

# *Cancer Care Services*



From strengthening your body's immune system to minimizing the physical and emotional side effects of cancer treatment, our integrative cancer care program addresses the physical, emotional and spiritual health of cancer patients at all stages.

Our physicians work closely with your oncologist to determine which therapies are best for you and provide a plan of care tailored to your needs. If you are undergoing chemotherapy or radiation treatments, we can recommend treatments to help reduce side effects such as nausea and fatigue. Therapeutic nutrition and supplementation can help strengthen your body and support healing. Group sessions provide much-needed support and sharing and promote healthy relationships. Spirituality classes, meditation and Mindfulness-Based Stress Reduction support your body, mind and spirit and help you focus on healing.

Whether you have recently been diagnosed with cancer, are currently in treatment or are well on your way to recovery, our integrative cancer care services can help you.

## *Your Partner in Mind-Body-Spirit Healing*

Scripps Center for Integrative Medicine blends medical expertise with evidence-based complementary therapies and the most advanced technology for early detection and diagnosis. Our physicians are board-certified and have advanced training in integrative medicine. To schedule a consultation with a physician, call **858-554-3300**.

# Scripps Center for Integrative Medicine

## Cancer Care Services

### Treatments and therapies:

Acupuncture  
Biofeedback  
Guided Imagery  
Healing Touch  
Hypnosis  
Massage therapy  
Natural supplements  
Therapeutic yoga for wellness\*  
Therasound therapy

### Imaging:

64-slice PET/CT for chest, abdomen, pelvis or full body  
PEM Flex™ for breast

### Consultations:

Integrative medicine consultation with physician  
Nutrition consultation with registered dietitian  
Smoking cessation consultation with integrative medicine physician  
Vitamin/mineral and herbal consultation with integrative medicine physician  
Exercise consultation with exercise physiologist

### Arcana Herbal Pharmacy:

Professional-grade herbal and nutritional supplements

### Programs:

Lifestyle Change Cancer Care Program\*  
Mindfulness-Based Stress Reduction

### Classes:

Focus On Healing\*  
Healing From the Inside Out  
Kundalini Yoga\*  
Mind-Body Lecture Series  
Music for Wellness\*  
Qi Gong\*  
Spirituality: A Path with a Heart  
Vegetarian Cooking School  
Yoga & Meditation\*

### Bookstore:

Books and CDs are available in our book store to support people with cancer.

### Education and conferences:

Destination Health: Renewing Mind, Body and Soul  
Natural Supplements: An Evidence-Based Update  
Healing Touch Training

*\*medical release from oncologist required*



### Directions:

From I-5, exit Genesee Avenue, head west. At the second signal, veer right onto North Torrey Pines Road (Genesee turns into North Torrey Pines Road). After three more signals, make a U-turn at the Hilton Hotel Driveway. The Scripps Center for Integrative Medicine will be on your right hand side in the Shiley Pavilion.

### Parking:

Monday through Friday, 6 a.m. to 6 p.m., parking is \$3 for three hours with a \$1 charge for each additional half hour up to a maximum of \$15 per day.

