

Management of Oncotherapy-Related Side Effects

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Introduction:

The purpose of this presentation is to highlight typical oncotherapy-related side effects seen in the cancer patient undergoing standard of care and offer strategies to prevent, overcome and/or mitigate impact while enhancing quality of life of the patient.

Methods:

The top 5 conditions associated with standard of care therapy include fatigue and sleep disruption, low blood counts, pain and inflammation, gastrointestinal symptoms and emotional upheaval. Therapies and techniques backed by clinical evidence along with a few anecdotal pearls from 25+ years of experience, will be offered on mitigating these unwanted but often prevalent side effects.

Results:

Case examples, review of the literature and intention to stimulate interest to conduct proper research on the anecdotal pearls will contribute to the toolbox of fellow colleagues in order to best serve their patients.

Conclusion:

Mitigating the side effects of standard of care oncology treatment is one of the most requested services offered by integrative oncologists and general practitioners. Knowing we can do more offers great solace and better outcomes for our patients.