

QUESTIONS TO ASK ABOUT TREATMENT

Integrative medicine

- **Standard medical care** is the system in which medical doctors and other healthcare professionals treat cancer and its symptoms using treatments like drugs, radiation, and surgery.
- **Complementary** and **Alternative** Medicine (CAM) are any medical systems, practices, or products that are not considered standard medical care.
 - Complementary medicine is used **along with** standard medical care.
 - Alternative treatments are used **in place of** standard medical care.
- **Integrative** medicine is a total approach to medical care that **combines** standard medicine with the CAM practices that have been shown to be safe and effective. Integrative medicine aims to treat the patient's body, mind, and spirit.

Before trying CAM therapies, it is important to speak with your healthcare provider. These questions can help you think about what types of questions you may want to ask your doctors about complementary, alternative, and integrative treatments.

Questions about complementary, alternative, and integrative medicine

1. Are you open to me using CAM therapies along with my prescribed medical treatments?
2. Can CAM therapies interact with or impact the effectiveness of my standard treatments?
3. Have any of your other chordoma patients integrated other therapies with their standard medical treatment? If so, what were the outcomes?
4. Can you please explain the risks and benefits of CAM treatments?
5. What do medical studies say about the effectiveness of this approach?
6. Can you refer me to an integrative medicine specialist who will work with us to coordinate my treatment?