

INTEGRATIVE ONCOLOGY CLINIC UPDATE

Thank you for your interest in the Integrative Oncology Clinic. Referrals are currently paused while we analyze data from our first two years.

Feel free to contact us if you would like to be added to the waitlist or more information. We will keep your information on file and reach out once we are accepting referrals again.



Questions? Contact Us:

ioclinic@ucalgary.ca



www.action-centre.ca

Integrative Oncology Resources

General:

- Alberta Complementary Therapy and Integrative Oncology Centre (<https://www.action-centre.ca/>)
- Memorial Sloan Kettering Integrative Oncology (<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/expertise>)
- Wellspring Alberta (<https://wellspring.ca/alberta/>)
- Cancer Choices (<https://cancerchoices.org/>)
- Anti-cancer lifestyle (<https://anticancerlifestyle.org/>)

Diet:

- World Cancer Research Foundation (www.wcrf.org)
- American Institute for Cancer Research (www.aicr.org)

Exercise:

- American college of sports medicine (exercise guidelines for cancer patients and survivors) (<https://www.exerciseismedicine.org/wp-content/uploads/2021/04/exercise-guidelines-cancer-infographic.pdf>)
- Alberta Cancer Exercise Program (www.albertacancerexercise.com)
- Yoga Thrive (University of Calgary) (<https://kinesiology.ucalgary.ca/labs/health-and-wellness/research/research-studies/yoga-thrive>)

Mind-Body Therapies:

- Mindfulness-based cancer recovery (<https://www.mindfulcancerrecovery.com/>) and (https://portal.wellspring.ca/service/a1dON00000uInYAI/mindfulness-based-cancer-recovery?gad_source=1&gclid=CjwKCAjwrcKxBhBMEiwAIVF8rJ3KIMp_EuzF8668vVbXmUgK8sitn ea4-bdG74xAuCwtqmfIS5zdJRoCaH4QAvD_BwE)

Supplements:

- Memorial Sloan Kettering About Herbs <https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs/search>
- Natural Medicines Database (Available through AHS knowledge resource)