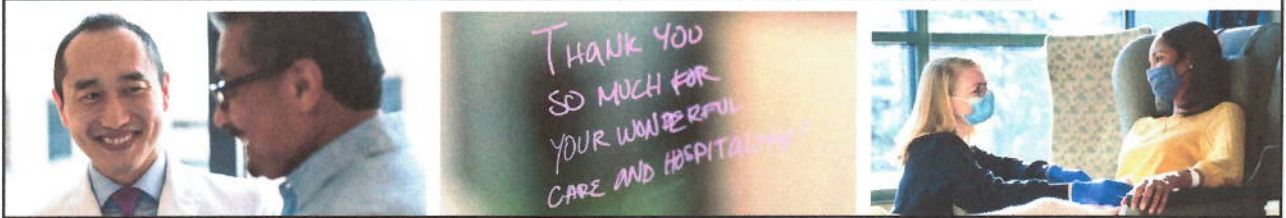




Traditional Medicine Meets Holistic Approaches

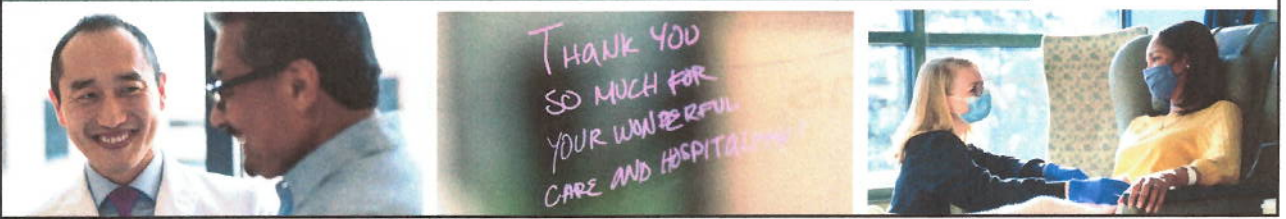


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Behavioral Health Perspective

Alexandria Callahan, LCPC, BC-DMT – Behavioral Health Therapist/Supervisor, Sexual Health Liaison



2

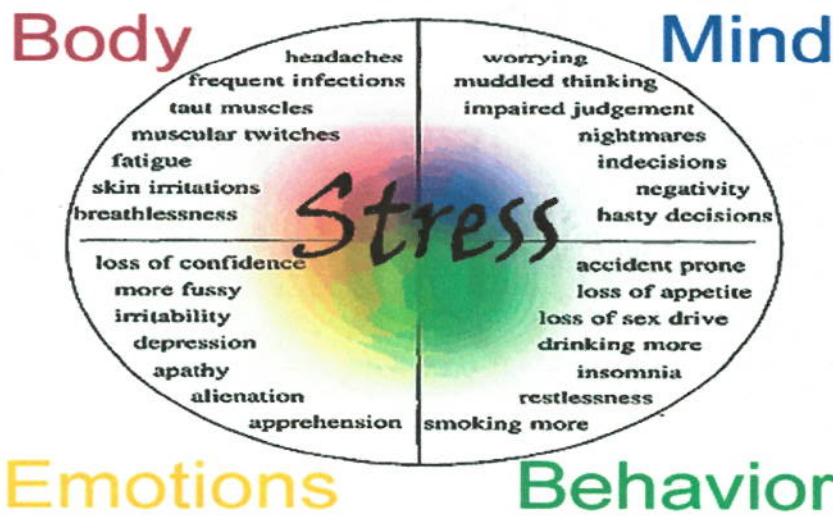
Lasting impact



- Traumatic experience that impacts your body and mind
- Fight, Flight, Freeze response
- Surgery, chemotherapy, radiation – all change body
- Perspectives change – future plans?
- Body Image Changes
- Re-evaluate what is most important
- Continued Pain
- Stress



3



4

Shifting relationships

- Notice shifts in relationships
 - With yourself
 - With Others
- Energy levels, mood, motivation change
- Anxiety and Depression can occur
 - Fears of the unknown
 - Grieving on multiple levels
 - Uncontrolled pain
- Socialization can shift



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5

Sexual changes

- Vaginal dryness
- Vaginal atrophy
- Double Mastectomy – nipple sensation changes?
- Dilators – Berman Intimate Basics Dilator Set
- Non-estrogen hydration – silicon based
- Hyalo gyn
- Gynatrof
- Uberlube
- If using a silicon toy you must use a condom with silicon based lubricant – it will break down the toy





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6

Approaches to change

- Know your limitations
 - Awareness
 - Balance
 - Connections
- Communication is key
- Reclaim your body with confidence
 - Explore what is pleasurable
 - Get to know yourself and feel comfortable
 - It is okay to take sex off the table






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7


The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter

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8


Focus Time	When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.
Play Time	When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.
Connecting Time	When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.
Physical Time	When we move our bodies, especially aerobically, we strengthen the brain in many ways
Time In	When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.
Down Time	When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
Sleep Time	When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.


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9


Sleep hygiene




DISTRACTING NOISES



A BUSY MIND



SNORING BEDMATES




TINNITUS

Quality Sleep

1. Set a sleep schedule
2. No tech in the bedroom
3. Relax before bedtime
4. Control the room temp

Benefits


- Boosts brain activity
- Increases energy
- Stronger immune system
- Better mood
- Higher productivity


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10

Self care



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- Counseling / therapy
- Meditate
- Self massage
- Movement/ physical activity
- Getting outside
- Qigong / yoga
- Laughter
- Arts and crafts
- Bubble bath
- Deep breathing
- Listen to music
- Practice gratitude

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11

An exercise in mindfulness

Quick Coherence Technique from HeartMath®

- You can use the power of your heart to help you feel better in about a minute! This practice can bring you back into balance quickly when you are stressed, pressured, worried, or overwhelmed.
- **Exercise:** This is a 2-step process. As you add each step, continue the prior step.
- 1) *Heart-Focused Breathing:* Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. You may place your hand over your heart area to help you focus your attention here.
- 2) *Heart Feeling:* Maintaining your heart breathing, activate a positive feeling in your heart such as love, appreciation or gratitude. One way to activate this kind of feeling is to remember the love you feel for a special person or pet, the feeling you have in a special place where you love to be, or a time when you felt good inside. Let yourself re-experience that feeling now.

See more at:
<http://www.heartmath.org/free-services/tools-for-well-being/quick-coherence-adult.html#>

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12

Resources



- American Association of Sexuality Educators, Counselors, and Therapists <https://www.aasect.org/> (Find a Sex Therapist in your area)
- Dr. Stephen DeWit – Sex Menu - <http://drdewit.com/sex-menu/>
- Enduring Desire: Your Guide to Lifelong Intimacy – Michael E. Metz & Barry W. McCarthy
- Come as You Are – Emily Nagoski, PhD (also available as book on tape)
- Low Libido - <https://meetrosoy.com/>
- Hyalo Gyn - <https://hyalogyn.com/>
- Uberlube - <https://www.uberlube.com/>
- Gynatrof - <https://gynatrof.com/us/>

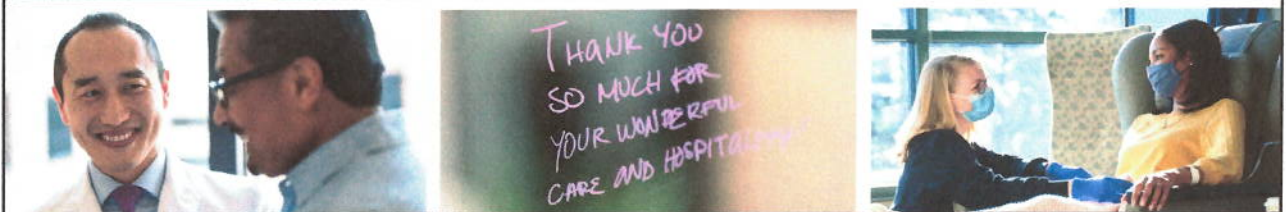


13



Naturopathic Medicine Perspective

Sunhee Williams ND, LAc, LDN, FABNO



14

Disclaimer



- The information contained or presented during this presentation is for **educational purposes only**.
- Information shared during this presentation is **NOT intended to serve as a substitute for diagnosis, treatment, or advice from a qualified, licensed medical professional**.
- The data and facts presented are offered as information only in order to empower you.
- Seek the advice of a medical professional for proper application of ANY material presented to your specific situation
- **NEVER stop or change your medications without consulting your physician.**

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15

What is Naturopathic Medicine?



Naturopathic medicine is a distinct system of primary healthcare - an art, science, philosophy and practice of diagnosis, treatment and prevention of illness using the least invasive, most physiologically supportive methods possible, consistent with the patient's presentation.

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16

How are Naturopathic Doctors trained?



Licensed naturopathic physician/ naturopathic doctor (ND)

- 4 year, doctoral-level Naturopathic Medical school; federally accredited
- Same 2-year basic sciences as an MD with additional training in Clinical Nutrition, Homeopathic Medicine, Botanical Medicine, Psychology, and Counseling
- Trained to use prescription drugs
- Perform minor surgeries – removing cysts, stitching up superficial wounds, do not practice major surgery

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17

Principle of Naturopathic Medicine



- The Healing Power of Nature
- Identify and Treat the Cause(s)
- First Do No Harm
- Doctor as Teacher
- Treat the Whole Person
- Prevention

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18

Naturopathic Medicine – Licensure

<https://aanmc.org/resources/licensure/>

Legend:

- Fully Licensed or Registered
- Fully Licensed and some degree of reciprocity for ND licensure available
- Advanced Initiatives Ongoing
- Bill(s) filed or pending in 2022
- Not Regulated

Image source: [Naturopathic Doctor Licensure | List of States and Provinces \(aanmc.org\)](https://aanmc.org/resources/licensure/)

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19

Traditional Medicine meets Holistic Approaches

Integrated model brings the traditional (conventional) and complementary therapies together in a coordinated way.

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20



Natural medicine strategies to help reduce ovarian cancer treatment related side effects

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21




Conventional treatment modalities


- Surgery
- Chemotherapy
- Targeted therapy
- Immunotherapy
- Radiation

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Pre & post- surgical support

- **Diet**
 - Protein is important for wound healing, 1.25-1.5g per kg body weight
 - Diabetes and smoking can delay wound healing
- **Supplements**
 - Homeopathic arnica and staphysagaria
 - Bromelain
 - Vitamin A&C, Zinc
 - MCP

23




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Chemotherapy, Targeted Therapy, Radiation & Immunotherapy

- _____ Fatigue
- _____ Mouth sores
- _____ Nausea & Vomiting
- _____ Poor Appetite and altered taste
- _____ Diarrhea
- _____ Constipation
- _____ Neuropathy
- _____ Stress, Anxiety and Insomnia

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24

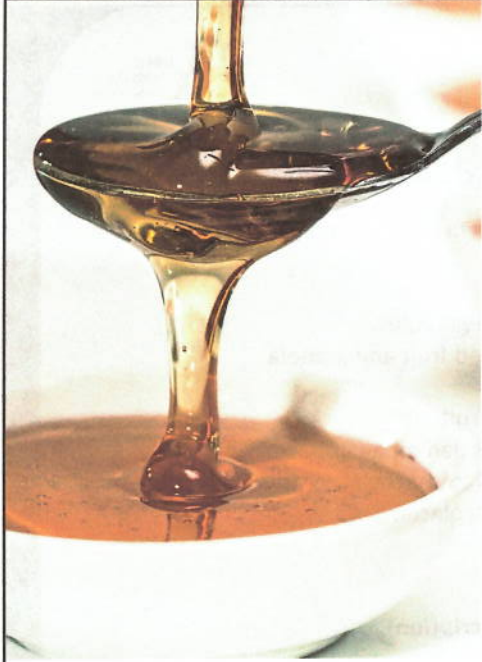




Fatigue

- Food intake
- Hydration
- Sleep
- Exercise is important: cancer-related fatigue, depressive symptoms, and improve quality of sleep
- **B vitamins (complex)**
- **Rhodiola rosea**
- **Red Ginseng**
- **L-carnitine**

Image source: <http://www.dreamstime.com>

25

Mouthsores

- Good oral hygiene
- Good toothpaste options
- **Medical grade honey**
- **L-Glutamine**
- **Zinc carnosine**
- **Topical Vitamin E**
- **Cryotherapy during chemotherapy**
- **Homeopathic borax**

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26



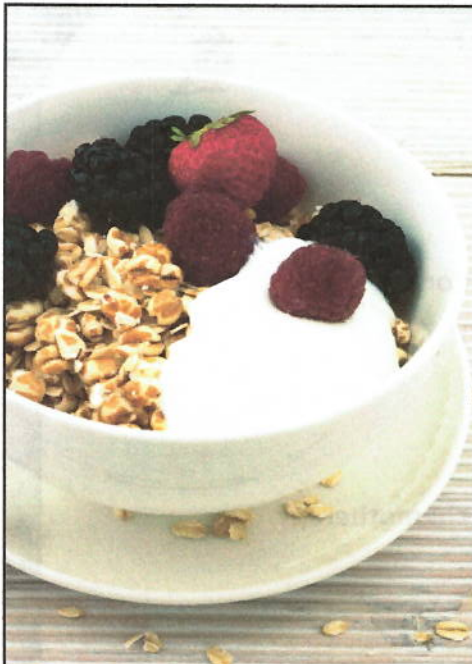
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Nausea and Vomiting

- Stay hydrated
- Eat smaller, more frequent meals
- Cold foods tend to have less odor
- **Ginger candies or eat ginger chews**
- **Peppermint tea and ginger tea can help**
- **Avoid spicy, acidic or greasy foods**
- **Acupuncture or acupressure (Sea-Bands, Reletex, Reliefband) can help with nausea**
- **Aromatherapy- peppermint, ginger or lavender oil**

27



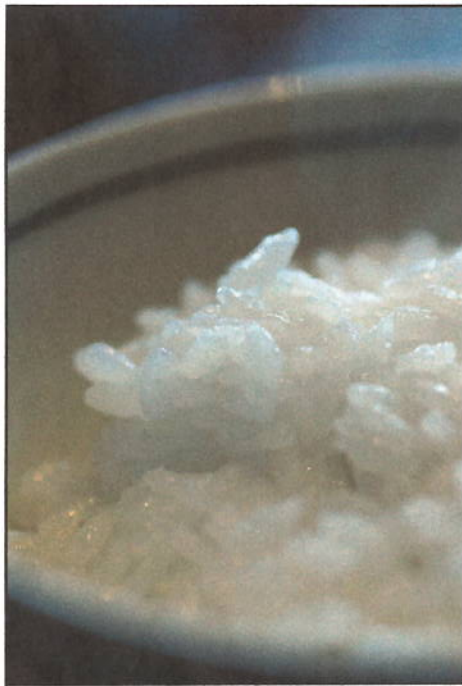
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Poor Appetite and Altered Taste

- Focus on eating foods high in calories and protein
 - Nut and seed butters
 - Hard-boiled eggs
 - Hummus with fresh vegetables
 - Greek yogurt with dried fruit and granola
 - Avocados
 - Cottage cheese with fruit
 - Egg salad, or chicken salad on healthy crackers or toast
 - Add healthy plant oils to snacks, smoothies and meals
 - Use nutritional meal replacements
- **Bitter herbs**
- **Zinc**
- **Appetite stimulants (prescription)**

28



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Diarrhea

- The BRAT diet
- Rice congee
- **Probiotics**
- **Charcoal caps**
- **L-Glutamine**
- Imodium
- Lomotil

29



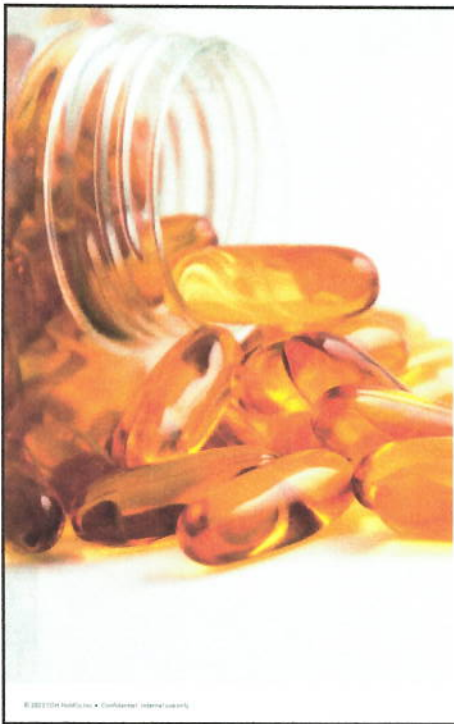
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Constipation


- Fiber, hydration and physical movement
- Senna tea
- **Magnesium citrate**
- **Probiotics**
- **Acupuncture**
- Stool softeners
- Laxatives

30



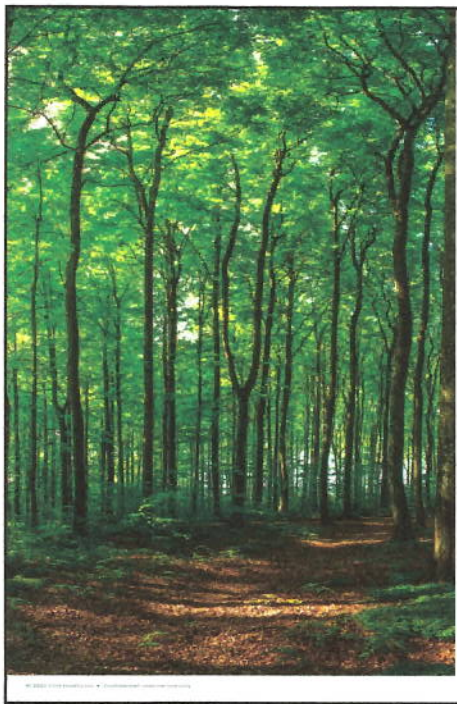
Neuropathy

- Fish oil
- B6/B12
- L-Glutamine
- Alpha lipoic acid
- Benfotiamine
- Acupuncture
- Micro-current stimulation
- Low-level laser therapy
- Topical options




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31



Stress, Anxiety and Insomnia

- Magnolia extracts
- Rhodiola extracts
- L-theanine
- Magnesium
- Essential oil
- Melatonin
- Passionflower
- Chamomile



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32



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Prevention and active surveillance for ovarian cancer

Diet- focus on nutrient-dense diet rich in vegetables and fruit and healthy fats and low in highly processed foods may play a role in reducing cancer risk

- Increase dietary calcium intake
 - Avoid whole milk
 - Limit animal fat/transfat/processed meat
 - Watch egg consumption
 - Increase cruciferous vegetable intake/fiber
 - Caffeine, no more than 4 cups
- Exercise
 - Green tea
 - Vitamin E, Vitamin C
 - Curcumin
 - Ginkgo

33

Traditional medicine meets holistic approaches

Integrated model brings the traditional (conventional) and complementary therapies together in a coordinated way.

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34

How to find a naturopathic doctor:

- FABNO – Fellow of the American Board of Naturopathic Oncology
www.oncanp.org
- SIO – Society for Integrative Oncology
www.integrativeonc.org
- ILANP- IL Association of Naturopathic Physicians
www.ilanp.org
- WNAD- WI Naturopathic Doctors Association
www.wisconsin-nd.org



35

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43

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44

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45

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46

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47

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48

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