

# Donald Abrams: A Training for Health Professionals and Cancer Advocates, Part 1

Donald I. Abrams, MD, is chief of the Hematology-Oncology Division at Zuckerberg San Francisco General Hospital; an integrative oncologist at the University of California, San Francisco, Osher Center for Integrative Medicine; and professor of clinical medicine at the University of California, San Francisco. He was one of the original clinicians/investigators to recognize many of the early AIDS-related conditions. He conducted numerous clinical trials investigating conventional as well as complementary therapies in patients with HIV. His interest in botanical therapies led him to pursue a two-year fellowship in the Program in Integrative Medicine at the University of Arizona that he completed in December 2004. His particular passion in the field involves nutrition and cancer.

1. **00:50** Donald Abrams' career path to integrative medicine
2. **06:54** What is integrative cancer care?
  - a. The rational *evidence-informed* combination of conventional therapy with complementary interventions into an individualized therapeutic regimen that addresses the whole person (body, mind, spirit) with cancer
  - b. relationship-centered care
  - c. integrates conventional and complementary methods of treatment
  - d. tools for healing, categories of integrative cancer care:
    - i. mind-body medicine
    - ii. manual therapy
    - iii. energy therapies
    - iv. pharmacological and biological therapies
    - v. culturally-based healing traditions
  - e. acceptance of integrative therapies by oncologists
  - f. response to integrative therapies with select group (UK) with prostate cancer
  - g. three domains of care:
    - i. reducing risk of cancer
    - ii. cancer treatment
    - iii. system management and as a adjunct to conventional treatment
3. **17:10** Integrative cancer risk reduction: focus mainly on lifestyle issues:
  - a. maintenance of healthy BMI
  - b. regular aerobic and resistance exercise
  - c. smoking cessation
  - d. judicious use of supplements
4. Role of integrative therapies in symptom management and palliative care:

- a. relieve or prevent treatment side effects
  - b. improve immune function
  - c. alter disease progression: prevent disease progression or metastasis, prolong survival.
5. **20:00** Goals of integrative oncology:
- a. increasing sense of control
  - b. decrease ongoing inflammation
  - c. increase the body's innate immunity
  - d. decrease stress
6. **25:35** Stress and cancer:
- a. Not much evidence that stress directly causes cancer; neither necessary nor sufficient to initiate carcinogenesis.
  - b. In women with ovarian cancer who lacked social support and had higher levels of distress, tumor had higher levels of vascular endothelial growth factor (VEGF).
  - c. Study of women scheduled for breast biopsy or lumpectomy randomly assigned to hypnosis or control group
7. **32:21** Michael Lerner and Donald Abrams in conversation on integrative cancer care
- a. stories of patients' journeys with cancer
  - b. What is a cure?
8. **50:25** The apparent increase in actual survival: evidence-informed and without toxic approaches
9. **53:74** Relationship of ecological paradigm of health and integrative oncology discussion
10. **59:00** Functional medicine/naturopathic medicine discussion