

Mayo Clinic Minute: How integrative medicine can help people with cancer

VIDEO	AUDIO
Jason	For many cancer patients, the treatments can be hard on the body.
Brent Bauer, M.D. Integrative Medicine Mayo Clinic	“They can cause nausea. They can cause pain. They can hurt your sleep pattern.”
Jason	Dr. Brent Bauer, founder of Mayo Clinic’s Integrative Medicine Program, says there are options that don’t require taking a pill to help those with cancer and the side effects of treatment.
Dr. Bauer	“It’s having a bigger toolkit, but the toolkit has to be filled with things that have good clinical science behind them.”
Jason	Acupuncture or aromatherapy to treat nausea, or tai chi or massage for pain are just a few of the integrative medicine options.
Dr. Bauer	“We try it, and if it works, we continue it — always in collaboration with the primary team.”
Jason	Dr. Bauer says integrative medicine is meant to complement conventional medical care. And it’s best to start with the basics of good nutrition and getting the proper amount of exercise to remain healthy.
Jason	For the Mayo Clinic News Network, I’m Jason Howland.