

# Complementary Cancer Support Funding Program



# About the program.

Thanks to generous donations and fund-raising efforts, the Integrative Medicine Center is often able to offer some Complementary Integrative Medicine (CIM) therapies at no cost to patients undergoing active cancer treatment. Patients who qualify may receive up to six visits of acupuncture, massage therapy or a combination; visits must be used within a six-month period. Funding is limited, is not guaranteed and is not always available. Please contact us directly with questions regarding availability at 720.553.2750.

## Qualifications for funding.

Patients must either be in active treatment (such as radiation, surgery, chemotherapy and immunotherapy) or be experiencing treatment side effects.

## Our care philosophy.

There are no CIM therapies definitively known to affect the outcome of a cancer diagnosis. CIM therapies are not a substitute for conventional care because they are not curative if used alone or in place of conventional treatment. The best use of CIM therapies is to help patients manage side effects of treatment or symptoms of the cancer, thus helping patients tolerate the conventional treatments and have an improved quality of life.

## How to apply.


Complete an application and have your oncology provider address any concerns or precautions and sign off, indicating they feel that our therapies will be safe for you at your current stage of treatment. Sign and date the application and acknowledgment of program policies and return. You will be contacted after your application has been reviewed and your eligibility is assessed to let you know if you have qualified for an award.

## Important information you should know.

Stay away from harmful therapies. We do not offer these therapies, but some of the listed harmful therapies are offered in the community and patients with cancer are prime targets for unscrupulous practitioners.

### Do not use:

- Colon hydrotherapy (colon cleansing with large amounts of water, soap or coffee delivered by repeated enemas). The risk is that the colon can perforate and the blood electrolytes can be altered, causing seizures, coma or death. Infection is also a risk.
- IV therapies not given by or approved by a conventional provider (oncologist, primary care provider, etc.).
- Certain herbs and supplements—please discuss these with one of the Cancer Center dietitians, who are experts about supplements used for cancer and understand possible risks and drug interactions.
- Certain restrictive diets—again, consultation with one of the Cancer Center dietitians is readily available.



## Please also consider taking advantage of other therapies that are not part of the fund program but can be very helpful:

### Psychology/mind/body therapy.

Our psychologists are usually covered by your insurance, and patients find that working with one of our psychologists can be extremely helpful in coping with a new diagnosis, feeling more connected, working on identity issues, the grief process, dealing with well-meaning family and friends who have become burdensome, asking for help, etc. They also work with patients on meditation and relaxation techniques that are helpful with many side effects including pain, sleep disturbance and anxiety.

### Cancer exercise rehabilitation.

Physical therapy has specialized training in using the power of exercise to help patients with cancer prevent and treat fatigue, improve immune-system function, reduce anemia during treatment, speed recovery and help return range of motion/normal function after surgery. Call 720.848.2000 for more information.

### Diet and nutrition.

Improvements to diet may help with survival from cancer, help prevent recurrence and may help with many side effects of treatment, such as nausea, diarrhea, constipation, weight gain

or weight loss. Registered dietitians who specialize in cancer nutrition, from prevention to diagnosis, through treatment and onto prevention of recurrence, are available at no cost to patients of the University of Colorado Comprehensive Cancer Center. Call 720.848.0300 for more information. They are also experts in the use of herbs/supplements for cancer.

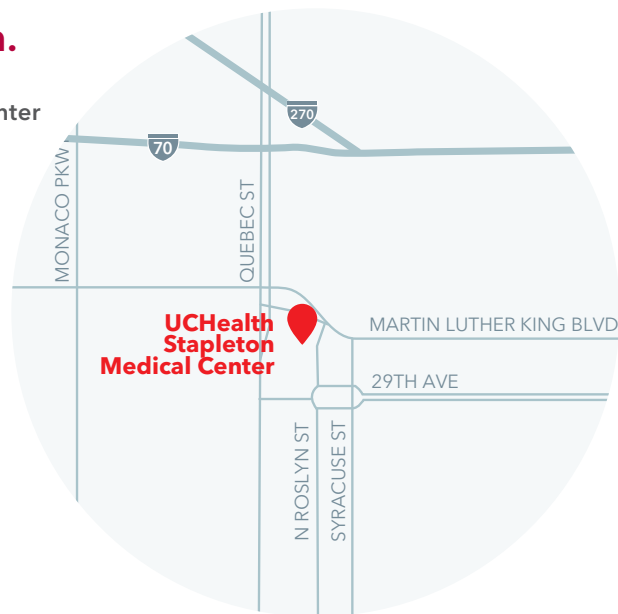
## Here is a list of common side effects that cancer patients experience and the recommended therapies to address them.

- **Nausea with chemotherapy or prevention of side effects of chemotherapy:** Acupuncture, mind/body
- **Dry mouth:** Acupuncture
- **Loss of appetite:** Acupuncture
- **Diarrhea/constipation:** Acupuncture
- **Pain:** Acupuncture, mind/body, massage therapy
- **Stress management:** Mind/body, massage therapy
- **Lymphadema:** Massage therapy
- **Depression/anxiety/insomnia:** Mind/body, massage therapy, acupuncture
- **Hot flashes:** Acupuncture, mind/body

If this is not enough information or you do not feel comfortable making the decision, you are welcome to make an appointment with an integrative medicine physician or physician assistant who specializes in helping people decide which CIM therapies are best for each individual case. Visits with one of our physicians or PA are typically covered by insurance and are subject to a specialist's office visit copay. **Please call 720.553.2750.**

## Contact information.

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By making this information available, UCHealth and the Integrative Medicine Center do not promise or guarantee the effectiveness of this integrative therapy. For any serious conditions, we recommend that you contact your physician before trying any new therapy.

Learn more at [uchealth.org](https://uchealth.org)