

# Integrative and Complementary Therapies



Please let your health care team know if you are thinking about or are currently using integrative or complementary approaches.

## Canadian Resources

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### BC Cancer Agency.

[bit.ly/BCComplementaryTherapy](http://bit.ly/BCComplementaryTherapy)

### CAMEO (Complementary Medicine Education & Outcomes Program) BC Cancer Agency.

[cameoprogram.org](http://cameoprogram.org)

### Canadian Cancer Society.

[bit.ly/CCSComplementaryTherapy](http://bit.ly/CCSComplementaryTherapy)

### MyHealth.Alberta.ca.

[bit.ly/MHAComplementary](http://bit.ly/MHAComplementary)

### Decision-making tools on CAM for pain management. (MyHealth Alberta)

- Cancer: Home Treatment for Pain [bit.ly/MHAPain](http://bit.ly/MHAPain)
- Should I Use Complementary Medicine? [bit.ly/MHAUsingCAM](http://bit.ly/MHAUsingCAM)

### Alberta Health Services. PADIS Medication & Herbal Advice.

[bit.ly/PADIS-AHS](http://bit.ly/PADIS-AHS)

## US & Other International Resources

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### American Cancer Society.

[bit.ly/ACSCAM](http://bit.ly/ACSCAM)

### Memorial Sloan-Kettering Cancer Center - About Herbs, botanicals and other products.

[bit.ly/HerbsandProducts](http://bit.ly/HerbsandProducts)

### National Cancer Institute. (NCI)

[cancer.gov/about-cancer/treatment/cam](http://cancer.gov/about-cancer/treatment/cam)

### Thinking about Complementary and Alternative Medicine with Health Care Providers: "A Workbook and Tips"

[cancer.gov/publications/patient-education/thinking-about-cam](http://cancer.gov/publications/patient-education/thinking-about-cam)

### Using Trusted Resources.

[cancer.gov/about-cancer/managing-care/using-trusted-resource](http://cancer.gov/about-cancer/managing-care/using-trusted-resource)

*If you are typing these, please note that bit.ly links are case sensitive.*

## **Cancer Prevention and Treatment.**

[nccih.nih.gov/health/cancer](https://nccih.nih.gov/health/cancer)

## **Are You Considering a Complementary Health Approach?**

[nccih.nih.gov/health/decisions/consideringcam.htm](https://nccih.nih.gov/health/decisions/consideringcam.htm)

## **What is Integrative Oncology?**

[bit.ly/siocentre](https://bit.ly/siocentre)

## **Other Resources**

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### **Medline Plus.**

[bit.ly/Medline-Herbs](https://bit.ly/Medline-Herbs) (not cancer-specific)

[bit.ly/Medline-Herbs-OtherLanguages](https://bit.ly/Medline-Herbs-OtherLanguages) (information in other languages)