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New Program Teaches Empowering “Anti-Cancer” Approaches for Doctors, Patients, and Loved Ones

UC San Diego Integrative Oncology 2013, April 6-7

From Saturday, April 6 to Sunday April 7, the Center for Integrative Medicine at University of California, San Diego School of Medicine is hosting a landmark conference on integrative oncology. Participants will learn what can be done to foster an “anti-cancer” diet and lifestyle to help rectify health imbalances and reduce the drivers of cancer. Integrative oncology addresses all aspects of cancer care, using evidence from cancer epidemiology, basic science, and clinical research – together with ancient knowledge of natural healing systems such as Chinese medicine and Ayurveda, a system of traditional medicine native to India.

“This will be a ‘first-of-its-kind’ conference for the field of oncology,” said Gordon Saxe, MD, PhD, preventive medicine physician and research director, UC San Diego Center for Integrative Medicine. “There will always be a critical need for proven, life-saving treatments targeted at eradicating or controlling the spread of cancer. However, there is also a need for empowering approaches that encourage active patient self-care in support of whole-person health. There is a growing awareness that these approaches must be part of optimal cancer care.”

The weekend course is designed to introduce participants to the concept of integrative oncology. Conference presenters will discuss the complex relationship between tumor and host, and dietary, lifestyle and environmental factors. The aim of the conference is to provide participants with an understanding of the research behind integrative oncology as well as the tools to apply new and empowering approaches to improve patient care and to translate their knowledge into actionable wellness plans.

“This course is ideal for anyone working in the field of cancer, or those who have otherwise been affected by cancer personally,” said Lauray MacElhern, conference organizer and managing director of the UC San Diego Center for Integrative Medicine.

Offered on the UC San Diego campus in La Jolla, the conference will feature national speakers who focus on three core areas: diet and lifestyle for cancer prevention; evidence-based integrative therapies; and integrative modalities that improve symptoms and enhance the quality of life of cancer patients. Topics include: optimal nutrition, physical activity, massage, manual therapies, acupuncture, herbs, biofeedback, meditation, guided imagery, integrative psychiatry, biofield therapies, expressive arts, yoga, and tai chi.

General registration is \$219. Discounts are available to students, residents, and faculty of UC San Diego, Bastyr University California, and Pacific College of Oriental Medicine. Full scholarships are also available. Breakfast on both days, lunch on Saturday, and parking are included in the fees. Twelve hours of medical education credits are offered with the American Medical Association and American Psychological Association. The course is from 9 a.m. to 6 p.m. on Saturday and 9 a.m. to 12:45 p.m. on Sunday on the UC San Diego campus at the Medical Education and Telemedicine (MET) Building.

More information about integrative medicine at UC San Diego can be found at <http://cim.ucsd.edu>

To learn more or to register for this conference, call 858-334-4631 or visit: <http://cim.ucsd.edu/io2013>

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