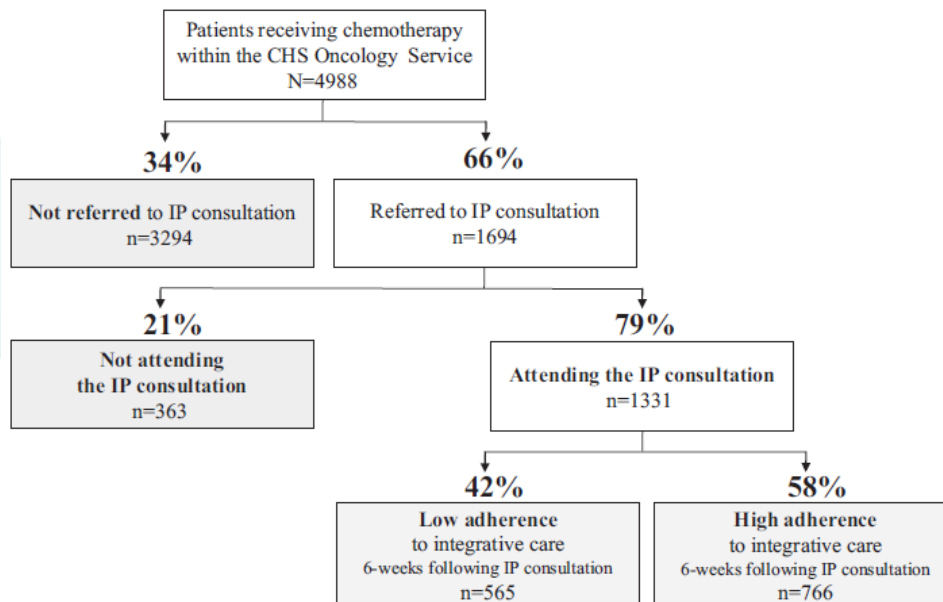
Original Article

Identifying Factors Associated With Disparities in Access to Integrative Oncology Program



Eran Ben-Arye, MD, Ana Maria Lopez, MD MPH, Nihaya Daoud, PhD, Lilach Zoller, MD MBA, Eleanor Walker, MD, Michal Davidescu, PhD, Katerina Shulman, MD, Orit Gressel, MD, Nili Stein, MPH, Shani Brosh, MD, Elad Schiff, MD, and Noah Samuels, MD

Identifying Factors Associated with Disparities in Access to Integrative Oncology Program



Identifying Factors Associated with Disparities in Access to Integrative Oncology Program

- Excluding financial burden:
 - Language barriers (Arabic and Russian speakers) were associated with lower referrals and adherence
 - Older and male patients also less likely to be referred

Awareness - Yoga

- **“I didn’t think that it [yoga] was for me. You see people do it on TV, and it looked complicated to get started. . . . I always wanted to do it, but it was just so foreign to me. . . . So I kind of just stayed away from yoga.”**

[Integr Cancer Ther.](#) 2015 Nov 29. pii: 1534735415617021. [Epub ahead of print]

YOCAS® Yoga Reduces Self-reported Memory Difficulty in Cancer Survivors in a Nationwide Randomized Clinical Trial: Investigating Relationships Between Memory and Sleep.

[Janelsins MC](#)¹, [Peppone LJ](#)², [Heckler CE](#)², [Kesler SR](#)³, [Sprod LK](#)⁴, [Atkins J](#)⁵, [Melnik M](#)⁶, [Kamen C](#)², [Giguere J](#)⁷, [Messino MJ](#)⁵, [Mohile SG](#)², [Mustian KM](#)².

Previously showed in a phase III randomized clinical trial that yoga - a program that consists of breathing exercises, postures, and meditation -significantly improved sleep quality in cancer survivors

328 participants from 12 centers who provided data on the memory difficulty item of the MD Anderson symptom inventory included – 8 sessions of yoga for 75 minutes

Sleep quality measured using the Pittsburgh Sleep Quality Index

Yoga significantly reduced patient-reported memory difficulty in cancer survivors

Social Determinants of Health

Social Determinants of Health

SDOH Social Determinants Timeline

Social Determinants of Health

- Tobacco Use**
Not on file
- Financial Resource Strain**
Jul 24, 2023: Low Risk
Jul 24, 2023: High Risk
- Transportation Needs**
Not on file
- Stress**
Jul 24, 2023: No Stress Concern Present
- Intimate Partner Violence**
Jul 24, 2023: Not At Risk
- Housing Stability**
Not on file
- Alcohol Use**
Jul 24, 2023: Alcohol Misuse
- Food Insecurity**
Jul 24, 2023: No Food Insecurity
Jul 24, 2023: Food Insecurity Present
- Physical Activity**
Jul 24, 2023: Sufficiently Active
- Social Connections**
Jul 24, 2023: Socially Isolated
- Depression**
Not on file
- Utilities**
Not on file

Update community resources

Social Connections

Jul 24, 2023: Socially Isolated

Jul 1, 2020 Today

Jul 24, 2023: Socially Isolated

Received from Epic Medical Center

Social Connection and Isolation Panel [NHANES]

Frequency of Communication with Friends and Family
Once a week

Frequency of Social Gatherings with Friends and Family
Never

Attends Religious Services
Never

Active Member of Clubs or Organizations
No

Attends Club or Organization Meetings
Never

Marital Status
Widowed

Availability

- **Geographic variation in availability of fresh fruits and vegetables**

Low-fat dietary pattern and long-term breast cancer incidence and mortality: The Women's Health Initiative randomized clinical trial.

- Conclusions: Adoption of a low-fat dietary pattern associated with increased vegetable, fruit, and grain intake, demonstrably achievable by many, significantly reduced the risk of death from breast cancer in postmenopausal women. To our review, these findings provide the first randomized clinical trial evidence that a dietary change can reduce a postmenopausal woman's risk of dying from breast cancer.

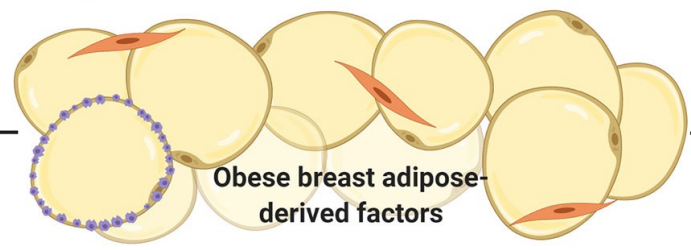
Obese Adipose Tissue as a Driver of Breast Cancer Growth and Development: Update and Emerging Evidence

Priya Bhardwaj^{1,2} and Kristy A. Brown^{1,2,3}*

¹ Department of Medicine, Weill Cornell Medicine, New York, NY, United States, ² Graduate School of Medical Sciences, Weill Cornell Medicine, New York, NY, United States, ³ Meyer Cancer Center, Weill Cornell Medicine, New York, NY, United States

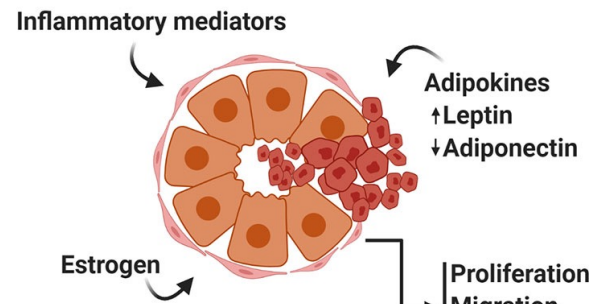
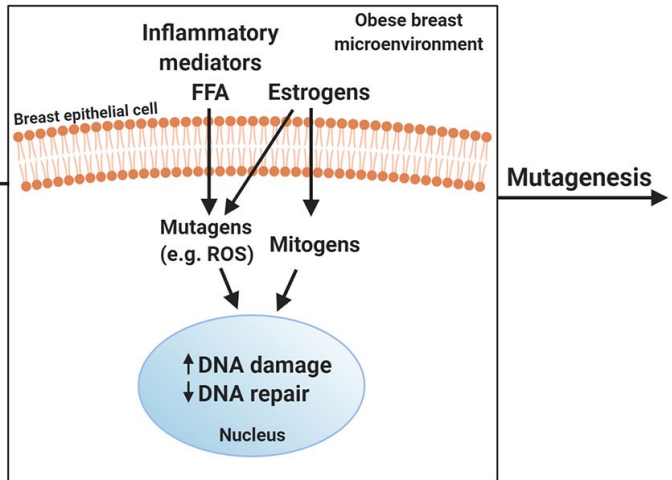
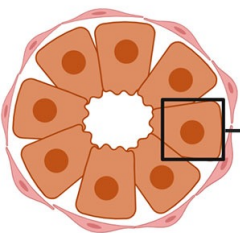
- Front. Oncol., 30 March 2021 | <https://doi.org/10.3389/fonc.2021.638918>

● Adipocyte — Adipose stromal cell ● Macrophage



Breast cancer initiation

Breast cancer progression



Normal Breast Epithelial Cells

Breast Cancer Cells



JAMA Oncol. 2016 August 1; 2(8): 1049–1055. doi:10.1001/jamaoncol.2016.0164.

Prolonged Nightly Fasting and Breast Cancer Prognosis

Catherine R. Marinac, BA, Sandahl H. Nelson, MS, Caitlin I. Breen, BS, BA, Sheri J. Hartman, PhD, Loki Natarajan, PhD, John P. Pierce, PhD, Shirley W. Flatt, MS, Dorothy D. Sears, PhD, and Ruth E. Patterson, PhD

2413 women with breast cancer but without DM, aged 27 to 70 years at diagnosis and participated in the prospective Women's Healthy Eating and Living study between March 1, 1995, and May 3, 2007

Clinical outcomes were invasive breast cancer recurrence and new primary breast tumors during a mean of 7.3 years of study follow-up as well as death from breast cancer or any cause during a mean of 11.4 years of surveillance

Fasting < 13 hours per night (lower 2 tertiles of nightly fasting distribution) was assoc with an increase in the risk of breast cancer recurrence compared with fasting 13 or more hours per night (hazard ratio, 1.36; 95% CI, 1.05-1.76)

Prevalence of Vitamin D Deficiency and Associated Risk Factors in the US Population (2011-2012)

Naveen R. Parva ¹, Satish Tadepalli ², Pratiksha Singh ², Andrew Qian ¹, Rajat Joshi ³, Hyndavi Kandala ¹, Vinod K. Nookala ¹, Pramil Cheriyaath ²

1. Internal Medicine, PinnacleHealth 2. Internal Medicine, Ocean Medical Center 3. Internal Medicine, Penn State Milton S. Hershey Medical Center

Race was identified as a significant risk factor, with African-American adults having the highest prevalence rate of vitamin D deficiency (82.1%, 95% CI, 76.5%-86.5%) followed by Hispanic adults (62.9%; 95% CI, 53.2%-71.7%)

Vitamin D Deficiency and Cancer

- **There is a well-documented association between vitamin D intake and the risk of breast cancer. Low vitamin D intake has also been indicated in colorectal carcinogenesis. A vitamin D deficiency has also been documented in patients with prostate cancer, ovarian cancer, as well as multiple myeloma.**

Edlich R, Mason SS, Chase ME, Fisher AL, Gubler K, Long WB 3rd, Giesy JD, Foley ML. Scientific documentation of the relationship of vitamin D deficiency and the development of cancer. *J Environ Pathol Toxicol Oncol.* 2009;28(2):133-41. doi: 10.1615/jenvironpatholtoxicoloncol.v28.i2.50. PMID: 19817700.

Accessibility

- **Work hours**
- **Transportation and safety:**
 - “where do you live?”
 - “how do you get to your appointments?”
- **Care-giving responsibilities at home**
- **Language or Cultural barriers**

Summary

- **Wide integrative medicine usage among cancer patients but significant disparities exist**
- **Ask the tough questions**
- **Get creative!**
- **Integrative Medicine at Memorial Cancer Institute:**
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 - asmehta@mhs.net