

Alternative, Complementary and Integrative Medicine

A Pathfinder

The Learning Center provides materials for information and convenience only. They are not to be substituted for medical advice. Medical information is often controversial and continually changes. Please consult your health care provider to discuss your specific concerns.

The Learning Center locations provide a wide range of materials, and each site's resources are different. Please call ahead to learn which location contains the resources you need. The Learning Center staff provides skilled, individualized service and will be happy to help you.

For more information, or if you have questions, please call, e-mail or visit The Learning Center.

Levit Family Learning Center

Mays Clinic

Floor 2, near The Tree Sculpture,
Room ACB2.1120

Monday – Friday, 9 a.m.-4 p.m.

713-563-8010

<http://www.mdanderson.org/tlc>

E-mail: asktlcstaff@mdanderson.org

Theodore N. Law Learning Center

Main Building

Floor 4, near Elevator A,
Room R4.1100

Monday – Friday, 9 a.m.-4 p.m.

713-745-8063

Pamphlets

The Facts About Supplements. American Institute for Cancer Research. 2008.

Thinking About Complementary & Alternative Medicine. National Cancer Institute. 2005.

Periodicals

Alternative Medicine Alert. AHC Media.

Dr. Andrew Weil's Self Healing. Body and Soul Omnimedia.

HerbalGram. American Botanical Council.

Natural Solutions: Vibrant Health Balanced Living. Innovision Health Media.

Books

ABC of Complementary Medicine. Zollman C, Richardson J, Vickers A. WB 890 A134 2008.

- Alternative Medicine Magazine's Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment, and Healing. Alschuler L, Gazella K. QZ 200 A461a 2007.
- American Cancer Society's Complete Guide to Complementary & Alternative Cancer Therapies. American Cancer Society. QZ 266 A513 2009.
- Anticancer: A New Way of Life. Servan-Schreiber D. QZ 200 S378 2008.
- Complementary and Alternative Medicine: An Evidence-Based Approach. Spencer JW, Jacobs J. WB 890 C7376 2003.
- Complementary and Integrative Medicine in Cancer Care and Prevention: Foundation and Evidence-Based Interventions. Micozzi M. QZ 266 C7374 2007.
- *Complementary Oncology: Adjunctive Methods in the Treatment of Cancer. Beuth J, Moss R, Abel U. QZ 266 C7372 2006.
- *Herb-Drug Interactions in Oncology. Cassileth B, Lucarelli C. QV 38 C345h 2003.
- Herbs Against Cancer: History and Controversy. Moss R. QZ 266 M913H 1998.
- *Integrating Conventional and Chinese Medicine in Cancer Care: A Clinical Guide. Lahans T. QZ 200 L183i 2007.
- Integrative Medicine. Rakel D. WB 890 I612 2007.
- Integrative Oncology. Abrams D, Weil A. QZ 266 I613 2008.
- Integrative Oncology: Incorporating Complementary Medicine Into Conventional Cancer Care. Cohen L, Markman M. QZ 266 I614 2009.
- Integrative Oncology: Principles and Practice. Mumber M. QZ 266 I61 2006.
- Life Over Cancer: The Block Center Program for Integrative Cancer Treatment. Block K. QZ 266 B6511 2009.
- Mayo Clinic Book of Alternative Medicine: The New Approach to Using the Best of Natural Therapies and Conventional Medicine. Mayo Clinic. WB 890 M473 2007.
- *Mosby's Complementary & Alternative Medicine: A Research Based Approach. Freeman L. Ref WB 890 F855m 2009.
- *Natural Standard Herb & Supplement Reference: Evidence-Based Clinical Reviews. Ulbricht C, Basch E. QV 766 N2852 2005.
- *Nutrient-Drug Interactions. Meckling K. QV 38 N976 2007.
- *PDR for Herbal Medicines. Gruenwald J. QV 766 P348 2004.
- *Plants that Fight Cancer. Kintzios S, Barberaki M. QZ 267 P714 2003.

Audio

Check this section for tapes and CDs ranging from relaxation to stress management.

Video

Cancer Care for the Whole Patient Experience With a Comprehensive Integrative Approach. Geffen J. QZ 266 DVD 4062.

*Indicates reference only (unavailable for check out)

Crazy Sexy Cancer. Karr C. QZ 200 DVD 4064.
Evidence-Based Holistic Care of Tribulations and Trials. Katz D. WB 890 4019 DVD.
The Leading Nutritional Supplements With Potential in Cancer Care. Smith J.
QZ 266 DVD 4036.
Targeting Inflammatory Pathways by Dietary Agents and by Traditional Chinese and Ayurvedic
Medicine for the Prevention and Treatment of Cancer. Aggarwal B. QZ 266 DVD 4023.

Web Sites

The University of Texas M. D. Anderson Cancer Center Complementary/Integrative Medicine Page

<http://www.mdanderson.org/CIMER/>

This site features evidence-based reviews of complementary and alternative cancer therapies and links to other authoritative resources. It helps patients and doctors evaluate complementary medicine, and where appropriate, help in the integration of these medicines and therapies with conventional treatments.

Natural Standard

<http://www.naturalstandard.com>

This site offers evidenced-based information about complementary and alternative therapies. Search for information by herb/supplement name or by medical condition. Access to this site is by subscription only; however, access to this resource is available at any of The Learning Center locations.

National Center for Complementary and Alternative Medicine

<http://nccam.nih.gov>

This site includes information about complementary and alternative medicine for consumers, practitioners and investigators. NCCAM is the federal government's lead agency for scientific research on the diverse medical and health care systems, practices and products that are not generally considered part of conventional medicine.

HerbMed®

<http://www.herbmed.org>

HerbMed is an interactive, electronic herbal database that offers access to the scientific data underlying the use of herbs for health. It is an impartial, evidence-based information resource provided by the nonprofit Alternative Medicine Foundation, Inc. This public site provides access to the 20 most popular herbs.

WholeHealthMD

<http://www.wholehealthmd.com>

This site features information developed by a team of board-certified doctors and specialists. Resources include information about healing foods, supplements and the latest research on complementary and alternative medicine.

Ask Dr. Weil

<http://www.drweil.com>

Dr. Andrew Weil is a renowned doctor in the field of integrative medicine. His Web site promotes health care that integrates the body, mind and spirit.

USP Verified

<http://www.uspverified.org>

The United States Pharmacopeia (USP) is an independent, science-based nonprofit organization that sets standards of quality for all prescription and over-the-counter medicines, dietary supplements and other health care products. USP verifies the ingredients, purity, integrity and potency of dietary supplements to promote patient safety.

Office of Dietary Supplements

<http://ods.od.nih.gov>

The mission of ODS is to strengthen knowledge and understanding of dietary supplements by evaluating scientific information, stimulating and supporting research, disseminating research results and educating the public to foster an enhanced quality of life and health for the U.S. population.

American Botanical Council

<http://www.herbalgram.org>

American Botanical Council is a nonprofit organization that gives evidence-based information on the safety and effective use of medicinal plants and phytomedicines.

American Cancer Society (ACS)

<http://www.cancer.org/>

The American Cancer Society has evaluated the following complementary and alternative therapies on their Web site: mind, body and spirit; manual healing and physical touch; herbs, vitamins and minerals; diet and nutrition; pharmacological and biological treatment.

MEDLINEplus

<http://www.medlineplus.gov>

At this site, information is given on over 650 diseases and conditions. There is also a medical encyclopedia, medical dictionary and extensive information on prescription and nonprescription drugs, herbs and supplements.

National Cancer Institute (NCI)

<http://cancer.gov>

This site includes information on treatment, clinical trials, prevention, genetics and causes, screening and testing, coping and statistics. It also includes information on complementary and alternative medicine in cancer treatment and covers several specific topics on this subject.