

Reliable Web Sites for Integrative, Complementary and Alternative Medicine (ICAM) and Prostate Cancer

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Medline Plus – for all general and specific health information, including drug and natural health products
<http://www.nlm.nih.gov/medlineplus/>

PubMed – National Library of Medicine – do your own research here
<http://www.ncbi.nlm.nih.gov/PubMed>

NCCAM - U.S. National Center for Complementary & Alternative Medicine
Sign up for the newsletter and stay current with the clinical trails underway.
<http://nccam.nih.gov/>

Memorial Sloan-Kettering Cancer Center – excellent natural health product information
<http://www.mskcc.org/mskcc/html/11570.cfm>

MD Anderson Cancer Center (University of Texas) –
<http://www.mdanderson.org/departments/cimer/>

American Cancer Society
http://www.cancer.org/docroot/ETO/ETO_5.asp

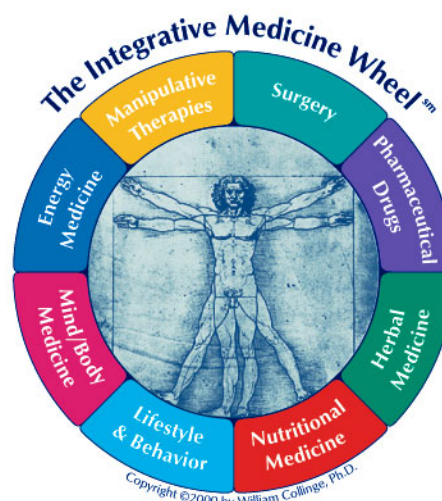
Duke Comprehensive Cancer Center –
Review their clinical trials
<http://www.cancer.duke.edu/>

Caring 4 Cancer – best nutrition info plus recipes
<http://www.caring4cancer.com/go/cancer/nutrition/eating-well-nutrition>

Caring 4 Cancer – CAM therapies
<http://www.caring4cancer.com/go/cancer/wellbeing/complementary-alternative>

Cancer Decisions – Ralph Moss, PhD, a leading and trusted researcher of alternative cancer therapies, over 200 detailed summary reports of specific cancers can be purchased
<http://www.cancerdecisions.com/>

Health Canada, Drugs and Health Products - http://www.hc-sc.gc.ca/dhp-mps/prodnatur/index_e.html



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How to Assess Evidence

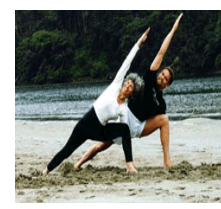
Ask - Is the claim reasonable?
What are the credentials?
How is it promoted?
Is there complete information?
Is there a contact number?
What are the costs?
Is it widely available?
Is there a risk of ensuing delay of standard therapies?



Signs of Unreliable Evidence

Testimonials but little clinical evidence
Extraordinary claims of effectiveness
Composition is “secret” or undisclosed
Little effectiveness, safety, or cost information
Unwillingness of CAM practitioner to work with your MD

Evidence From Cancer Clinical Trials Shows That:



Acupuncture may improve severe fatigue by 31%
Acupressure at the P6 Acupoint may decrease nausea of chemotherapy
Massage Therapy may relieve constipation and reduce lymphedema
Meditation may improve sleep quality and reduce stress symptoms
Imagery and Visualization may help reduce fears
Hypnosis may lessen distress and pain of treatments
Music may increase communication and self-expression
Expressive Writing may improve sleep and increase white blood cells
Tai Chi may aid balance and retard bone loss
Yoga may reduce anxiety and improve flexibility
Support Groups may increase tolerance and compliance with treatments
Prayer is ranked as the first or second most important coping strategy
Garlic may decrease your risk of stomach, colon and prostate cancers
Lycopene may reduce pancreatic and prostate cancer risk in men
Mushrooms may enhance the immune response
Turmeric (curcumin) may be responsible for the lower rate of colorectal cancer in Asia and India
Green Tea may protect salivary glands from radiation damage
Ginger may prevent nausea and reduce vomiting
Laughter and Play may increase pain tolerance

Important Disclaimer

Relying on these therapies alone and avoiding conventional medical care may have serious health consequences.

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