The role of Integrative Therapies in Cancer Patients: What Evidence is There?

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Editor-in-Chief, Homeopathy
University College London Hospitals

- One of largest academic medical centres in UK
- Medical school and specialist institutes, linked to University College London
- 8 hospitals:
  - University College Hospital (general/acute)
  - Cancer Centre
  - Eastman Dental Hospital
  - Elizabeth Garret Anderson (gynaecology, obstetrics, children)
  - Heart Hospital
  - Hospital for Tropical Diseases
  - National Hospital for Neurology and Neurosurgery
  - Royal London Hospital for Integrated Medicine
Complementary and Alternative Medicine (CAM) use by cancer patients in 8 European countries

<table>
<thead>
<tr>
<th>Country</th>
<th>n</th>
<th>%</th>
<th>CAM use [n (%)]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spain</td>
<td>115</td>
<td>12</td>
<td>34 (29.8)</td>
</tr>
<tr>
<td>Israel</td>
<td>111</td>
<td>11.6</td>
<td>36 (32.4)</td>
</tr>
<tr>
<td>Turkey</td>
<td>100</td>
<td>10.5</td>
<td>37 (37)</td>
</tr>
<tr>
<td>Scotland</td>
<td>93</td>
<td>9.7</td>
<td>27 (29)</td>
</tr>
<tr>
<td>Greece</td>
<td>81</td>
<td>8.5</td>
<td>12 (14.8)</td>
</tr>
<tr>
<td>Switzerland</td>
<td>72</td>
<td>7.5</td>
<td>35 (48.6)</td>
</tr>
<tr>
<td>Sweden</td>
<td>59</td>
<td>6.2</td>
<td>18 (30.5)</td>
</tr>
<tr>
<td>Italy</td>
<td>52</td>
<td>5.4</td>
<td>38 (73.1)</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>51</td>
<td>5.3</td>
<td>30 (58.8)</td>
</tr>
<tr>
<td>Serbia</td>
<td>50</td>
<td>5.2</td>
<td>16 (32)</td>
</tr>
<tr>
<td>Denmark</td>
<td>50</td>
<td>5.2</td>
<td>18 (36)</td>
</tr>
<tr>
<td>Belgium</td>
<td>45</td>
<td>4.7</td>
<td>18 (40)</td>
</tr>
<tr>
<td>Iceland</td>
<td>43</td>
<td>4.5</td>
<td>13 (30.2)</td>
</tr>
<tr>
<td>England</td>
<td>34</td>
<td>3.6</td>
<td>10 (29.4)</td>
</tr>
</tbody>
</table>

Acupuncture for Cancer related symptoms: *systematic review*

- 131 published studies: acupuncture, acupressure, auricular therapy, moxibustion
- Symptoms of cancer and adverse effects of treatment
- Main symptoms
  - pain
  - hot flushes
  - nausea and vomiting
  - xerostomia
Acupuncture for Cancer related symptoms: *systematic review* 2

- Sample sizes 1 - 739
- 114 acupuncture points.
- number of needles 1 - 36 (mean 11)
- lowest nausea and vomiting (mean 3)
- highest bladder (mean 25)
- Needles retained 5 - 60 mins (mean 24)
- Most frequent points: GV20, KI3, LI4, LR3, PC6, SP6, ST36, shenmen.
Acupuncture for Cancer related symptoms: *results*

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Total number of studies</th>
<th>Randomised controlled trials</th>
<th>Number positive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>24</td>
<td>18</td>
<td>22</td>
</tr>
<tr>
<td>Hot flushes</td>
<td>23</td>
<td>11</td>
<td>20</td>
</tr>
<tr>
<td>Nausea/vomiting</td>
<td>19</td>
<td>19</td>
<td>16</td>
</tr>
<tr>
<td>Xerostomia</td>
<td>14</td>
<td>8</td>
<td>14</td>
</tr>
</tbody>
</table>
Cochrane Review: *homeopathy for adverse effects of cancer management*

- 8 studies, 664 participants
  - 3 adverse effects of radiotherapy
  - 3 adverse effects of chemotherapy

- 2 low risk of bias demonstrated benefit
  - Calendula ointment for 254 participants in prevention of radiotherapy dermatitis
  - Traumeel S mouthwash for chemotherapy-induced stomatitis.

- Need replication.
Cochrane Review: *homeopathy for adverse effects of cancer management*

- 2 other positive studies risk of bias unclear
- 4 studies negative
- No serious adverse effects or interaction with conventional treatment.
- No cancer treatments modified or stopped because of homeopathic interventions.

Integrating homeopathy in cancer care: *radiodermatitis*

- Randomized double-blind placebo-controlled trial
  - Belladonna 7cH and X-ray 15cH
- 66 patients with breast cancer having radiotherapy
  - breast skin colour, warmth, swelling, pigmentation
- Severity during radiotherapy trend favouring homoeopathy v placebo.
- Severity after radiotherapy, statistically significant benefit of homeopathy, particularly on skin heat

Homeopathy for adverse effects of radiodermatitis: *results*

Total symptom score

During treatment
- Homeopathy: 7
- Placebo: 8

After treatment
- Homeopathy: 3
- Placebo: 5

*p < 0.05* (ANOVA)
Homeopathy for hot flushes

• Observational study of homeopathy for menopausal hot flushes
• 99 physicians, 8 countries, 438 women
  – *Lachesis, Belladonna, Sepia, Sulphur, Sanguinaria*
• Significant reduction (p<0.001) in hot flushes
  – 90% improved mostly within 15 days

Bordet MF et al. Treating hot flushes in menopausal women with homeopathic treatment - Results of an observational study. Homeopathy 2008;97:10–15
Homeopathy for hot flushes

Number of hot flushes per day

Before (n=428)

After (n=404)

>10/day
6-10/day
0-6/day

Bordet MF et al. Treating hot flushes in menopausal women with homeopathic treatment - Results of an observational study. Homeopathy 2008;97:10–15
Homeopathic *Sabal serrulata* in human prostate cell lines

Effect of homeopathic *Sabal serrulata* 100cH on proliferation in human prostate cell lines PC-3 and DU-145 (p<0.01)

Effect of combined homeopathic treatment in rats injected with MAT-LyLu cells

Tumour free survival and total survival in male Copenhagen rats injected with MAT-LyLu human prostate cancer cells, treated with homeopathic *Thuja occidentalis* 1000cH (D1&4), *Conium maculatum* 1000cH (D2&5), *Sabal serrulata* 200c (D3&6), *Carcinosin* 1000cH (D7) p<0.0001

Royal London Hospital for Integrated Medicine
Complementary Cancer Care Pathway

RLHIM care pathways in the Complementary Medicine and Cancer Care center are offered to support conventional treatment strategies and palliative care.

Patient referred by GP or hospital specialist

- Referral to Menopause Group
  Acupuncture Clinic \[\text{Max 6 sessions}\]

- Referral for CBT/Autogenic training
  8 sessions

- Referral to Dietician \[\text{Max 4 sessions}\]

- Referral for Occupational Therapy
  6 sessions

- Referral other supportive services:
  4 sessions of either then review with potential for 2 further sessions
  6 sessions followed by MVMOP review with potential for further 6 sessions

Initial assessment & 5 follow-up appointments with specialist physician. Programme tailored to patient’s needs, includes:
- Homeopathy
- Acupuncture
- Iscador

GP or Consultant review/discharge

Created by Dr. Sosie Kassab October 2009
reviewed by Dr. Sosie Kassab April 2014
The role of Integrative Therapies in Cancer Patients: Summary

• Complementary therapies are used by many cancer patients
• Much evidence for acupuncture
  – Pain, hot flushes, nausea & vomiting, xerostomia
• Some evidence for homeopathy
  – Radiodermatitis, stomatitis, hot flushes
  – Tumour progression? Animal models only
• Can be successfully integrated in cancer centre