



# Managing the Side Effects of Chemotherapy TX with TCM

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# Integrative Oncology

- TCM Oncology + Conventional Medicine
- International society of oncology
- Combining TCM approach with conventional treatment such as chemo, radiation, and immune therapy

# Integrative Oncology



A comprehensive approach addresses the unique needs of each patient depending upon different stages and circumstances including:

# Integrative Oncology

- Pre-cancerous conditions
- Side effects of conventional treatment
- Failed conventional treatment
- Remission
- Recurrence
- Prevention

# Integrative Oncology



*A comprehensive approach to treatment will include:*

- Herbal Medicine
- Acupuncture
- Nutrition
- Emotional Support
- Tai Ji and Qigong

# Integrative Oncology



## Conventional Treatment

- Disease focused
- Uniformed

## TCM Treatment

- Patient focused
- Individualized and personalized

# TCM Perspectives

*4 aspects to every Pattern:*

- Yin pattern vs. Yang pattern
- Branch pattern vs. Root pattern
- Evil qi vs. Righteous qi
- Cold vs. Heat



# Chemotherapy and TCM

# Mechanism of Chemotherapy (Cytostatic/Anti-Proliferation Drugs)

- Blocks DNA Synthesis
- Directly Damages to DNA
- Inhibits Transduction (DNA RNA
- Damages Mitosis (Spindle toxin
- Inhibits Topoisomerase

# Challenges with Chemotherapy



- Damages to Normal Cells
- Organ Toxicity
- Chemo Resistance/Insensitive Cancers
- Recurrence

# Benefits of Integrative Oncology



- Repairs tissue damage, supports normal cell function
- Detoxifies organs, Reduces side effects
- Decreases resistance to conventional treatment
- Minimizes recurrence
- Prolongs and improves Quality of Life

# TCM Definition of Chemotherapy

- Chemotherapy is a cold toxin
- Chemotherapy Damages Pre-Heaven as well as Post-Heaven Qi
- Chemotherapy is more beneficial for a Yang type constitution

# TCM Definition of Chemotherapy

Chemotherapy is a Cold Toxin:

- Weakens the Constitution
- Affects Zang Fu function
- Causes Inflammation

# TCM Definition of Chemotherapy

- Weakens the Constitution
  - Depletes original Qi (Yuan Qi)
  - Consumes Yin
  - Damages Qi and Blood
- *Fatigue, exhaustion, tiredness, excessive sweating, mental exhaustion*