

דוקטור... מה עוד אפשר לעשות?

פרופ משה פרנקל

מראי מקום

הקדמה

1. Witt CM, Balneaves LG, Cardoso MJ, Cohen L, Greenlee H, Johnstone P, Küçük Ö, Mailman J, Mao JJ. A Comprehensive Definition for Integrative Oncology. J Natl Cancer Inst Monogr. 2017 Nov 1;2017(52). doi: 10.1093/jncimonographs/lgx012. PMID: 29140493.
2. [Sierpina VS, Schneeweiss R, Frenkel MA, et al.](#) Barriers, Strategies, and Lessons Learned from Complementary and Alternative Medicine Curricular Initiatives. Acad Med. 2007 Oct;82(10):946-950.
3. [Nedrow AR, Heitkemper M, Frenkel M, et al.](#) Collaborations between Allopathic and Complementary and Alternative Medicine Health Professionals: Four Initiatives. Acad Med. 2007 Oct;82(10):962-966.
4. Ben-Arye E, Scharf M, Frenkel M. How Should Complementary Practitioners and Physicians Communicate? A Cross-Sectional Study from Israel. J Am Board Fam Med Nov 2007 20(6):565-571.
5. Ben-Arye E, Frenkel M, Bar-Sela G, Stashefsky Margalit R, Hermoni D, Kuten A. Teaching complementary medicine at an academic oncology department. [Journal of Cancer Education](#), Volume [23](#), Issue [1](#) January 2008 , pages 46 – 50.
6. Frenkel M. Components of a Successful Integrative Medicine Clinical Consultation. Journal of the Society for Integrative Oncology. Vol6, No 3 (Summer), 2008:pp 129-133.
7. Frenkel M, Cohen L. Preface. - Editorial to an Issue dedicated to Integrative Oncology: Complementary and Integrative Medicine and Cancer Care . Hematol Oncol Clin North Am. 2008 Aug;22(4):xv-xx.
8. Frenkel M, Cohen L. Integration of Complementary and Integrative Medicine in a Major Cancer Center. Hematology Oncology Clinics of North America. Hematol Oncol Clin North Am. 2008 Aug;22(4):727-36
9. Frenkel M, Shah V. Complementary and integrative medicine in palliative care. Part 1 and 2. European Journal of Palliative Care. Sept -Dec 2008. Vol 15(5) 238-243, 288-293.
10. Deng GE, Frenkel M, Cohen L, et al. [Evidence-Based Clinical Practice Guidelines for Integrative Oncology: Complementary Therapies and Botanicals.](#)

- Journal of the Society for Integrative Oncology, Vol 7, No 3 (Summer), 2009: pp 85–120.
11. Frenkel M, Cohen L, Peterson N, Swint K, Palmer L, Bruera E. Integrative Medicine Consultation Service in a Comprehensive Cancer Center: Findings and Outcomes. *Integr Cancer Ther* **September 2010** vol. 9 no. 3 **276-283**.
 12. Naing A, Stephen SK, Frenkel M, et al. Prevalence of Complementary Medicine Use in a Phase I Clinical Trials Program: The M. D. Anderson Cancer Center Experience. *Cancer*. 2011 Nov 15;117(22):5142-50.
 13. Frenkel M. Refusing Treatment. *The Oncologist*. May 2013 vol. 18 no. 5 634-636.
 14. Frenkel M, Balneaves LG. Integrative Oncology: An Essential Feature of High-Quality Cancer Care. *J Altern Complement Med*. 2018 Sep/Oct;24(9 -10):855-858.
 15. Frenkel M, Sapire K, Lacey J, Sierpina V. Integrative Medicine: Adjunctive Element or Essential Ingredient in Palliative and Supportive Cancer Care?. *J Altern Complement Med*. Volume 26, Number 9, 2020, pp. 779–783.
 16. Toledano T, Rao S, Frenkel M, et al. Integrative Oncology- An International Perspective from Six Countries. *Integrative Cancer Therapies*. January 2021 Vol 20: 1-10.
 17. Lacey J, Huston A, Lopez G, Vozmediano JR, Lam CS, Narayanan S, Lu W, Wolf U, Sabbiah IM, Richard P, Lopez AM, Rao S, Frenkel M*. Establishing an integrative oncology service: essential aspects of program development. *Current Oncology Reports* 2024 Feb 15. doi: 10.1007/s11912-024-01504-x. Epub ahead of print. PMID: 38358637.

חלק ראשון- מבוא והבנת הדרך

פרק 1- תבונת ההחלטה- מחשבות על תהליך החלטה נבונה

ספרים וקישורים בעברית

- ד"ר ג'רום גרופמן ופמלה הארטצבנד- האינטליגנציה הרפואית שלך- איך להחליט מהו הטיפול הרפואי הנכון. הוצאת מטר 2015 .
- ד"ר ג'רום גרופמן- רופאים-איך הם חושבים- על חשיבות הדיאלוג בין הרופא למטופל. הוצאת מטר 2008.
- ד"ר ה. גילברט וולץ', ד"ר ליסה מ שוורץ, סטיבן וולשין. אבחון יתר – כיצד המרדף אחרי הבריאות מייצר חולים. הוצאת הבית הטבעי 2012.
- גיורא איילנד. במזל סרטן הערמונית- כל מה שחשוב לדעת ומוסתר ממך על ידי הרופאים. הוצאת ידיעות ספרים, 2019.
- אטול גוואנדה. להיות בן תמותה- הרפואה ומה חשוב בסוף החיים. הוצאת עם עובד, 2016.
- ד"ר מלקולם קנדריק רפואת יתר- בריאות בוחרים בתבונה. הוצאת סטימצקי 2014.
- משרד הבריאות (הרישום הלאומי לסרטן והמרכז הלאומי לבקרת מחלות). עדכון נתוני היארעות סרטן ותמותה מסרטן לשנת 2021 [סיכום דו"ח ישראלי]; אוגוסט 2024.
https://www.gov.il/BlobFolder/reports/cancer-2021/he/files_publications_units_ICDC_cancer-2021.pdf
- משרד הבריאות. סיכום המלצות הוועדה לבחינת תכנית הממוגרפיה (תכנית גילוי סרטן השד). פברואר 2019 .
https://www.gov.il/BlobFolder/news/10022019_1/en/NEWS_spokesmanship_100_22019_1_1.pdf

מאמרים באנגלית

1. Welch HG, Black WC. Overdiagnosis in cancer. *J Natl Cancer Inst.* 2010;102(9):605-613. doi:10.1093/jnci/djq099.
2. Esserman LJ, Thompson IM, Reid B. Overdiagnosis and Overtreatment in Cancer: An Opportunity for Improvement. *JAMA.* 2013;310(8):797–798. doi:10.1001/jama.2013.108415.
3. Esserman LJ, Thompson IM, Reid B. Overdiagnosis and overtreatment in cancer: an opportunity for improvement. *Eur J Surg Oncol.* 2017;43(5):865-871. doi:10.1016/j.ejso.2016.11.017.
4. Boat TF, Chao SM, O'Neill PH. From waste to value in health care. *JAMA.* 2008;299(5):568-571. doi:10.1001/jama.299.5.568.

5. Hasset MJ, Hughes ME, Niland JC, **et al.** Use of guideline-recommended chemotherapy in women with node-negative breast cancer. *J Natl Cancer Inst.* 2006;98(16):1108-1117. doi:10.1093/jnci/djj297.
6. Miller AB, Wall C, Baines CJ, **et al.** Twenty-five year follow-up for breast cancer incidence and mortality of the Canadian National Breast Screening Study: randomized screening trial. *BMJ.* 2014;348:g366. doi:10.1136/bmj.g366.
7. Weedon-Fekjær H, **et al.** Modern mammography screening and breast cancer mortality: population study. *BMJ.* 2014;348:g3701. doi:10.1136/bmj.g3701.
8. Moynihan R, Doust J, Henry D. Preventing overdiagnosis: how to stop harming the healthy. *BMJ.* 2012;344:e3502. doi:10.1136/bmj.e3502.
9. Van der Wall D, Ripping TM, Verbeek AL, Broeders MJ. Breast cancer screening effect across breast density strata: a case-control study. *Int J Cancer* 2017;140(1):41-49.
10. Welch HG. Overdiagnosis and mammography screening: a draft balance sheet of benefits and harms. *BMJ.* 2009;339:b1425.
11. Welch HG, Prorok PC, O'Malley AJ, Kramer BS. Breast-Cancer Tumor Size, Overdiagnosis, and Mammography Screening Effectiveness. *NEJM* 2016;375(15):1438-1447.
12. Autier P, Boniol M, Koechlin A, Pizot C, Boniol M. Effectiveness of and overdiagnosis from mammography screening in the Netherlands: population based study. *BMJ* 2017;359:j5224
13. Møller MH, Lousdal ML, Kristiansen IS, Støvring H. Effect of organized mammography screening on breast cancer mortality: A population-based cohort study in Norway. *Int J Cancer.* 2018 Aug 25. doi: 10.1002/ijc.31832. [Epub ahead of print].
14. Biller-Andorno N, Jüni P. Abolishing mammography screening programs? A view from the Swiss Medical Board. *NEJM* 2014;370(21):1965-1967.
15. Barratt A, Juhl K, Autler P. Less is more. Reform of the National Screening Mammography Program in France. *JAMA Internal Medicine* 2018;178(2): 177-178.
16. Bleyer A, Welch HG. Effect of three decades of screening mammography on breast cancer incidence. *NEJM* 2012;367:1998-2005.
17. Keating NL, Pace LE. Breast cancer screening in 2018: Time for shared decision making. *JAMA* 2018;319(17):1814–1815.
18. Oke JL, Brown SJ, Senger C, Welch HG. Deceptive measures of progress in the NHS long-term plan for cancer: case-based vs. population-based measures. *Br J Cancer.* 2023 Jul;129(1):3-7. doi: 10.1038/s41416-023-02308-9. Epub 2023 Jun 17. PMID: 37330566; PMCID: PMC10307802.
19. Early Breast Cancer Trialists' Collaborative Group (EBCTCG). Effects of chemotherapy and hormonal therapy for early breast cancer on recurrence and 15-year survival: an overview of the randomized trials. *Lancet.* 2005;365(9472):1687-1717. doi:10.1016/S0140-6736(05)66544-0.
20. Early Breast Cancer Trialists' Collaborative Group (EBCTCG). Comparisons between different polychemotherapy regimens for early

- breast cancer: meta-analyses of long-term outcome among 100 000 women in 123 randomized trials. *Lancet*. 2012;379(9814):432-444. doi:10.1016/S0140-6736(11)61625-5.
21. Pashayan N, Antoniou AC, Ivanus U, Esserman LJ, et al. Personalized early detection and prevention of breast cancer: ENVISION consensus statement. *Nat Rev Clin Oncol*. 2020 Nov;17(11):687-705.
 22. Hamdy FC, Donovan JL, et al.; ProtecT Study Group. Fifteen-Year Outcomes after Monitoring, Surgery, or Radiotherapy for Prostate Cancer. *N Engl J Med*. 2023 Apr 27;388(17):1547-1558.
 23. Holmes MD, Chen WY, Feskanich D, Kroenke CH, Colditz GA. Physical activity and survival after breast cancer diagnosis. *JAMA*. 2005;293(20):2479-2486. doi:10.1001/jama.293.20.2479.
 24. Inoue M, Tajima K, Hirose K, et al. Tea and recurrent breast cancer risk. *Cancer Lett*. 2001;167(2):175-182. doi:10.1016/S0304-3835(01)00514-4.
 25. Shu XO, Zheng Y, Cai H, et al. Soy food intake and breast cancer survival. *JAMA*. 2009;302(22):2437-2443. doi:10.1001/jama.2009.1783.
 26. Garland CF, Gorham ED, Mohr SB, Garland FC. Vitamin D for cancer prevention: global perspective. *Ann Epidemiol*. 2009;19(7):468-483. doi:10.1016/j.annepidem.2009.03.021.
 27. Andersen BL, Yang HC, Farrar WB, et al. Psychological intervention improves survival for breast cancer patients: a randomized clinical trial. *Cancer*. 2008;113(12):3450-3458. doi:10.1002/cncr.23969.
 28. Frenkel M. Refusing Treatment. *The Oncologist*. May 2013 vol. 18 no. 5 634-636 (IF 3.91)
 29. Gleeson RA, Hart NH, Haywood D, Baughman FD. Exploring behavioural motivations of treatment refusal in cancer: a Q-methodological approach. *Support Care Cancer*. 2025 Jul 8;33(8):667.
 30. Kim E, Andersen MR, Standish LJ. Receiving/declining adjuvant breast cancer treatments and involvement in treatment decision-making. *Complement Ther Med*. 2019 Apr;43:85-91.
 31. Segev Y, Lavie O, Stein N, Saliba W, Samuels N, Shalabna E, Raz OG, Schiff E, Ben-Arye E. Correlation between an integrative oncology treatment program and survival in patients with advanced gynecological cancer. *Support Care Cancer*. 2021 Jul;29(7):4055-4064. doi: 10.1007/s00520-020-05961-5. Epub 2021 Jan 6. PMID: 33404816

ספרים וקישורי אתרים באנגלית

- Over Diagnosis : Making people sick in the pursuit of health. Dr. H. Gilbert Welch, Dr. Lisa M Schwartz and Dr. Steven Woloshin. Boston: Beacon Press, 2011.
- Dr. Steven Woloshin , Dr. Lisa M Schwartz and Dr. H. Gilbert Welch. Know Your Chances: Understanding health Statistics. Berkeley: University of California Press, 2008.

- Dr. H. Gilbert Welch. Should I Be Tested for Cancer: Maybe not and here's why. Berkeley: University of California Press, 2004.
- Shannon Brownlee. Overtreated: Why too much medicine is making us sicker and poorer. New York: Bloomsbury, 2007.
- Greger M. Nutrition Facts [Friday Favorites: How Effective Is Chemotherapy? And How Much Does It Improve Survival?](https://nutritionfacts.org/video/friday-favorites-how-effective-is-chemotherapy-and-how-much-does-it-improve-survival/?utm_source=NutritionFacts.org&utm_campaign=f6b7c31350-EMAIL_CAMPAIGN_7_26_2022_12_48_COPY_01&utm_medium=email&utm_term=0_40f9e497d1-f6b7c31350-30903604&mc_cid=f6b7c31350&mc_eid=e920e35267) August 1, 2025.

https://nutritionfacts.org/video/friday-favorites-how-effective-is-chemotherapy-and-how-much-does-it-improve-survival/?utm_source=NutritionFacts.org&utm_campaign=f6b7c31350-EMAIL_CAMPAIGN_7_26_2022_12_48_COPY_01&utm_medium=email&utm_term=0_40f9e497d1-f6b7c31350-30903604&mc_cid=f6b7c31350&mc_eid=e920e35267

- Eric Cassell, MD. Doctoring : The Nature of Primary Care Medicine. New York: Oxford University Press, 1997.
- Atul Gawande, MD. Being Mortal- Medicine and What Matters in the End. New York: Picador, 2014/
- Jerome Groopman, MD. How Doctors Think. New York: Houghton Mifflin Company, 2007.
- Jerome Groopman, MD & Pamela Hartzband, MD. Your Medical Mind: How to decide what is right for you. New York: Houghton Mifflin Company, 2011.
- Norton M Hadler, MD. Worried Sick: A prescription for health in an over treated America. Chapel Hill: The University of North Carolina Press, 2008.
- Malcolm Kendrick, MD. Doctoring Data: How to sort out medical advice from medical nonsense. Monmouthshire, UK: Columbus Publishing Ltd, 2014.
- Suzanna Marcus. 6 Months to Live 10 Years Later: An Extraordinary Healing Journey & Guide to Well Being. Open Doors Press, 2007.

פרק 2 - תקווה וחולים יוצאי דופן

מקורות בעברית

- יפה שירז. 3 שניצחו את הסרטן הסופני: איך הם עשו את זה? מנטה 10-2010-5 קישור: <https://www.ynet.co.il/articles/0,7340,L-3874741,00.html>
- דורית ראשוני מנדיל. להפוך את כל האבנים. הוצאת פוקוס, 2015.
- קלי טרנר. המסע להחלמה - 9 המפתחות להחלמה מסרטן. הוצאת פוקוס, 2015.
- יפה שירז. האנטומיה של נס. מנטה 2017. קישור: <http://moshefrenkelmd.com/userfiles/image/%D7%9B%D7%AA%D7%91%D7%AA%20%D7%A0%D7%A1%20%D7%A8%D7%A4%D7%95%D7%90%D7%99%20%D7%9E%D7%A0%D7%98%D7%94%203-2017.pdf>

מקורות באנגלית ומאמרים מקצועיים

1. Golant M The Wellness Community Ch 65 in Holland Psycho-oncology Second Edition. New York:: Oxford University Press, 2010
2. Buchholz WM. A piece of my mind. HOPE. JAMA. 1990 May 2;263(17):2357-8. doi: 10.1001/jama.263.17.2357. PMID: 2325235.
3. David Feldman & Diane Dreher, 2012. "Can Hope be Changed in 90 Minutes? Testing the Efficacy of a Single-Session Goal-Pursuit Intervention for College Students," Journal of Happiness Studies, Springer, vol. 13(4), pages 745-759, August.

4. Smith TJ, Hillner BE. Explaining marginal benefits to patients, when "marginal" means additional but not necessarily small. *Clin Cancer Res*. 2010 Dec 15;16(24):5981-6. doi: 10.1158/1078-0432.CCR-10-1278. PMID: 21169251.
5. Bruera E, Hui D. Integrating supportive and palliative care in the trajectory of cancer: establishing goals and models of care. *J Clin Oncol*. 2010 Sep 1;28(25):4013-7. doi: 10.1200/JCO.2010.29.5618. Epub 2010 Jul 26. PMID: 20660825.
6. Rustøen T, Cooper BA, Miaskowski C. The importance of hope as a mediator of psychological distress and life satisfaction in a community sample of cancer patients. *Cancer Nurs*. 2010 Jul-Aug;33(4):258-67. doi: 10.1097/NCC.0b013e3181d6fb61. PMID: 20467303.
7. David Servan-Schreiber MD, PhD, *Anticancer – A new way of life*. London: Viking Penguin Publishing, 2008.
8. Everson SA, Goldberg DE, Kaplan GA, Cohen RD, Pukkala E, Tuomilehto J, Salonen JT. Hopelessness and risk of mortality and incidence of myocardial infarction and cancer. *Psychosom Med*. 1996 Mar-Apr;58(2):113-21. doi: 10.1097/00006842-199603000-00003. PMID: 8849626.
9. AARP. "Beyond 50.09: Chronic Care: A Call to Action for Health Reform." Washington, DC. 2009 publication
10. Frenkel M, Sierpina V, Sapire K. Effects of complementary and integrative medicine on cancer survivorship. *Curr Oncol Rep*. 2015;17(5):445. doi: 10.1007/s11912-015-0445-1. PMID: 25749658.
11. Thaker PH, Han LY, Kamat AA, et al. Chronic stress promotes tumor growth and angiogenesis in a mouse model of ovarian carcinoma. *Nat Med*. 2006 Aug;12(8):939-44.
12. Sloan EK, Priceman SJ, Cox BF, Yu S, Pimentel MA, Tangkanangnukul V, Arevalo JM, Morizono K, Karanikolas BD, Wu L, Sood AK, Cole SW. The sympathetic nervous system induces a metastatic switch in primary breast cancer. *Cancer Res*. 2010 Sep 15;70(18):7042-52.
13. Andersen B et al. Psychological intervention improves survival for breast cancer patients *Cancer* 2008;113;3450-8.
14. Robert Langreth. *Cancer Miracles*. Forbes Feb 12, 2009,
15. Kelly Turner. *Radical Remission: Surviving Cancer Against All Odds*. New York: Harper Collins Publishers, 2014.

16. Frenkel M, Ari SL, Engebretson J, Peterson N, Maimon Y, Cohen L, Kacen L. Activism among exceptional patients with cancer. *Support Care Cancer*. 2011 Aug; 19(8):1125-32.
17. Frenkel M. The Exceptional Patient in Cancer Care. *Global Adv Health Med*. 2013;2(Suppl):18A. DOI: 10.7453/gahmj.2013.097CP.S18A
18. Engebretson JC, Peterson NE, Frenkel M. Exceptional patients: Narratives of connections. *Palliat Support Care*. 2014 Aug;12(4):269-76.
19. Frenkel M, Gross S, Popper Givon A, Sapire K, Hermoni D. Living Outliers: Experiences, Insights, and Narratives of Exceptional Survivors of Incurable Cancer. *Future Oncol*. 2015 Jun;11(12):1741-9.
20. Frenkel M, Engebretson JC, Gross S, Peterson NE, Popper Givon A, Sapire K, Hermoni D. Exceptional patients and communication in cancer care— Are we missing another survival factor? *Supportive Care in Cancer*. 2016 Oct;24(10):4249-55.
21. Frenkel M. The Exceptional Patient in Cancer Care. *Global Advances in Health and Medicine*, October 30, 2018, vol. 2, 1_suppl.
22. Olaku O, Conley BA, Ivy SP, et al. Survey of Lifestyle, Past Medical History and Complementary and Alternative Medicine Use Among Adult Patients Participating in the National Cancer Institute's Exceptional Responders Initiative. *Transl Oncol*. 2022 Nov;25:101484. doi: 10.1016/j.tranon.2022.101484. Epub 2022 Aug 6. PMID: 35944413; PMCID: PMC9365974.
23. The Radical Remission Project "Stories That Heal" Podcast brings you the true stories and experiences from radical remission survivors and the healers and doctors who have helped them overcome a dire prognosis. These episodes are full of stories of hope and inspiration for anyone living with a life-changing diagnosis. Link: <https://radicalremissionpodcast.podbean.com/>

פרק 3: גוף נפש ורוח – מגע ובדידות סטריס וסרטי

1. Institute of Medicine (US) Committee on Psychosocial Services to Cancer Patients/Families in a Community Setting; Adler NE, Page AEK, editors. Cancer Care for the Whole Patient: Meeting Psychosocial Health Needs. Washington (DC): National Academies Press (US); 2008. 1, The Psychosocial Needs of Cancer Patients. Available from: https://www.ncbi.nlm.nih.gov/books/NBK4011/?utm_source=chatgpt.com
2. Ronald M. Epstein, Richard L. Street, Jr. — Patient-Centered Communication in Cancer Care: Promoting Healing and Reducing Suffering. NIH Publication No. 07-6225. Bethesda, MD: National Cancer Institute; 2007.
3. Emani S, Binkley PF. Mind-body medicine in chronic heart failure: a translational science challenge. Circ Heart Fail. 2010 Nov;3(6):715-25.doi:10.1161/CIRCULATIONAHA.109.881888.
4. Vaccarino V, Shah AJ, Mehta PK, Pearce B, Raggi P, Bremner JD, Quyyumi AA. Brain-heart connections in stress and cardiovascular disease: Implications for the cardiac patient. Atherosclerosis. 2021 Jul;328:74-82.
5. Dusek JA, Benson H. Mind–body medicine: a model of the comparative clinical impact of the acute stress and relaxation responses. Minn Med. 2009;92(5):47-50.
6. Ornish D, Weidner G, Fair WR, et al. Intensive lifestyle changes may affect the progression of prostate cancer. J Urol. 2005;174(3):1065-1069. Doi:10.1097/01.ju.0000169487.49018.73.
7. Jacobs TL, Epel ES, Lin J, et al. Intensive meditation training, immune cell telomerase activity, and psychological mediators. Psychoneuroendocrinology. 2011;36(5):664-681. Doi:10.1016/j.psyneuen.2010.09.010.

8. Epel ES, Blackburn EH, Lin J, et al. Accelerated telomere shortening in response to life stress. *Proc Natl Acad Sci U S A*. 2004;101(49):17312-17315. Doi:10.1073/pnas.0407162101.
9. Skordalakes E. Structural mechanism of telomerase inhibition by the telomeric protein POT1. *Lancet Oncol*. 2008;9(11):1124-1132
10. Chen X, Lu W, Zheng Y, et al. Depression and survival in Chinese women with breast cancer: a prospective cohort study. *J Clin Oncol*. 2010;28(7):1150-1156. Doi:10.1200/JCO.2009.23.4914.
11. Giese-Davis J, Collie K, Rancourt KM, Neri E, Kraemer HC, Spiegel D. Decrease in depression symptoms is associated with longer survival in patients with metastatic breast cancer: a secondary analysis. *J Clin Oncol*. 2011;29(4):413-420. Doi:10.1200/JCO.2010.28.4455
12. Lillberg K, Verkasalo PK, Kaprio J, et al. Stressful life events and risk of breast cancer in 10,808 women: a cohort study. *Am J Epidemiol*. 2003;157(5):415-423. Doi:10.1093/aje/kwg002
13. Chida Y, Hamer M, Wardle J, Steptoe A. Do stress-related psychosocial factors contribute to cancer incidence and survival? A meta-analysis. *Nat Clin Pract Oncol*. 2008;5(8):466-475. Doi:10.1038/ncponc1134.
14. Lutgendorf SK, Sood AK, Antoni MH. Host factors and cancer progression: biobehavioral signaling pathways and interventions. *J Clin Oncol*. 2010;28(26):4094-4099. Doi:10.1200/JCO.2009.26.9357.
15. Palesh OG, Butler LD, Koopman C, et al. Stress history and breast cancer recurrence. *J Psychosom Res*. 2007;63(3):233-239. Doi:10.1016/j.jpsychores.2007.05.004.
16. Thaker PH, Han LY, Kamat AA, et al. Chronic stress promotes tumor growth and angiogenesis in a mouse model of ovarian carcinoma. *Nat Med*. 2006;12(8):939-944. Doi:10.1038/nm1447.
17. Sloan EK, Priceman SJ, Cox BF, et al. The sympathetic nervous system induces a metastatic switch in primary breast cancer. *Cancer Res*. 2010;70(18):7042-7052. Doi:10.1158/0008-5472.CAN-10-0522.

18. Antoni MH, Lutgendorf SK, Cole SW, et al. The influence of bio-behavioural factors on tumour biology: pathways and mechanisms. *Nat Rev Cancer*. 2006;6(3):240-248. Doi:10.1038/nrc1820.
19. Holt-Lunstad J, Smith TB, Layton JB. Social relationships and mortality risk: a meta-analytic review. *PloS Med*. 2010;7(7):e1000316. Doi:10.1371/journal.pmed.1000316.
20. Kroenke CH, Kubzansky LD, Schernhammer ES, Holmes MD, Kawachi I. Social networks, social support, and survival after breast cancer diagnosis. *J Clin Oncol*. 2006;24(7):1105-1111. Doi:10.1200/JCO.2005.04.2846.
21. Krongrad A, Lai H, Burke MA, Goodkin K, Lai S, Lamm SH. Marriage and mortality in prostate cancer. *J Urol*. 1996;156(5):1696-1700. Doi:10.1016/S0022-5347(01)65491-7.
22. Stephenson NL, Weinrich SP. The effects of foot reflexology on anxiety and pain in patients with breast and lung cancer. *Oncol Nurs Forum*. 2000;27(1):67-72.
23. Grealish L, Lomasney A, Whiteman B. Foot massage: a nursing intervention to modify the distressing symptoms of pain and anxiety in patients hospitalized with cancer. *Cancer Nurs*. 2000;23(3):237-243. Doi:10.1097/00002820-200006000-00009.
24. Russell NC, Sumler SS, Beinhorn CM, Frenkel MA. Role of massage therapy in cancer care. *J Altern Complement Med*. 2008;14(2):209-214. Doi:10.1089/acm.2007.7206.
25. Smith MC, Reeder F, Daniel L, Baramée J, Hagman J. Outcomes of touch therapies during bone marrow transplant. *Altern Ther Health Med*. 2003 Jan-Feb;9(1):40-9. PMID: 12564350.
26. Remen RN. Practicing a medicine of the whole person: an opportunity for healing. *Hematol Oncol Clin North Am*. 2008 Aug;22(4):767-73,

27. Carlson LE, Ismaila N, Addington EL, et al. Integrative Oncology Care of Symptoms of Anxiety and Depression in Adults With Cancer: Society for Integrative Oncology-ASCO Guideline. *J Clin Oncol*. 2023 Oct 1;41(28):4562-4591.
28. Foster JA, Rinaman L, Cryan JF. Is eating behavior manipulated by the gastrointestinal microbiota? Evolutionary pressures and potential mechanisms. *Bioessays*. 2014;36(10):940-949. Doi:10.1002/bies.201400071.
29. Stahl JE, Dossett ML, LaJoie AS, Denninger JW, Mehta DH, Goldman R, Fricchione GL, Benson H. Relaxation Response and Resiliency Training and Its Effect on Healthcare Resource Utilization. *PloS One*. 2015 Oct 13;10(10):e0140212. Doi: 10.1371/journal.pone.0140212.
30. Giese-Davis J, Collie K, Rancourt KM, Neri E, Kraemer HC, Spiegel D. Decrease in depression symptoms is associated with longer survival in patients with metastatic breast cancer: a secondary analysis. *J Clin Oncol*. 2011 Feb 1;29(4):413-20.
31. Lillberg K, Verkasalo PK, Kaprio J, Teppo L, Helenius H, Koskenvuo M. Stressful life events and risk of breast cancer in 10,808 women: a cohort study. *Am J Epidemiol*. 2003 Mar 1;157(5):415-23. Doi: 10.1093/aje/kwg002. PMID: 12615606.
32. Sloan EK, Priceman SJ, Cox BF, Yu S, Pimentel MA, Tangkanangnukul V, Arevalo JM, Morizono K, Karanikolas BD, Wu L, Sood AK, Cole SW. The sympathetic nervous system induces a metastatic switch in primary breast cancer. *Cancer Res*. 2010 Sep 15;70(18):7042-52.
33. Andersen BL, Yang HC, Farrar WB, et al. Psychological intervention improves survival for breast cancer patients: a randomized clinical trial. *Cancer*. 2008;113(12):3450-3458. doi:10.1002/cncr.23969.

בהקשר למיניות ואינטימיות

- דין אורניש. אהבה והישרדות – הבסיס המדעי לכוח הריפוי של האינטימיות.

הוצאת מטר, 1999

1. Dana-Farber Cancer Institute. Intimacy and Sexuality During and After Cancer. Updated 2023. Accessed September 2025. <https://www.dana-farber.org/health-library/intimacy-and-sexuality-during-and-after-cancer>
2. City of Hope. Sexual Health and Cancer: Tips for Patients. Updated 2024. Accessed September 2025. <https://www.cityofhope.org/health-library/sexual-health-and-cancer>
3. Kennedy J. Chemotherapy and Sexual Activity: Safety and Side Effects. *Verywell Health*. Published May 30, 2024. Accessed September 2025. <https://www.verywellhealth.com/chemotherapy-and-sexual-activity-5201227>
4. Flynn KE, Reese JB, Jeffery DD, Abernethy AP, Lin L, Shelby RA, Porter LS, Dombeck CB, Weinfurt KP. Sexual health after cancer: a longitudinal study of patients with lung cancer and their partners. *J Clin Oncol*. 2012;30(30):3784-3791. Doi:10.1200/JCO.2011.41.8429
5. Rodriguez D. *Sexuality During Cancer Treatment*. Everyday Health. Published February 9, 2010. Accessed September 2025.
6. Andersen BL. In sickness and in health: maintaining intimacy after breast cancer recurrence. *Cancer J*. 2009;15(1):70-73. Doi:10.1097/PPO.0b013e318198c742
7. Carpenter KM, Conroy K, Black LL, Salani R, Lustberg M. The relationship between sexual activity during chemotherapy and sexual functioning after treatment among females with breast and gynecologic cancer. *Support Care Cancer*. 2025;33:818. Doi:10.1007/s00520-025-09858-z
8. Dean Ornish, MD. *Love & Survival- Pathways to Intimacy and Health*. New York: Harper Collins Publishers, 1998.

חלק שני- תשתיות החיים הבריאים

פרק 4- תזונה

תזונה א- קיום מובילים בהקשר למחלת הסרטן

1. Mozaffarian D, et al. Food Is Medicine. J Am Coll Cardiol. 2024;83:843-864.
2. Volpp KG, Lee A, Epel ES, et al. Food Is Medicine: A Presidential Advisory From the American Heart Association. Circulation. 2023;148(18):1417-1439. [BioMed Central](#)
3. GBD 2017 Diet Collaborators. Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. Lancet. 2019;393(10184):1958-1972. [PubMed](#)
4. Anand P, Kunnumakkara AB, Sundaram C, et al. Cancer is a preventable disease that requires major changes in the lifestyle of the global population. Pharm Res. 2008;25(9):2097-2116. [PubMed Central](#)
5. Rock CL, Doyle C, Demark-Wahnefried W, et al. Nutrition and physical activity guidelines for cancer survivors. CA Cancer J Clin. 2012;62(4):243-274. [ACS Journals](#)
6. World Cancer Research Fund/American Institute for Cancer Research. Diet, Nutrition, Physical Activity and Cancer: A Global Perspective. Continuous Update Project Expert Report 2018. (Report). [World Cancer Research Fund](#)
7. Pierce JP, Stefanick ML, Flatt SW, et al. Greater survival after breast cancer in physically active women with high vegetable–fruit intake regardless of obesity. J Clin Oncol. 2007;25(17):2345-2351. [ResearchGate](#)
8. McCullough ML, Patel AV, Kushi LH, et al. Adherence to cancer prevention guidelines and mortality: a prospective cohort study. Cancer Epidemiol Biomarkers Prev. 2011;20(6):1089-1097.
9. Aleksandrova K, Pischon T, Jenab M, et al. Combined impact of healthy lifestyle factors on colorectal cancer: a large European cohort study. BMC Med. 2014;12:168. [PubMed](#)
10. Wang X, Ouyang Y, Liu J, et al. Fruit and vegetable consumption and mortality from all causes, cardiovascular disease, and cancer: systematic review and dose–response meta-analysis of prospective cohort studies. BMJ. 2014;349:g4490. [PubMed](#)
11. Andersen BL, Yang HC, Farrar WB, et al. Psychologic intervention improves survival for breast cancer patients: a randomized clinical trial. Cancer. 2008;113(12):3450-3458. [PubMed](#)
12. Blanchard CM, Courneya KS, Stein K. Cancer survivors' adherence to lifestyle behavior recommendations and associations with health-related

- quality of life: results from the American Cancer Society's SCS-II. *J Clin Oncol*. 2008;26(13):2198-2204. [PubMed](#)
13. Ford ES, Bergmann MM, Boeing H, Li C, Capewell S. Healthy living is the best revenge: findings from the European Prospective Investigation Into Cancer and Nutrition–Potsdam study. *Arch Intern Med*. 2009;169(15):1355-1362. [ResearchGate](#)
 14. Global Nutrition Report. 2022 Global Nutrition Report: Stronger Commitments for a Healthier Future. 2022. Accessed August 20, 2025. [PubMed Central](#)
 15. Global Nutrition Report. Israel Country Nutrition Profile (Western Asia). 2022. Accessed August 20, 2025. [UTMB Health Research Expert Profiles](#)
 16. Crowley J, Ball L, Hiddink GJ. Nutrition in medical education: a call to action. *Lancet Planet Health*. 2019;3(7):e281-e283. [JAMA Network](#)
 17. Beeken RJ, Williams K, Wardle J, Croker H. "What about diet?" A qualitative study of cancer survivors' views on diet and cancer and their sources of information. *Eur J Cancer Care (Engl)*. 2016;25(5):774-783. [PubMed Central](#)
 18. Sullivan ES, Rice N, Kingston E, et al. A national survey of oncology survivors examining nutrition attitudes, problems and behaviours, and access to dietetic care throughout the cancer journey. *Clin Nutr ESPEN*. 2021;41:88-96.
 19. Trujillo EB, Claghorn K, Dixon SW, et al. Inadequate nutrition coverage in outpatient cancer centers: results of a national survey. *J Oncol*. 2019;2019:7462940. [Wiley Online Library](#)
 20. Mao JJ, Palmer SC, Straton JB, et al. Cancer survivors with unmet needs were more likely to use complementary and alternative medicine. *J Cancer Surviv*. 2008;2(2):116-124. [PubMed](#)
 21. Inoue-Choi M, Robien K, Lazovich D. Adherence to the WCRF/AICR guidelines for cancer prevention is associated with lower mortality among older female cancer survivors. *Cancer Epidemiol Biomarkers Prev*. 2013;22(5):792-802. [PubMed Central](#)
 22. American Institute for Cancer Research (AICR). Foods That Fight Cancer. Accessed August 20, 2025. [PubMed](#)
 23. CancerChoices. Diet resources for people with cancer. Accessed August 20, 2025. [American Institute for Cancer Research](#)
 24. DeVita VT, Jr., Lawrence TS, Rosenberg SA. DeVita, Hellman, and Rosenberg's Cancer: Principles & Practice of Oncology. Chapter: Etiology of Cancer—Dietary Factors. Lippincott Williams & Wilkins; 2015.
 25. Frenkel M, Sapire KJ, Lacey J, Zollman C, Sierpina VS. "What Should I Eat?"-Addressing Questions and Challenges Related to Nutrition in the Integrative Oncology Setting. *Curr Oncol Rep*. 2022 Nov;24(11):1557-1567. doi: 10.1007/s11912-022-01308-x. Epub 2022 Jul 5. PMID: 35788876.

תזונה ב- מה לאכול? מזונות מועדפים ומזונות שיש להפחית או להגביל

1. Ghadirian P, Narod S, Fafard E, Costa M, Robidoux A, Nkondjock A. Breast cancer risk in relation to the joint effect of BRCA mutations and diet diversity. *Breast Cancer Res Treat.* 2009;117(2):417-422. doi:10.1007/s10549-008-0292-y. [PubMed](#)
2. Nechuta SJ, Caan BJ, Chen WY, et al. Soy food intake after diagnosis of breast cancer and survival: a pooled analysis of cohort studies. *Am J Clin Nutr.* 2012;96(1):123-132. doi:10.3945/ajcn.111.023689. [PubMed](#)
3. Allred CD, Allred KF, Ju YH, et al. Soy processing influences growth of estrogen-dependent breast cancer tumors. *Carcinogenesis.* 2004;25(9):1649-1657. doi:10.1093/carcin/bgh178. [Oxford Academic](#)
4. Cho E, Chen WY, Hunter DJ, et al. Red meat intake and risk of breast cancer among premenopausal women. *Arch Intern Med.* 2006;166(20):2253-2259. doi:10.1001/archinte.166.20.2253. [PubMed](#)
5. Meyerhardt JA, Niedzwiecki D, Hollis D, et al. Association of dietary patterns with cancer recurrence and survival in patients with stage III colon cancer. *JAMA.* 2007;298(7):754-764. doi:10.1001/jama.298.7.754. [PubMed](#)
6. Pan A, Sun Q, Bernstein AM, et al. Red meat consumption and mortality: results from 2 prospective cohort studies. *Arch Intern Med.* 2012;172(7):555-563. doi:10.1001/archinternmed.2011.2287. [PubMed](#)
7. Norat T, Riboli E. Meat consumption and colorectal cancer: a review of epidemiologic evidence. *Nutr Rev.* 2001;59(2):37-47. doi:10.1111/j.1753-4887.2001.tb06979.x. [PubMed](#)
8. IARC Working Group. Alcohol Consumption and Ethyl Carbamate. IARC Monographs on the Evaluation of Carcinogenic Risks to Humans. Vol 96. Lyon, France: IARC; 2010. [PubMed](#)
9. Collaborative Group on Hormonal Factors in Breast Cancer. Alcohol, tobacco and breast cancer—collaborative reanalysis of individual data from 53 studies. *Br J Cancer.* 2002;87(11):1234-1245. doi:10.1038/sj.bjc.6600596. [PubMedNature](#)
10. Carcinogenicity of alcoholic beverages. *Lancet Oncol.* 2007;8(4):292-293. doi:10.1016/S1470-2045(07)70187-8. [PubMed](#)
11. Chen WY, Rosner B, Hankinson SE, Colditz GA, Willett WC. Moderate alcohol consumption during adult life, drinking patterns, and breast cancer risk. *JAMA.* 2011;306(17):1884-1890. doi:10.1001/jama.2011.1590. [PubMed](#)
12. Richman EL, Kenfield SA, Chavarro JE, et al. Egg intake and lethal prostate cancer in the Prostate Cancer Follow-up Study. *Cancer Prev Res (Phila).* 2011;4(12):2110-2121. doi:10.1158/1940-6207.CAPR-11-0354.
13. Iscovich J, Sochocky S, Katz D, et al. Colon cancer in Argentina. I. Risk from intake of dietary items. *Int J Cancer.* 1992;51(6):876-882. doi:10.1002/ijc.2910510606.

14. Zhang J, Zhao Z, Berkel HJ. Egg consumption and mortality from colon and rectal cancers: an ecological study. *Nutr Cancer*. 2003;46(2):158-165. doi:10.1207/S15327914NC4602_08. [PubMed](#)
15. Radosavljevic V, Jankovic S, Marinkovic J, Dokic M. Diet and bladder cancer. *Int Urol Nephrol*. 2005;37(1):71-79. doi:10.1007/s11255-004-4704-7. [PMC](#)
16. Ludwig DS, Willett WC. Three daily servings of reduced-fat milk: an evidence-based recommendation? *JAMA Pediatr*. 2013;167(9):788-790. doi:10.1001/jamapediatrics.2013.2408. [PubMed](#)
17. Crowe FL, Key TJ, Allen NE, et al. A cross-sectional analysis of dietary and circulating insulin-like growth factor I (IGF-I) in four European populations. *Cancer Epidemiol Biomarkers Prev*. 2009;18(5):1331-1342. doi:10.1158/1055-9965.EPI-08-0935. [PubMed](#)
18. Kroenke CH, Kwan ML, Sweeney C, et al. High- and low-fat dairy intake, recurrence, and mortality after breast cancer diagnosis. *J Natl Cancer Inst*. 2013;105(9):616-623. doi:10.1093/jnci/djt027. [PubMed](#)
19. Willett WC, Ludwig DS. Milk and health. *N Engl J Med*. 2020;382(7):644-654. doi:10.1056/NEJMr1903547.
20. Mullee A, Moreno-Gomez C, Nagel G, et al. Association between soft drink consumption and mortality in 10 European countries. *JAMA Intern Med*. 2019;179(11):1479-1490. doi:10.1001/jamainternmed.2019.2478. [PubMed](#)
21. Laguna JC, Silva FA, Pérez C, Zambrano A. Association between simple sugar intake and cancer incidence and mortality: a systematic review and meta-analysis. *Clin Nutr*. 2021;40(7):4393-4400. doi:10.1016/j.clnu.2021.01.050.
22. Goodwin PJ, Ennis M, Pritchard KI, et al. Fasting insulin and outcome in early-stage breast cancer: results of a prospective cohort study. *J Clin Oncol*. 2002;20(1):42-51. doi:10.1200/JCO.2002.20.1.42. [PubMed](#)
23. Larsson SC, Bergkvist L, Wolk A. Glycemic load, glycemic index and breast cancer risk in a prospective cohort of Swedish women. *Int J Cancer*. 2009;125(1):153-160. doi:10.1002/ijc.24206.
24. Meyerhardt JA, Sato K, Niedzwiecki D, et al. Dietary glycemic load and cancer recurrence and survival in patients with stage III colon cancer. *J Natl Cancer Inst*. 2012;104(22):1702-1711. doi:10.1093/jnci/djs399. [PMC](#)
25. Simopoulos AP. The importance of the omega-6/omega-3 fatty acid ratio in cardiovascular disease and other chronic diseases. *Exp Biol Med* (Maywood). 2008;233(6):674-688.
26. Lewis NM, Seburg S, Flanagan NL. Enriched eggs as a source of n-3 polyunsaturated fatty acids for humans. *Poult Sci*. 2000;79(7):971-974.
27. Fraeye I, Bruneel C, Lemahieu C, et al. Dietary enrichment of eggs with omega-3 fatty acids: A review. *Food Res Int*. 2012;48(2):961-969.
28. González-Esquerra R, Leeson S. Effects of menhaden oil and flaxseed in layer diets on sensory quality and lipid composition of eggs. *Poult Sci*. 2000;79(7):1184-1189.

29. Simopoulos AP. Evolutionary aspects of diet, the omega-6/omega-3 ratio and genetic variation: Nutritional implications for chronic diseases. *Biomed Pharmacother.* 2006;60(9):502–507.
30. World Health Organization (WHO). Global analysis of dietary factors and cancer mortality across 34 countries. Geneva: WHO; 2020.
31. Hu J, La Vecchia C, Morrison H, et al. Egg consumption and risk of cancers: a systematic review and meta-analysis. *Nutrients.* 2020;12(3):836.
32. Thompson LU, Chen JM, Li T, Strasser-Weippl K, Goss PE. Dietary flaxseed alters tumor biological markers in postmenopausal patients with breast cancer. *Clin Cancer Res.* 2005;11(10):3827-3835. doi:10.1158/1078-0432.CCR-04-2326. [PubMed](#)
33. Thompson LU, Robb P, Serraino M, Cheung F. Mammalian lignan formation from various foods. *Cancer Lett.* 2002;169(2):129-139. doi:10.1016/S0304-3835(01)00675-1. [PMC](#)
34. McCann SE, Edge SB, Hicks DG, et al. Dietary intakes of total and specific lignans are associated with clinical breast tumor characteristics. *Breast Cancer Res Treat.* 2010;122(1):229-235. doi:10.1007/s10549-009-0718-5. [PMC](#)
35. Buck K, Vrieling A, Zaineddin AK, et al. Serum enterolactone and prognosis of postmenopausal breast cancer. *J Clin Oncol.* 2011;29(28):3730-3738. doi:10.1200/JCO.2011.34.6478. [PubMed](#)
36. Olsen A, Christensen J, Knudsen KEB, Johnsen NF, Overvad K, Tjønneland A. Prediagnostic plasma enterolactone levels and mortality among women with breast cancer. *Breast Cancer Res Treat.* 2011;128(3):883-889. doi:10.1007/s10549-011-1397-2. [PubMed](#)
37. Guglielmini P, Rubagotti A, Boccardo F. Serum enterolactone levels and mortality outcome in women with early breast cancer: a retrospective cohort study. *Breast Cancer Res Treat.* 2012;132(2):661-668. doi:10.1007/s10549-011-1881-8. [PMC](#)
38. Aggarwal BB, Vijayalekshmi RV, Sung B. Targeting inflammatory pathways by nutraceuticals for prevention and treatment of cancer. *Cancer Lett.* 2009;269(2):199-225. doi:10.1016/j.canlet.2008.03.009. [Nature](#)
39. Aggarwal BB, Kumar A, Bharti AC. Anticancer potential of curcumin: preclinical and clinical studies. *Anticancer Res.* 2003;23(1A):363-398. [PubMed](#)
40. Khan MA, Chen HC. T and B cell-mediated immune responses in patients with breast cancer after consumption of *Nigella sativa* seeds. *Afr J Tradit Complement Altern Med.* 2011;8(1):226-232. doi:10.4314/ajtcam.v8i1.60529. [PMC](#)
41. Maskarinec G, Oum R, Chaptman G, Issell BF. Cancer protective properties of cocoa: a review of the epidemiologic evidence. *Nutr Cancer.* 2009;61(5):573-579. doi:10.1080/01635580902825667. [PubMed](#)

42. World Cancer Research Fund/American Institute for Cancer Research. Diet, Nutrition, Physical Activity and Cancer: A Global Perspective. Continuous Update Project Expert Report 2018. [ResearchGate](#)
43. World Cancer Research Fund/AICR. Colorectal cancer 2017 report. Continuous Update Project. [PMC](#)
44. Ornish D. Holy cow! What's good for you is good for our planet. Arch Intern Med. 2012;172(9):726-728. doi:10.1001/archinternmed.2012.174. [Nature](#)
45. Longo VD, Fontana L. Calorie restriction and cancer prevention: metabolic and molecular mechanisms. Trends Pharmacol Sci. 2010;31(2):89-98. doi:10.1016/j.tips.2009.11.004. [PMC](#)
46. Brandhorst S, Longo VD. Fasting and fasting-mimicking diets in cancer prevention and therapy. Geroscience. 2021;43(3):1201-1216. doi:10.1007/s11357-020-00296-2. [PubMed](#)
47. Raffaghello L, Longo V. Fasting and differential chemotherapy stress resistance in malignant and normal cells. Cell Cycle. 2010;9(22):4474-4476. doi:10.4161/cc.9.22.13954. [Xia & He Publishing](#)
48. Vidoni C, Ferraresi A, Secomandi E, Vallino L, Isidoro C. Effects of fasting or calorie restriction on cancer: a systematic review. J Cancer Prev. 2021;26(4):293-304. doi:10.15430/JCP.2021.26.4.293. [PMC](#)
49. Champ CE, Palmer JD, Volek JS, et al. Targeting metabolism with a Ketogenic Diet during the treatment of glioblastoma. Oncologist. 2013;18(1):97-103. doi:10.1634/theoncologist.2012-0163. [Ethernet University](#)
50. Valter Longo PhD, Fasting Cancer. Avery an imprint Penguin Random House Publishers LLC, 2025.
51. Frenkel M, Sapire KJ, Lacey J, Zollman C, Sierpina VS. "What Should I Eat?"-Addressing Questions and Challenges Related to Nutrition in the Integrative Oncology Setting. Curr Oncol Rep. 2022 Nov;24(11):1557-1567. doi: 10.1007/s11912-022-01308-x. Epub 2022 Jul 5. PMID: 35788876.

פרק 5- תוספי תזונה באונקולוגיה אינטגרטיבית- התייחסות כללית

1. World Cancer Research Fund/American Institute for Cancer Research. Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective. Washington DC: AICR; 2007.
2. Ministry of Health, State of Israel. *Dietary Supplement Consumption Survey, 2022*. Jerusalem: Ministry of Health; 2022. Hebrew.
3. **Deng GE**, Frenkel M, Cohen L, Cassileth BR, Abrams DI, Capodice JL, Courneya KS, Dryden T, Hanser S, Kumar N, Labriola D, Wardell DW, Sagar S; Society for Integrative Oncology. *Evidence-based clinical practice guidelines for integrative oncology: complementary therapies and botanicals*. **J Soc Integr Oncol**. 2009 Summer;7(3):85-120. doi:10.2310/7200.2009.0019 [PubMedMD Anderson Cancer Center](#)
4. Ben-Arye E, Samuels N, Goldstein LH, Mutafoğlu K, Omran S, Schiff E, Charalambous H, Dweikat T, Ghayeb I, Bar-Sela G, Turker I, Hassan A, Hassan E, Saad B, Nimri O, Kebudi R, Silbermann M. Potential risks associated with traditional herbal medicine use in cancer care: A study of Middle Eastern oncology health care professionals. *Cancer*. 2015;121(24):5311-5317. doi:10.1002/cncr.29654.
5. Frenkel M, Cohen L, Peterson N, et al. Integrative medicine consultation service in a comprehensive cancer center: Findings and outcomes. *Integr Cancer Ther*. 2010;9(3):276-283. doi:10.1177/1534735410373260.
6. Lopez G, Liu W, Milbury K, et al. The use of complementary and integrative medicine among patients with cancer: A cross-sectional study. *J Cancer*. 2017;8(3):438-446. doi:10.7150/jca.16840.
7. Frenkel M, Ben-Arye E. Nutritional supplements and cancer, Harefuah *Journal of the Israel Medical Association*, October, 2002; 141(10) 893-897.
8. Frenkel M, BenArye E, Baldwin CD, Sierpina V. Approach to communicating with patients about the use of nutritional supplements in cancer care. *South Med J*. 2005 Mar; 98(3):289-94.
9. Frenkel M, Gupta A. Interactions of Docetaxel with Nutritional Supplements. *Journal of the Society for Integrative Oncology*, Vol 8, No 3 (Summer), 2010: 120- 125.
10. Frenkel M, Abrams D, Ladas E, et al. Integrating Dietary Supplements into Cancer Care. *Integr Cancer Ther*. Sept 2013;12 369-384
11. Frenkel M, Sierpina V. [The use of dietary supplements in oncology](#). *Curr Oncol Rep*. 2014 Nov;16(11):411. doi: 10.1007/s11912-014-0411-3
12. Frenkel M. Is there a role for nutritional supplements in cancer care? *Future Oncol*. 2015 Mar;11(6):901-4.

13. Frenkel, M.; Morse, M.B.; Narayanan, S. Addressing Patients Request to Add Dietary Supplements in Cancer Care- A Suggested Approach. *Nutrients* 2023, 15, 5029. <https://doi.org/10.3390/nu15245029>
14. Hou YN, Deng G, Mao JJ. Practical Application of "About Herbs" Website: Herbs and Dietary Supplement Use in Oncology Settings. *Cancer J.* 2019 Sep/Oct;25(5):357-366. doi:10.1097/PPO.0000000000000403. PMID: 31567464; PMCID: PMC6777855.
15. **Memorial Sloan Kettering Cancer Center.** *About Herbs, Botanicals & Other Products.* Available at: <https://www.mskcc.org/cancer-care/integrative-medicine/herbs>. Accessed September 7, 2025.
16. Hou YN, Chimonas S, Gubili J, Deng G, Mao JJ. Integrating herbal medicine into oncology care delivery: development, implementation, and evaluation of a novel program. *Support Care Cancer.* 2023;31(2):128. doi:10.1007/s00520-023-07577-x.

פרק 6- תוספי תזונה ספציפיים- תוספים מובילים

Vitamin D

1. Alkan A. Vitamin D deficiency in cancer patients and predictors for screening (D-ONC study). *Curr Probl Cancer*. 2019;43(5):421-428.
2. Teleni L, Baker J, Koczwara B, Kimlin MG, Walpole E, Tsai K, Isenring EA. Clinical outcomes of vitamin D deficiency and supplementation in cancer patients. *Nutr Rev*. 2013;71(9):611-621. doi:10.1111/nure.12047.
3. National Cancer Institute. Vitamin D and Cancer Prevention (Fact Sheet). Available at: <https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/vitamin-d-fact-sheet>. Accessed September 7, 2025.
4. Lappe JM, Travers-Gustafson D, Davies KM, Recker RR, Heaney RP. Vitamin D and calcium supplementation reduces cancer risk: results of a randomized trial. *Am J Clin Nutr*. 2007;85(6):1586-1591.
5. Urashima M, Okuyama M, Akutsu T, Ohdaira H, Kaji M, Suzuki Y. Effect of vitamin D supplementation on survival of digestive tract cancer patients with low bioavailable 25-hydroxyvitamin D levels: a post hoc analysis of the AMATERASU randomized clinical trial. *Cancers (Basel)*. 2020;12(2):347. doi:10.3390/cancers12020347.
6. Dana-Farber Cancer Institute. High-dose vitamin D shows benefit in patients with advanced colorectal cancer. Press Release. 2019. Available at: <https://www.dana-farber.org/newsroom/news-releases/2019/high-dose-vitamin-d-shows-benefit-in-patients-with-advanced-colorectal-cancer>. Accessed September 7, 2025.
7. Galus Ł, Michalak M, Lorenz M, et al. Vitamin D supplementation increases objective response rate and prolongs progression-free time in patients with advanced melanoma undergoing anti-PD-1 therapy. *Cancer*. 2023;129(13):2047-2055. doi:10.1002/cncr.34718.
8. Keum N, Lee DH, Greenwood DC, Manson JE, Giovannucci E. Vitamin D supplementation and total cancer incidence and mortality: a meta-analysis of randomized controlled trials. *Ann Oncol*. 2019;30(5):733-743.
9. Chen CS, Zirpoli G, Barlow WE, Budd GT, McKiver B, Pusztai L, Hortobagyi GN, Albain KS, Damaj MI, Godwin AK, Thompson A, Henry NL, Ambrosone CB, Stringer KA, Hertz DL. Vitamin D Insufficiency as a Risk Factor for Paclitaxel-Induced Peripheral Neuropathy in SWOG S0221. *J Natl Compr Canc Netw*. 2023 Nov;21(11):1172-1180.e3. doi: 10.6004/jnccn.2023.7062. PMID: 37935109; PMCID: PMC10976748.

Omega-3 Fatty Acids

1. Siguel EN. *Essential Fatty Acids in Health and Disease*. 1st ed. Brookline, MA: Nutrek Press; 1994.

2. Zaloga GP, Marik P. Lipid modulation and systemic inflammation. *Crit Care Clin*. 2001;17(1):201-217.
 3. Simopoulos AP. Evolutionary aspects of diet, the omega-6/omega-3 ratio and genetic variation: nutritional implications for chronic diseases. *Biomed Pharmacother*. 2006;60(9):502-507.
 4. Ogilvie GK, Fettman MJ, Mallinckrodt CH, et al. Effect of fish-oil, arginine and doxorubicin chemotherapy on remission and survival time for dogs with lymphoma: a double-blind, randomized, placebo-controlled study. *Cancer*. 2000;88(8):1916-1928.
 5. Sagar PS, Das UN, Koratkar R, et al. Cytotoxic action of cis-unsaturated fatty acids on human cervical carcinoma (HeLa) cells: relationship to free radicals and lipid peroxidation and its modulation by calmodulin antagonists. *Cancer Lett*. 1992;63(3):189-198.
 6. Yam D, Peled A, Shinitzky M. Suppression of tumor growth and metastasis by dietary fish oil combined with vitamin E and C and cisplatin. *Cancer Chemother Pharmacol*. 2001;47(1):34-40.
 7. Hardman WE. (n-3) fatty acids and cancer therapy. *J Nutr*. 2004;134(12 Suppl):3427S-3430S.
 8. Terry P, Lichtenstein P, Feychting M, Ahlbom A, Wolk A. Fatty fish consumption and risk of prostate cancer. *Lancet*. 2001;357(9270):1764-1766.
 9. Norrish AE, Skeaff CM, Arribas GL, Sharpe SJ, Jackson RT. Prostate cancer risk and consumption of fish oils: a dietary biomarker-based case-control study. *Br J Cancer*. 1999;81(7):1238-1242.
 10. Aronson WJ, Glaspy JA, Reddy ST, Reese D, Heber D, Bagga D. Modulation of omega-3/omega-6 polyunsaturated ratios with dietary fish oils in men with prostate cancer. *Urology*. 2001;58(2):283-288.
 11. Szymanski KM, Wheeler DC, Mucci LA. Fish consumption and prostate cancer risk: a review and meta-analysis. *Am J Clin Nutr*. 2010;92(5):1223-1233.
 12. Zheng J, Hu X, Zhao Y, Yang J, Li D. Marine n-3 polyunsaturated fatty acids and risk of breast cancer: systematic review and meta-analysis of prospective cohort studies. *BMJ*. 2013;346:f3706.
 13. Kojima M, Wakai K, Tokudome S, et al. Serum levels of polyunsaturated fatty acids and risk of colorectal cancer: a prospective study. *Am J Epidemiol*. 2005;161(5):462-471.
 14. Dupertuis YM, Meguid MM, Pichard C. Colon cancer therapy: new perspectives of nutritional manipulations using polyunsaturated fatty acids. *Curr Opin Clin Nutr Metab Care*. 2007;10(4):427-432.
 15. Sublette ME, Ellis SP, Geant AL, Mann JJ. Meta-analysis of the effects of eicosapentaenoic acid (EPA) in clinical trials in depression. *J Clin Psychiatry*. 2011;72(12):1577-1584.
-

Melatonin

1. Talib WH, Alsayed AR, Abuawad A, Daoud S, Mahmud AI. Melatonin in cancer treatment: current knowledge and future opportunities. *Molecules*. 2021;26(9):2506.
 2. Gurunathan S, Qasim M, Kang MH, Kim JH. Role and therapeutic potential of melatonin in various types of cancers. *Onco Targets Ther*. 2021;14:2019-2052.
 3. Zolfagharypoor A, Ajdari A, Seirafianpour F, Pakbaz Y, Hosseinzadeh A, Mehrzadi S. Signaling pathways in skin cancers and the protective functions of melatonin. *Biochimie*. 2025;231:1-14. doi:10.1016/j.biochi.2024.11.013.
-

Ashwagandha

1. Mirjalili MH, Moyano E, Bonfill M, Cusido RM, Palazón J. Steroidal lactones from *Withania somnifera*, an ancient plant for novel medicine. *Molecules*. 2009;14(7):2373-2393.
 2. Widodo N, Takagi Y, Shrestha BG, Ishii T, Kaul SC, Wadhwa R. Selective killing of cancer cells by leaf extract of Ashwagandha: identification of a tumor-inhibitory factor and the first molecular insights to its effect. *Clin Cancer Res*. 2008;14(17):5317-5327.
 3. Davis L, Kuttan G. Effect of *Withania somnifera* on DMBA induced carcinogenesis. *J Ethnopharmacol*. 2001;75(2-3):165-168.
-

Modified Citrus Pectin (MCP)

1. Newlaczyl AU, Yu LG. Galectin-3: a key regulator of cancer progression. *Cancer Lett*. 2011;313(2):123-128.
2. de Boer RA, Yu L, van Veldhuisen DJ. Galectin-3 and heart failure: prognosis and therapeutic considerations. *Cardiovasc Drugs Ther*. 2014;28(3):237-246.
3. Keizman D, Frenkel M, Peer A, Rosenbaum E, Sarid D, Leibovitch I, Mano R, Yossepowitch O, Wolf I, Geva R, Margel D, Rouvinov K, Stern A, Dresler H, Kushnir I, Eliaz I. Modified citrus pectin treatment in non-metastatic biochemically relapsed prostate cancer: a multicenter phase II trial. *Nutrients*. 2021;13(12):4294. doi:10.3390/nu13124294.
4. Keizman D, Frenkel M, Peer A, Rosenbaum E, Sarid D, Leibovitch I, Mano R, Yossepowitch O, Wolf I, Geva R, Margel D, Rouvinov K, Stern A, Dresler H, Kushnir I, Eliaz I. Modified Citrus Pectin Treatment in Non-Metastatic Biochemically Relapsed Prostate Cancer: Long-Term Results

of a Prospective Phase II Study. *Nutrients*. 2023 Aug 11;15(16):3533. doi: 10.3390/nu15163533. PMID: 37630724; PMCID: PMC10459199.

Green Tea

1. Yang CS, Wang H, Sheridan ZP. Studies on prevention of obesity, metabolic syndrome, diabetes, cardiovascular diseases and cancer by tea. *J Food Drug Anal*. 2018;26(1):1-13.
 2. Shanafelt TD, Call TG, Zent CS, et al. Phase 2 trial of daily oral Polyphenon E in patients with asymptomatic Rai stage 0 to II chronic lymphocytic leukemia. *Cancer*. 2013;119(2):363-370.
 3. Bettuzzi S, Brausi M, Rizzi F, Castagnetti G, Peracchia G, Corti A. Chemoprevention of human prostate cancer by oral administration of green tea catechins in volunteers with high-grade prostate intraepithelial neoplasia: a preliminary report from a one-year proof-of-principle study. *Cancer Res*. 2006;66(2):1234-1240.
-

Astragalus

1. Cho WC, Leung KN. In vitro and in vivo immunomodulating and immunorestorative effects of *Astragalus membranaceus*. *J Ethnopharmacol*. 2007;113(1):132-141.
 2. Auyeung KK, Han QB, Ko JK. *Astragalus membranaceus*: a review of its protection against inflammation and gastrointestinal cancers. *Am J Chin Med*. 2016;44(1):1-22.
 3. Jiao R, Liu Y, Gao H, Xiao J, So KF. The anti-oxidant and anti-cancer properties of *Astragalus*. *Nutrients*. 2016;8(10):703.
-

Whey Protein

1. Mazzuca F, Roberto M, Arrivi G, Sarfati E, Schipilliti FM, Crimini E, Botticelli A, Di Girolamo M, Muscaritoli M, Marchetti P. Clinical impact of highly purified whey proteins in patients affected with colorectal cancer undergoing chemotherapy: preliminary results of a placebo-controlled study. *Integr Cancer Ther*. 2019;18:1534735419866920. doi:10.1177/1534735419866920.
2. Marshall K. Therapeutic applications of whey protein. *Altern Med Rev*. 2004;9(2):136-156.

3. Kent KD, Harper WJ, Bomser JA. Effect of whey protein isolate on intracellular glutathione and oxidant-induced cell death in human prostate epithelial cells. *Toxicol In Vitro*. 2003;17(1):27-33.
4. Herrera-Martínez AD, Navas Romo A, León-Idougourram S, et al. Systemic Inflammation in Oncologic Patients Undergoing Systemic Treatment and Receiving Whey Protein-Based Nutritional Support. *Int J Mol Sci*. 2024;25(11):5821. doi:10.3390/ijms25115821.
5. Ford KL, Sawyer MB, Ghosh S, et al. Feasibility of two levels of protein intake in patients with colorectal cancer: findings from the Protein Recommendation to Increase Muscle (PRIME) randomized controlled pilot trial. *ESMO Open*. 2024;9(7):103604. doi:10.1016/j.esmoop.2024.103604.
6. Orsso CE, Aguirre M, Koenig D, et al. Impact of high-protein supplementation and exercise interventions on muscle mass in adults: a systematic review and individual participant data meta-analysis of randomized trials. *Am J Clin Nutr*. 2024;120(6):1311-1324. doi:10.1016/j.ajcnut.2024.08.016..
7. Delsoglio M, et al. High-protein oral nutritional supplement use in patients with cancer reduces complications and length of hospital stay: a systematic review and meta-analysis. *Front Nutr*. 2025;(article). doi:10.3389/fnut.2025.1654637.
8. Elmas S, Findik M, Kiyak R, et al. Anticancer Potential of Whey Proteins—A Systematic Review of Bioactivity and Functional Mechanisms. *Int J Mol Sci*. 2025;26(21):10406. doi:10.3390/ijms262110406.

פרק 7- פטריות ומחלת הסרטן

1. Lee DH, Yang M, Keum N, Giovannucci EL, Sun Q, Chavarro JE. Mushroom consumption and risk of total and site-specific cancer in two large US prospective cohorts. *Cancer Prev Res (Phila)*. 2019;12(8):517-525. doi:10.1158/1940-6207.CAPR-19-0101. [PubMed](#) [PubMed](#)
2. Ba DM, Ssentongo P, Beelman RB, Muscat J, Gao X, Richie JP Jr., Du P. Higher mushroom consumption is associated with lower risk of cancer: A systematic review and meta-analysis of observational studies. *Adv Nutr*. 2021;12(5):1691-1704. doi:10.1093/advances/nmab015. [PubMed](#) [PubMed](#)
3. Ba DM, Gao X, Muscat J, Al-Safi S, Beelman RB, Richie JP Jr., et al. Association of mushroom consumption with all-cause and cause-specific mortality among US adults: prospective cohort study findings from NHANES III. *Nutr J*. 2021;20:38. doi:10.1186/s12937-021-00691-8. [Full text BioMed Central](#)
4. Shen J, Chen X, Li Q, et al. Association of mushrooms and algae consumption with mortality among Chinese older adults: A prospective cohort study. *Nutrients*. 2022;14(20):4334. doi:10.3390/nu14204334. [PubMed](#) [PubMed](#)
5. Ba DM, Gao X, Muscat J, Beelman RB, Richie JP Jr., Du P. Mushroom consumption and risk of gastric cancer—a systematic review and meta-analysis. *Nutrients*. 2023;15(6):1352. doi:10.3390/nu15061352. [Full text PMC](#)
6. Standish LJ, Wenner CA, Sweet ES, et al. Trametes versicolor mushroom immune therapy in breast cancer. *J Soc Integr Oncol*. 2008;6(3):122-128. doi:10.2310/7200.2008.0016. [PubMed](#) [PubMed](#)
7. Sun AS, Ostadal O, Ryznar V, et al.: Phase I/II study of stage III and IV non-small cell lung cancer patients taking a specific dietary supplement. *Nutr Cancer* 34 (1): 62-9, 1999. [PUBMED Abstract]
8. Sun AS, Yeh HC, Wang LH, et al.: Pilot study of a specific dietary supplement in tumor-bearing mice and in stage IIIB and IV non-small cell lung cancer patients. *Nutr Cancer* 39 (1): 85-95, 2001. [PUBMED Abstract]
9. Torkelson CJ, Sweet E, Martzen MR, et al. Phase 1 clinical trial of Trametes versicolor in women with breast cancer. *ISRN Oncol*. 2012;2012:251632. doi:10.5402/2012/251632. [Full text PMC](#)
10. Deng G, Lin H, Seidman A, et al. A phase I/II trial of a polysaccharide extract from Grifola frondosa (Maitake mushroom) in breast cancer. *J Cancer Res Clin Oncol*. 2009;135(9):1215-1221. doi:10.1007/s00432-009-0562-z. [PubMed](#) [Memorial Sloan Kettering Cancer Center](#)
11. Sakamoto J, Morita S, Oba K, et al. Efficacy of adjuvant immunochemotherapy with polysaccharide-K (PSK) for patients with curatively resected colorectal cancer: A meta-analysis of centrally randomized controlled clinical trials. *Cancer Immunol Immunother*. 2006;55(4):404-411. doi:10.1007/s00262-005-0054-1. [PubMed](#) [PubMed](#)

12. Oba K, Teramukai S, Kobayashi M, et al. Efficacy of adjuvant immunochemotherapy with polysaccharide K for patients with curative resections of gastric cancer: A meta-analysis of centrally randomized controlled clinical trials. *Int J Clin Oncol*. 2007;12(3):200-207. doi:10.1007/s10147-007-0650-0. [Full text PMC](#)
13. Jin X, Ruiz-Beguerie J, Sze DM, Chan GCF. Ganoderma lucidum (Reishi mushroom) for cancer treatment. *Cochrane Database Syst Rev*. 2016;(6):CD007731. doi:10.1002/14651858.CD007731.pub3. [Full text PMC](#)
14. Memorial Sloan Kettering Cancer Center. Reishi mushroom (Ganoderma lucidum) — About Herbs. Updated 2023. [MSK monograph Memorial Sloan Kettering Cancer Center](#)
15. Memorial Sloan Kettering Cancer Center. Turkey tail (Coriolus/Trametes versicolor) — About Herbs. Updated 2023. MSK monograph [Memorial Sloan Kettering Cancer Center](#)
16. Memorial Sloan Kettering Cancer Center. AHCC — About Herbs. Updated 2024. [MSK monograph Memorial Sloan Kettering Cancer Center](#)
17. Gao Y, Zhou S, Jiang W, Huang M, Dai X. Effects of Ganopoly® (a Ganoderma lucidum polysaccharide extract) on the immune functions in advanced-stage cancer patients. *Immunol Invest*. 2003;32(3):201-215. doi:10.1081/IMM-120022979. PubMed [Memorial Sloan Kettering Cancer Center](#)
18. Ito T, Urushima H, Sakaue M, et al. Reduction of adverse effects by a mushroom product, active hexose correlated compound (AHCC), in patients with advanced
19. cancer during chemotherapy—The significance of the levels of HHV-6 DNA in saliva as a surrogate biomarker during chemotherapy. *Nutr Cancer*. 2014;66(3):377-382. doi:10.1080/01635581.2013.878743. [PDF AHCC](#)
20. Mach CM, Fugii H, Wakame K, Smith J. Evaluation of active hexose correlated compound hepatic metabolism and potential for drug interactions with chemotherapy agents commonly used in the treatment of breast cancer. *J Exp Ther Oncol*. 2008;7(3):207-212. [PubMed PubMed](#)
21. Twardowski P, Kanaya N, Frankel P, et al. A phase I trial of mushroom powder in patients with biochemically recurrent prostate cancer: Roles of cytokines and myeloid-derived suppressor cells for Agaricus bisporus-induced PSA responses. *Cancer*. 2015;121(17):2942-2950. doi:10.1002/cncr.29421. [Full text PMC](#)
22. Wang X, Ruan Y, Wang X, et al. White button mushroom (Agaricus bisporus) disrupts androgen receptor signaling and represses prostate cancer progression in vitro and in vivo. *Oncogenesis*. 2020;9:84. doi:10.1038/s41389-020-00269-1. [Full text PMC](#)
23. Zhang S, Sugawara Y, Chen W, et al. Mushroom consumption and incident risk of prostate cancer in Japan: The Miyagi Cohort Study. *Int J Cancer*. 2019;145(5):1225-1235. doi:10.1002/ijc.32149. [Full text PMC](#)

24. National Cancer Institute (PDQ®). Medicinal Mushrooms—Health Professional Version. Updated 2024-11-06. [NCI PDQ Cancer.gov](https://www.ncbi.nlm.nih.gov/pdq/cancer/)
25. Park HJ. Current Uses of Mushrooms in Cancer Treatment and Their Anticancer Mechanisms. *Int J Mol Sci.* 2022 Sep 10;23(18):10502. doi: 10.3390/ijms231810502. PMID: 36142412; PMCID: PMC9504980.
26. Narayanan S, de Mores AR, Cohen L, Anwar MM, Lazar F, Hicklen R, Lopez G, Yang P, Bruera E. Medicinal Mushroom Supplements in Cancer: A Systematic Review of Clinical Studies. *Curr Oncol Rep.* 2023 Jun;25(6):569-587. doi: 10.1007/s11912-023-01408-2. Epub 2023 Mar 30. PMID: 36995535.
27. Frenkel M, Morse MB, Narayanan S. Addressing Patient Requests to Add Dietary Supplements to Their Cancer Care-A Suggested Approach. *Nutrients.* 2023 Dec 7;15(24):5029. doi: 10.3390/nu15245029. PMID: 38140288; PMCID: PMC10745580.
28. Tanigawa K, Itoh Y, Kobayashi Y. Improvement of QOL and Immunological Function With Lentinula Edodes Mycelia in Patients Undergoing Cancer Immunotherapy: An Open Pilot Study. *Altern Ther Health Med.* 2016 Jul;22(4):36-42. PMID: 27548491.
29. Park HJ, Boo S, Park I, Shin MS, Takahashi T, Takanari J, Homma K, Kang I. AHCC®, a Standardized Extract of Cultured Lentinula Edodes Mycelia, Promotes the Anti-Tumor Effect of Dual Immune Checkpoint Blockade Effect in Murine Colon Cancer. *Front Immunol.* 2022 Apr 20;13:875872. doi: 10.3389/fimmu.2022.875872. PMID: 35514996; PMCID: PMC9066372.
30. Merchand-Reyes G, Santhanam R, Valencia-Pena ML, Kumar K, Mo X, Belay T, Woyach JA, Mundy-Bosse B, Tridandapani S, Butchar JP. Active Hexose-Correlated Compound Shows Direct and Indirect Effects against Chronic Lymphocytic Leukemia. *Nutrients.* 2023 Dec 18;15(24):5138. doi: 10.3390/nu15245138. PMID: 38140397; PMCID: PMC10747249.
31. Chen S, Oh SR, Phung S, Hur G, Ye JJ, Kwok SL, Shrode GE, Belury M, Adams LS, Williams D. Anti-aromatase activity of phytochemicals in white button mushrooms (*Agaricus bisporus*). *Cancer Res.* 2006 Dec 15;66(24):12026-34. doi: 10.1158/0008-5472.CAN-06-2206. PMID: 17178902.
32. Zhong L, Yan P, Lam WC, Yao L, Bian Z. *Coriolus Versicolor* and *Ganoderma Lucidum* Related Natural Products as an Adjunct Therapy for Cancers: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Front Pharmacol.* 2019 Jul 3;10:703. doi: 10.3389/fphar.2019.00703. PMID: 31333449; PMCID: PMC6616310.
33. Gariboldi MB, Marras E, Ferrario N, Vivona V, Prini P, Vignati F, Perletti G. Anti-Cancer Potential of Edible/Medicinal Mushrooms in Breast Cancer. *Int J Mol Sci.* 2023 Jun 14;24(12):10120. doi: 10.3390/ijms241210120. PMID: 37373268; PMCID: PMC10299416.
34. Wang C, Wang J, Qi Y. Adjuvant treatment with *Cordyceps sinensis* for lung cancer: A systematic review and meta-analysis of randomized

controlled trials. J Ethnopharmacol. 2024 Jun 12;327:118044. doi: 10.1016/j.jep.2024.118044. Epub 2024 Mar 12. PMID: 38484953.

פרק 8- לזוז כדי לחיות -פעילות גופנית כמגן טבעי מפני

סרטן

1. Holmes MD, Chen WY, Feskanich D, et al. Physical activity and survival after breast cancer diagnosis. *JAMA*. 2005;293(20):2479–2486.
2. Kenfield SA, Stampfer MJ, Chan JM, Giovannucci E. *Physical activity and survival after prostate cancer diagnosis in the Health Professionals Follow-Up Study*. *J Clin Oncol*. 2011;29(6):726–732.
3. Blanchard CM, Courneya KS, Stein K, et al. *Cancer survivors' adherence to lifestyle behavior recommendations and associations with health-related quality of life*. *J Clin Oncol*. 2008;26(13):2198–2204.
4. Moore SC, Lee IM, Weiderpass E, et al. *Association of leisure-time physical activity with risk of 26 types of cancer in 1.44 million adults*. *JAMA Intern Med*. 2016;176(6):816–825.
5. Knuops KTB, de Groot LC, Kromhout D, et al. *Mediterranean diet, lifestyle factors, and 10-year mortality in elderly European men and women: the HALE project*. *JAMA*. 2004;292(12):1433–1439.
6. Khaw KT, Wareham N, Bingham S, et al. *Combined impact of health behaviours and mortality in men and women: The EPIC-Norfolk prospective population study*. *PLoS Med*. 2008;5(1):e12.
7. ACSM Roundtable on Exercise and Cancer. *Exercise is Medicine in Oncology: Engaging clinicians to help patients move through cancer*. *Ca A Cancer J Clin*. 2018;68(6):397–417
[exerciseismedicine.org+8pmc.ncbi.nlm.nih.gov+8acsjournals.onlinelibrary.wiley.com+8thetimes.co.uk+4pmc.ncbi.nlm.nih.gov+4dailytelegraph.com.au+4](https://www.exerciseismedicine.org+8pmc.ncbi.nlm.nih.gov+8acsjournals.onlinelibrary.wiley.com+8thetimes.co.uk+4pmc.ncbi.nlm.nih.gov+4dailytelegraph.com.au+4).
8. Campbell KL, Winters-Stone KM, Patel AV, et al. *Exercise Guidelines for Cancer Survivors: Consensus Statement*. *Med Sci Sports Exerc*. 2019;51(11):2375–2390. [pmc.ncbi.nlm.nih.gov+1acsm.org+1](https://www.pmc.ncbi.nlm.nih.gov+1acsm.org+1)
9. American College of Sports Medicine. *Cancer & Exercise Resources: Moving Through Cancer* –[acsm.org](https://www.acsm.org).
10. Wiskemann J, May A, Schmitz K. *Hot Topic | Exercise is Medicine in Cancer Care*. American College of Sports Medicine. 2025
[thetimes.co.uk+15acsm.org+15exerciseismedicine.org+15](https://www.thetimes.co.uk+15acsm.org+15exerciseismedicine.org+15).
11. Courneya KS, Vardy JL, O'Callaghan CJ, Gill S, Friedenreich CM, Wong RKS, Dhillon HM, Coyle V, Chua NS, Jonker DJ, Beale PJ, Haider K, Tang PA, Bonaventura T, Wong R, Lim HJ, Burge ME, Hubay S, Sanatani M, Campbell KL, Arthuso FZ, Turner J, Meyer RM, Brundage M, O'Brien P, Tu D, Booth CM; CHALLENGE Investigators. Structured Exercise after Adjuvant Chemotherapy for Colon Cancer. *N Engl J Med*. 2025 Jul 3;393(1):13-25. doi: 10.1056/NEJMoa2502760. Epub 2025 Jun 1. PMID: 40450658.
12. Sheinboim D, Parikh S, Manich P, et al. An Exercise-Induced Metabolic Shield in Distant Organs Blocks Cancer Progression and Metastatic

- Dissemination. *Cancer Res.* 2022 Nov 15;82(22):4164-4178. doi: 10.1158/0008-5472.CAN-22-0237. PMID: 36084256; PMCID: PMC9762351.
13. Bettariga F, Taaffe DR, Crespo-Garcia C, Clay TD, De Santi M, Baldelli G, Adhikari S, Gray ES, Galvão DA, Newton RU. A single bout of resistance or high-intensity interval training increases anti-cancer myokines and suppresses cancer cell growth in vitro in survivors of breast cancer. *Breast Cancer Res Treat.* 2025 Aug;213(1):171-180. doi: 10.1007/s10549-025-07772-w. Epub 2025 Jul 3. PMID: 40608178; PMCID: PMC12259798.

חלק שלישי- טיפול ותמיכה במהלך המחלה

פרק 9- התמודדות עם תופעות לוואי מטיפולים אונקולוגיים

מקורות מדעיים נבחרים לטיפול בנוירופתיה:

1. **Mao JJ, et al.** *Integrative Medicine for Pain Management in Oncology: Society for Integrative Oncology–ASCO Guideline.* J Clin Oncol. 2022.
<https://doi.org/10.1200/JCO.22.01357>
2. **Ben-Arye E, et al.** *Impact of acupuncture and integrative therapies on chemotherapy-induced peripheral neuropathy: A multicenter randomized controlled trial.* Cancer. 2022;128(20):3641–3652.
<https://doi.org/10.1002/cncr.34422>
3. **Yang M, et al.** *Preliminary Efficacy of Massage Therapy for Chemotherapy-Induced Peripheral Neuropathy.* Integr Cancer Ther. 2025.
<https://doi.org/10.1177/15347354251323258>
4. **Knoerl R, et al.** *Yoga for chronic chemotherapy-induced peripheral neuropathy pain: a pilot, randomized controlled trial.* J Cancer Surviv. 2022;16:882–891.
<https://doi.org/10.1007/s11764-021-01081-z>
5. **Santamarina L, et al.** *Photobiomodulation on sensory symptoms, balance, and gait speed in chemotherapy-induced peripheral neuropathy.* Support Care Cancer. 2025;33:355.
<https://doi.org/10.1007/s00520-025-09405-w>
6. **Daniel M, Smith EL.** *Phytochemicals and Nutrients in Interventions to Mitigate Chemotherapy-Induced Peripheral Neuropathy.* Semin Oncol Nurs. 2024.
<https://doi.org/10.1016/j.soncn.2024.151713>
7. **Fukuda H, et al.** *Preventive Effect of Nutrition Support on Peroneal Neuropathy in Cancer Patients.* Front Nutr. 2019;5:139.
<https://doi.org/10.3389/fnut.2018.00139>
8. **Jonas W.** *Chemotherapy-Induced Peripheral Neuropathy (CIPN) Pocket Guide.* Samueli Foundation.
<https://www.drwaynejonas.com>

מקורות לטיפול בגלי חום:

1. Freedman RR. Menopausal hot flashes: Mechanisms, endocrinology, treatment. J Steroid Biochem Mol Biol. 2014 Jul;142:115–20.
2. van Die MD, Bone KM, Visvanathan K, Kyrø C, Aune D, Ee C, et al. Phytonutrients and outcomes following breast cancer: a systematic review and meta-analysis of observational studies. JNCI Cancer Spectr. 2024 Jan 4;8(1).

3. Taku K, Melby MK, Kronenberg F, Kurzer MS, Messina M. Extracted or synthesized soybean isoflavones reduce menopausal hot flash frequency and severity. *Menopause*. 2012 Jul;19(7):776–90.
4. Ruhlen RL SGSE. Black Cohosh: Insights into its Mechanism(s) of Action. *Integr Med Insights*. 2008;3.
5. Zepelin HHH von, Meden H, Kostev K, Schröder-Bernhardi D, Stammwitz U, Becher H. Isopropanolic black cohosh extract and recurrence-free survival after breast cancer. *Int Journal of Clinical Pharmacology and Therapeutics*. 2007 Mar 1;45(03):143–54.
6. Iqbal A, Wu SK, Zailani H, Chiu WC, Liu WC, Su KP, et al. Effects of Omega-3 Polyunsaturated Fatty Acids Intake on Vasomotor Symptoms, Sleep Quality and Depression in Postmenopausal Women: A Systematic Review. *Nutrients*. 2023 Sep 30;15(19):4231.
7. Walker EM, Rodriguez AI, Kohn B, Ball RM, Pegg J, Pocock JR, et al. Acupuncture Versus Venlafaxine for the Management of Vasomotor Symptoms in Patients With Hormone Receptor–Positive Breast Cancer: A Randomized Controlled Trial. *Journal of Clinical Oncology*. 2010 Feb 1;28(4):634–40.
8. Lesi G, Razzini G, Musti MA, Stivanello E, Petrucci C, Benedetti B, et al. Acupuncture As an Integrative Approach for the Treatment of Hot Flashes in Women With Breast Cancer: A Prospective Multicenter Randomized Controlled Trial (AcCliMaT). *Journal of Clinical Oncology*. 2016 May 20;34(15):1795–802.
9. Lu W, Giobbie-Hurder A, Tanasijevic A, Kassis SB, Park SH, Jeong YJ, et al. Acupuncture for hot flashes in hormone receptor-positive breast cancer: A pooled analysis of individual patient data from parallel randomized trials. *Cancer*. 2024 Jun 24;
10. de Valois B, Young T, Thorpe P, Degun T, Corbishley K. Acupuncture in the real world: evaluating a 15-year NADA auricular acupuncture service for breast cancer survivors experiencing hot flushes and night sweats as a consequence of adjuvant hormonal therapies. *Supportive Care in Cancer*. 2022 Jun 26;30(6):5063–74.
11. Stefanopoulou E, Grunfeld EA. Mind–body interventions for vasomotor symptoms in healthy menopausal women and breast cancer survivors. A systematic review. *Journal of Psychosomatic Obstetrics & Gynecology*. 2017 Jul 3;38(3):210–25.

מקורות לטיפול בחולשה ועייפות :

1. Bower JE, Lacchetti C, Alici Y, et al. Management of Fatigue in Adult Survivors of Cancer: ASCO-Society for Integrative Oncology Guideline Update. *J Clin Oncol*. 2024 Jul 10;42(20):2456-2487. doi: 10.1200/JCO.24.00541. Epub 2024 May 16. PMID: 38754041; PMCID: PMC12082589.
2. David A, Hausner D, Frenkel M. Cancer-Related Fatigue-Is There a Role for Complementary and Integrative Medicine? *Curr Oncol Rep*. 2021 Nov 7;23(12):145. doi: 10.1007/s11912-021-01135-6. PMID: 34743258.

מקורות מדעיים על כימותרפיה – פוטנציאל לטיפולים אינטגרטיביים

1. Milbury K, Chaoul A, Biegler K, Wangyal T, Spelman A, Meyers CA, Arun B, Palmer JL, Taylor J, Cohen L. Tibetan sound meditation for cognitive dysfunction: results of a randomized controlled pilot trial. *Psychooncology*. 2013 Oct;22(10):2354-63. doi: 10.1002/pon.3296. Epub 2013 May 9. PMID: 23657969; PMCID: PMC6083855.
2. Biegler KA, Chaoul MA, Cohen L. Cancer, cognitive impairment, and meditation. *Acta Oncol*. 2009;48(1):18-26. doi: 10.1080/02841860802415535. PMID: 19031161.
3. Welty FK. Omega-3 fatty acids and cognitive function. *Curr Opin Lipidol*. 2023 Feb 1;34(1):12-21. doi: 10.1097/MOL.0000000000000862. Epub 2022 Nov 25. PMID: 36637075; PMCID: PMC11878108.
4. Fontani G, Corradeschi F, Felici A, Alfatti F, Migliorini S, Lodi L. Cognitive and physiological effects of Omega-3 polyunsaturated fatty acid supplementation in healthy subjects. *Eur J Clin Invest*. 2005 Nov;35(11):691-9. doi: 10.1111/j.1365-2362.2005.01570.x. PMID: 16269019.
5. Lin PJ, Peppone LJ, Janelins MC, Mohile SG, Kamen CS, Kleckner IR, Fung C, Asare M, Cole CL, Culakova E, Mustian KM. Yoga for the Management of Cancer Treatment-Related Toxicities. *Curr Oncol Rep*. 2018 Feb 1;20(1):5. doi: 10.1007/s11912-018-0657-2. PMID: 29388071; PMCID: PMC5901971.
6. Hood M, Baumann O. Could Nature Contribute to the Management of ADHD in Children? A Systematic Review. *Int J Environ Res Public Health*. 2024 Jun 5;21(6):736. doi: 10.3390/ijerph21060736. PMID: 38928982; PMCID: PMC11203786.
7. Lyu YR, Lee HY, Park HJ, Kwon OJ, Kim AR, Jung IC, Park YC, Cho JH, Kim JE, Kim M, Lee JH, Kim JH. Electroacupuncture for Cancer-Related Cognitive Impairment: A Clinical Feasibility Study. *Integr Cancer Ther*. 2022 Jan-Dec;21:15347354221098983. doi: 10.1177/15347354221098983. PMID: 35608027; PMCID: PMC9134458.
8. Li, X.; Lampson, K.; Ahles, T.A.; Root, J.C.; Li, Q.S.; Li, Y.; Ahsan, A.; Mao, J.J.; Liou, K.T. Feasibility and Preliminary Effects of Acupuncture for

- Cognitive Dysfunction in Diverse Cancer Survivors: A Pilot, Randomized, Placebo-Controlled Trial. *Curr. Oncol.* 2025, 32, 27. <https://doi.org/10.3390/curroncol32010027>
9. Bagot JL, Marechaud N, Deana N, Wendling J. Homeopathic Treatment of Insomnia and Symptom Clusters Related to Cerebral Chemotoxicity in Oncology. *Homeopathy*. 2018 Nov;107(4):292-298. doi: 10.1055/s-0038-1666807. Epub 2018 Jul 18. PMID: 30021236. OI link
 10. Bagot JL. Homeopathy, a new tool for the prevention and treatment of chemobrain (cerebral chemotoxicity). *La Revue d'Homéopathie* 2020;11:e1–e9

מקורות בנושא טיפולים אינטגרטיביים לשיפור השינה בקרב מטופלים אונקולוגיים

1. Han QQ, Fu Y, Le JM, Ma YJ, Wei XD, Ji HL, **et al.** The therapeutic effects of acupuncture and electro-acupuncture on cancer-related symptoms and side-effects. *J Cancer*. 2021;12(23):7003-7009. doi:10.7150/jca.55803.
2. Akbari M, Golitaleb M, Farahani M, Nikbakht D, Shahrodi M, Davodabady F, **et al.** Effects of reflexology on anorexia and sleep quality in patients undergoing chemotherapy: a randomized clinical trial. *Iran J Nurs Midwifery Res*. 2024;29:337-342. doi:10.4103/ijnmr.ijnmr_62_23.
3. Bagot JL, Marechaud N, Deana N, Wendling J. Homeopathic treatment of insomnia and symptom clusters related to cerebral chemotoxicity in oncology. *Homeopathy*. 2018;107(4):292-298. doi:10.1055/s-0038-1666807.
4. Mohan ME, Mohan MC, Prabhakaran P, Syam Das S, Krishnakumar IM, Baby Chakrapani PS. Exploring the short-term influence of a proprietary oil extract of black cumin (*Nigella sativa*) on non-restorative sleep: a randomized, double-blinded, placebo-controlled actigraphy study. *Front Nutr*. 2024;10:1200118. doi:10.3389/fnut.2023.1200118.
5. Schiza S, Bouloukaki I, Kaditis A, Lombardi C, Bonsignore MR. Vitamin D deficiency: a forgotten aspect in sleep disorders? A critical update. *Sleep Med*. 2024;121:77-84. doi:10.1016/j.sleep.2024.06.023.
6. dos Santos A, Galiè S. The microbiota–gut–brain axis in metabolic syndrome and sleep disorders: a systematic review. *Nutrients*. 2024;16(3):390. doi:10.3390/nu16030390.

מקורות נוספים בנושא מלטונין

1. Keshtpour Amlashi Z, Sheida F, Anbiaee R, Tapak L, Hosseini SR, Mosaedian H, Barati N. The Effect of Melatonin on Increasing the Health Related Quality of Life in Non-Metastatic Breast Cancer Patients: Three-Year Follow up a Clinical Trial. *Integr Cancer Ther*. 2024 Jan-Dec;23:15347354241237520. doi: 10.1177/15347354241237520.
2. Jafari-Koulaee A, Bagheri-Nesami M. The effect of melatonin on sleep quality and insomnia in patients with cancer: a systematic review study.

- Sleep Med. 2021 Jun;82:96-103. doi: 10.1016/j.sleep.2021.03.040. Epub 2021 Apr 25. PMID: 33910162.
3. Vaziri N, Shakourifar M, Sattari P, Sadeghi A, Sharifi M, et al. Melatonin Aids in Treating Mood and Sleep Problems Resulting from Hormonal Therapy in Breast Cancer Patients: A Randomized, Double-Blinded, Placebo-Controlled Trial. *Iran J Pharm Res.* 2025;23(1):e156581. <https://doi.org/10.5812/ijpr-156581>.
 4. Schettig, R. , Sears, T. , Klein, M. , Tan-Lim, R. , Matthias, R. , Aussems, C. , Hummel, M. , Sears, R. , Poteet, Z. , Warren, D. , Oertle, J. , Coffin, C. and Prato, D. (2020) Melatonin: A Powerful Integrative Adjunctive Agent for Oncology. *Journal of Cancer Therapy*, 11, 571-596. doi: 10.4236/jct.2020.119049.
 5. Oladi E, Mohamadi M, Shamspur T, Mostafavi A. Spectrofluorimetric determination of melatonin in kernels of four different *Pistacia* varieties after ultrasound-assisted solid-liquid extraction. *Spectrochim Acta A Mol Biomol Spectrosc.* 2014;132:326-329. doi:10.1016/j.saa.2014.05.010.
 6. Oba S, Nakamura K, Sahashi Y, Hattori A, Nagata C. Consumption of vegetables alters morning urinary 6-sulfatoxymelatonin concentration. *J Pineal Res.* 2008;45:17-23. doi:10.1111/j.1600-079X.2007.00549.x.
 - 7.

מקורות לטיפולים בחוסר תיאבון:

1. Ukovic B, Porter J. Nutrition interventions to improve the appetite of adults undergoing cancer treatment: a systematic review. *Support Care Cancer.* 2020;28(10):4575-4583.
2. Colomer R, Moreno-Nogueira JM, García-Luna PP, **et al.** N-3 fatty acids, cancer and cachexia: a systematic review of the literature. *Br J Nutr.* 2007;97(5):823-831.
3. Sun L, Mao JJ, Liu Q, Yang Y, He B. Effects of auricular acupuncture on appetite in patients with advanced cancer: a pilot randomized controlled trial. *Ann Palliat Med.* 2020;9(4):1804-1811.
4. Liu W, Lopez G, Narayanan S, **et al.** Acupuncture for cancer-related anorexia: a review of the current evidence. *Curr Oncol Rep.* 2021;23(7):82.
5. Akbari M, Golitaleb M, Farahani M, **et al.** Effects of reflexology on anorexia and sleep quality in patients undergoing chemotherapy: a randomized clinical trial. *Iran J Nurs Midwifery Res.* 2024;29(3):337-342.
6. Ravasco P, Monteiro-Grillo I, Marques Vidal P, Camilo ME. Dietary counseling improves patient outcomes: a prospective, randomized, controlled trial in colorectal cancer patients undergoing radiotherapy. *J Clin Oncol.* 2005;23(7):1431-1438.
7. Arends J, Bachmann P, Baracos V, **et al.** ESPEN guidelines on nutrition in cancer patients. *Clin Nutr.* 2017;36(1):11-48.

פרק 10- הומאופתיה ומחלת הסרטן

1. Ullman, D. (2007). The Homeopathic Revolution: Why Famous People and Cultural Heroes Choose Homeopathy. North Atlantic Books.
2. Frenkel M. Is there a role for homeopathy in cancer care? Questions and challenges. Curr Oncol Rep 2015;17(9):467. doi: 10.1007/s11912-015-0467-8.
3. Molassiotis A, Fernandez-Ortega P, Pud D, et al. Use of complementary and alternative medicine in cancer patients: a European survey. Ann Oncol. 2005;16:655–663.
4. Rossi E, Vita A, Baccetti S, et al. Complementary and alternative medicine for cancer patients: results of the EPAAC survey on integrative oncology centres in Europe. Support Care Cancer 2015;23(6):1795-1806.
5. Molassiotis A, Panteli V, Patiraki E, et al. Complementary and alternative medicine use in lung cancer patients in eight European countries. Complement Ther Clin Pract 2006;12:34-39.
6. Downer SM, Cody MM, McCluskey P, et al. Pursuit and practice of complementary therapies by cancer patients receiving conventional treatment. BMJ. 1994;309(6947):86-9.
7. Trager-Maury S, Tournigand C, Maindrault-Goebel F, et al. [Use of complementary medicine by cancer patients in a French oncology department]. Bulletin du cancer. 2007;94:1017-25.

8. Bagot JL, Theunissen I, Serral A. Perceptions of homeopathy in supportive cancer care among oncologists and general practitioners in France. *Support Care Cancer* 2021; 29:5873–5881.
9. Medioni J, Scimeca D, Marquez YL, et al. Benefits of homeopathic complementary treatment in patients with breast cancer: a retrospective cohort study based on the French Nationwide Healthcare Database. *Clin Breast Cancer* 2023; 23:60–70.
10. Lüthi E, Diezi M, Danon N, Dubois J, Pasquier J, Burnand B, Rodondi PY. Complementary and alternative medicine use by pediatric oncology patients before, during, and after treatment. *BMC Complement Med Ther.* 2021 Mar 18;21(1):96. doi: 10.1186/s12906-021-03271-9. PMID: 33736643; PMCID: PMC7977159.
11. Längler A, Spix C, Edelhäuser F, Kameda G, Kaatsch P, Seifert G. Use of homeopathy in pediatric oncology in Germany. *Evid Based Complement Alternat Med.* 2011;2011:867151.
12. Bonacchi A, Fazzi L, Toccafondi A, et al. Use and perceived benefits of complementary therapies by cancer patients receiving conventional treatment in Italy. *J Pain Symptom Manage.* 2014 Jan;47(1):26-34.
13. Johannessen H, von Bornemann Hjelmberg J, Pasquarelli E et al. Prevalence in the use of complementary medicine among cancer patients in Tuscany, Italy. *Tumori.* 2008;94:406-10

14. Longhi A, Setola E, Ferrari C, Carretta E. Complementary and alternative medicine in sarcoma patients treated in an Italian sarcoma center. *J Cancer Res Ther.* 2021 Apr-Jun;17(2):516-522.
15. Theunissen I, Bagot JL. Supportive cancer care: is integrative oncology the future? *Curr Opin Oncol.* 2024 Jul 1;36(4):248-252.
16. Clarke TC, Black LI, Stussman BJ, Barnes PM, Nahin RL. Trends in the use of complementary health approaches among adults: United States, 2002-2012. *Natl Health Stat Report.* 2015 Feb 10;(79):1-16. PMID: 25671660; PMCID: PMC4573565.
17. Lopez G, McQuade J, Cohen L, Williams JT, Spelman AR, Fellman B, Li Y, Bruera E, Lee RT. Integrative Oncology Physician Consultations at a Comprehensive Cancer Center: Analysis of Demographic, Clinical and Patient Reported Outcomes. *J Cancer.* 2017 Feb 10;8(3):395-402.
18. Samuels N, Freed Y, Weitzen R, Ben-David M, Maimon Y, Eliyahu U, Berger R. Feasibility of Homeopathic Treatment for Symptom Reduction in an Integrative Oncology Service. *Integr Cancer Ther.* 2018 Jun;17(2):486-492.
19. Pathak S, Multani AS, Banerji P, Banerji P. Ruta 6 selectively induces cell death in brain cancer cells but proliferation in normal peripheral blood lymphocytes: A novel treatment for human brain cancer. *Int J Oncol.* 2003;23:975-82.

20. Frenkel M, Cohen L, Peterson N, Swint K, Palmer L, Bruera E. Integrative Medicine Consultation Service in a Comprehensive Cancer Center: Findings and Outcomes. *Integr Cancer Ther.* 2010;9(3):276-83.
21. Frenkel M, Mishra BM, Sen S, et al. Cytotoxic effects of ultra-diluted remedies on breast cancer cells. *Int J Oncol.* 2010;36(2):395-403.
22. Khan S, Nayak D, Khurana A, Manchanda RK, Tandon C, Tandon S. In Vitro Assessment of Homeopathic Potencies of *Hydrastis canadensis* on Hormone-Dependent and Independent Breast Cancer. *Homeopathy.* 2020 Nov;109(4):198-206.
23. Arora S, Aggarwal A, Singla P, Jyoti S, Tandon S. Anti-proliferative effects of homeopathic medicines on human kidney, colon and breast cancer cells. *Homeopathy.* 2013;102(4):274-82.
24. Amri H, Anderson N, MacLaughlin WB, Esquivel S, Ives J, Jonas W. Effects of ultra-low dilutions of *Sabal serrulata* on human prostate cancer growth: mechanistic studies. *Alternative Therapies.* 2009;15:S79-80.
25. MacLaughlin BW, Gutschmuths B, Pretner E, et al. Effects of homeopathic preparations on human prostate cancer growth in cellular and animal models. *Integr Cancer Ther.* 2006;5:362-72.
26. Kumar KB, Sunila ES, Kuttan G, Preethi KC, Venugopal CN, Kuttan R. Inhibition of chemically induced carcinogenesis by drugs used in homeopathic medicine. *Asian Pac J Cancer Prev.* 2007;8:98-102.

27. Sunila ES, Kuttan G. A preliminary study on antimetastatic activity of *Thuja occidentalis* L. in mice model. *Immunopharmacol Immunotoxicol*. 2006;28:269-80.
28. Sato DY, Wal R, de Oliveira CC, Cattaneo RI, Malvezzi M, Gabardo J, Buchi Dde F. Histopathological and immunophenotyping studies on normal and sarcoma 180-bearing mice treated with a complex homeopathic medication. *Homeopathy* 2005;94: 26-32.
29. Biswas SJ, Khuda-Bukhsh AR. Effect of a homeopathic drug, *Chelidonium*, in amelioration of p-DAB induced hepatocarcinogenesis in mice. *BMC Complement Altern Med*. 2002 Apr 10;2:4. doi: 10.1186/1472-6882-2-4.
30. Thompson EA, Reilly D. The homeopathic approach to symptom control in the cancer patient: a prospective observational study. *Palliat Med*. 2002 May;16(3):227-33.
31. Thompson EA, Montgomery A, Douglas D, Reilly D. A pilot, randomized, double-blinded, placebo-controlled trial of individualized homeopathy for symptoms of estrogen withdrawal in breast-cancer survivors. *J Altern Complement Med*. 2005 Feb;11(1):13-20.
32. Bagot JL, Legrand A, Theunissen I. Use of Homeopathy in Integrative Oncology in Strasbourg, France: Multi-center Cross-Sectional Descriptive Study of Patients Undergoing Cancer Treatment. *Homeopathy*. 2021 Aug;110(3):168-173.
33. Karp JC, Sanchez C, Guilbert P, Mina W, Demonceaux A, Curé H. Treatment with *Ruta graveolens* 5CH and *Rhus toxicodendron* 9CH may

reduce joint pain and stiffness linked to aromatase inhibitors in women with early breast cancer: results of a pilot observational study. Homeopathy. 2016 Nov;105(4):299-308.

34. Samuels N, Freed Y, Weitzen R, Ben-David M, Maimon Y, Eliyahu U, Berger R. Feasibility of Homeopathic Treatment for Symptom Reduction in an Integrative Oncology Service. Integr Cancer Ther. 2018 Jun;17(2):486-492.
35. Jacobs J, Herman P, Heron K, Olsen S, Vaughters L. Homeopathy for menopausal symptoms in breast cancer survivors: a preliminary randomized controlled trial. J Altern Complement Med. 2005 Feb;11(1):21-7.
36. Kulkarni A, Nagarkar B M, Burde G S. Radiation protection by use of homeopathic medicines. Hahnemann Homeopath Sand 1988;12: 20-23.
37. Pommier P, Gomez F, Sunyach MP, D'Hombres A, Carrie C, Montbarbon X. Phase III randomized trial of Calendula officinalis compared with trolamine for the prevention of acute dermatitis during irradiation for breast cancer. J Clin Oncol. 2004 Apr 15;22(8):1447-53.
38. Balzarini A, Felisi E, Martini A, De Conno F. Efficacy of homeopathic treatment of skin reactions during radiotherapy for breast cancer: a randomised, double-blind clinical trial. Br Homeopath J. 2000 Jan;89(1):8-12.
39. Oberbaum M, Yaniv I, Ben-Gal Y, Stein J, Ben-Zvi N, Freedman LS, Branski D. A randomized, controlled clinical trial of the homeopathic

- medication TRAUMEEL S in the treatment of chemotherapy-induced stomatitis in children undergoing stem cell transplantation. *Cancer*. 2001 Aug 1;92(3):684-90.
40. Sencer SF, Zhou T, Freedman LS, Ives JA, Chen Z, Wall D, Nieder ML, Grupp SA, Yu LC, Sahdev I, Jonas WB, Wallace JD, Oberbaum M. Traumeel S in preventing and treating mucositis in young patients undergoing SCT: a report of the Children's Oncology Group. *Bone Marrow Transplant*. 2012 Nov;47(11):1409-14.
41. Sorrentino L, Piraneo S, Riggio E, Basilicò S, Sartani A, Bossi D, Corsi F. Is there a role for homeopathy in breast cancer surgery? A first randomized clinical trial on treatment with Arnica montana to reduce post-operative seroma and bleeding in patients undergoing total mastectomy. *J Intercult Ethnopharmacol*. 2017 Jan 3;6(1):1-8.
42. Maisel-Lotan A, Lysy I, Binenboym R, Eizenman N, Gavriel Stuchiner B, Goldstein O, Oberbaum M, Gronovich Y. Arnica Montana and Bellis Perennis for Seroma Reduction Following Mastectomy and Immediate Breast Reconstruction: Prospective, Randomized, Double-blinded, Placebo-controlled Trial. *Plast Reconstr Surg Glob Open*. 2019 Sep 10;7(8 Suppl):24-25. doi: 10.1097/01.GOX.0000584328.47285.ca. PMCID: PMC6750458.
43. Rostock M, Naumann J, Guethlin C, Guenther L, Bartsch HH, Walach H. Classical homeopathy in the treatment of cancer patients--a prospective

- observational study of two independent cohorts. BMC Cancer. 2011 Jan 17;11:19. doi: 10.1186/1471-2407-11-19.
44. Frass M, Friehs H, Thallinger C, Sohal NK, Marosi C, Muchitsch I, Gaertner K, Gleiss A, Schuster E, Oberbaum M. Influence of adjunctive classical homeopathy on global health status and subjective wellbeing in cancer patients - A pragmatic randomized controlled trial. Complement Ther Med. 2015 Jun;23(3):309-17.
45. Dolev T, Ben-David M, Shahadi I, Freed Y, Zubedat S, Aga-Mizrachi S, Brand Z, Galper S, Jacobson G, Avital A. Attention Dysregulation in Breast Cancer Patients Following a Complementary Alternative Treatment Routine: A Double-Blind Randomized Trial. Integr Cancer Ther. 2021 Jan-Dec;20:15347354211019470. doi: 10.1177/15347354211019470. PMID: 34027702; PMCID: PMC8150438.
46. Gaertner K, Müllner M, Friehs H, Schuster E, Marosi C, Muchitsch I, et al. Additive homeopathy in cancer patients: Retrospective survival data from a homeopathic outpatient unit at the Medical University of Vienna. Complementary Therapies in Medicine. 2014 Apr;22(2):320–32.
47. Frass M, Lechleitner P, Gründling C, Pirker C, Grasmuk-Siegl E, Domayer J, Hochmair M, Gaertner K, Duscheck C, Muchitsch I, Marosi C, Schumacher M, Zöchbauer-Müller S, Manchanda RK, Schrott A, Burghuber O. Homeopathic Treatment as an Add-On Therapy May Improve Quality of Life and Prolong Survival in Patients with Non-Small Cell Lung Cancer: A Prospective, Randomized, Placebo-Controlled,

- Double-Blind, Three-Arm, Multicenter Study. *Oncologist*. 2020 Dec;25(12):e1930-e1955.
48. Correction to: Homeopathic Treatment as an Add-On Therapy May Improve Quality of Life and Prolong Survival in Patients with Non-Small Cell Lung Cancer: A Prospective, Randomized, Placebo-Controlled, Double-Blind, Three-Arm, Multicenter Study *The Oncologist*, 2024. <https://doi.org/10.1093/oncolo/oyae253> Advance access publication 24 September 2024. Correction.
49. Milazzo S, Russell N, Ernst E Efficacy of homeopathic therapy in cancer treatment. . *European J of Cancer* 2006;42: 282-289.
50. Kassab S, Cummings M, Berkovitz S, van Haselen R, Fisher P (2009) Homeopathic medicines for adverse effects of cancer treatments. *Cochrane Database Syst Rev*: CD004845
51. Wagenknecht A, Dörfler J, Freuding M, Josfeld L, Huebner J. Homeopathy effects in patients during oncological treatment: a systematic review. *J Cancer Res Clin Oncol*. 2023 May;149(5):1785-1810.
52. Witt CM, Ludtke R, Mengler N, Willich SN. How healthy are chronically ill patients after eight years of homeopathic treatment? Results from a long-term observational study. *BMC Public Health*. 2008;8:413.
53. Gaertner K, Lürer SC, Frei-Erb M, von Ammon K. Complementary individual homeopathy in paediatric cancer care: A case series from a University Hospital, Switzerland. *Complement Ther Med*. 2018 Dec;41:267-270.

54. Rossi E, Di Stefano M, Picchi M, Panozzo MA, Noberasco C, Nurra L, Baccetti S. Integration of Homeopathy and Complementary Medicine in the Tuscan Public Health System and the Experience of the Homeopathic Clinic of the Lucca Hospital. *Homeopathy*. 2018 May;107(2):90-98.

פרק 11-רפואה אינטגרטיבית בזמן ולאחר הקרנות

1. Hanna TP, Shafiq J, Delaney GP, et al. The population benefit of evidence-based radiotherapy: 5-year local control and overall survival benefits. *Radiother Oncol*. 2018;126(2):191-197.
2. Kunkler IH, Williams LJ, Jack WJL, et al. Breast-conserving surgery with or without irradiation in early breast cancer. *N Engl J Med*. 2023;388(7):585-594.
3. Altomare A, Fiore M, D'Ercole G, et al. Protective role of natural compounds under radiation-induced injury. *Nutrients*. 2022;14(24):5374.
4. Wedlake L, Shaw C, McNair H, et al. Randomized controlled trial of dietary fiber for the prevention of radiation-induced gastrointestinal toxicity during pelvic radiotherapy. *Am J Clin Nutr*. 2017;106(3):849-857.
5. Soni S, Torvund M, Mandal CC. Omega-3 fatty acid treatment combined with chemotherapy to prevent toxicity, drug resistance, and metastasis in cancer. *Curr Drug Targets*. 2022;23(6):574-596.
6. Pang X-M, Cai H-H, Zhao J, et al. Efficacy of Astragalus in the treatment of radiation-induced lung injury based on traditional Chinese medicine: A systematic review and meta-analysis of 25 RCTs. *Medicine (Baltimore)*. 2022;101(36):e30478.
7. Montgomery GH, David D, Kangas M, et al. Randomized controlled trial of a CBT plus hypnosis intervention to control fatigue in patients undergoing radiotherapy for breast cancer. *J Clin Oncol*. 2014;32(6):557-563.
8. Garcia MK, Liu C, Lisberg A, et al. Randomized phase III trial of acupuncture for radiation-induced xerostomia in patients with head and neck cancer. *J Clin Oncol*. 2019;37(9):737-743.
9. Balzarini A, Felisi E, Martini A, De Conno F. Efficacy of homeopathic treatment of skin reactions during radiotherapy for breast cancer: A randomized, double-blind clinical trial. *Br Homeopath J*. 2000;89(1):8-12.
10. Feighan L, MacDonald-Wicks L, Callister R, Surjan Y. Fuelling Recovery: Is There a Role for Radiation Therapists in Optimising Nutrition for Women With Breast Cancer? *J Med Radiat Sci*. 2025 Mar 27. doi: 10.1002/jmrs.874. Epub ahead of print. PMID: 40150839.
11. Zhang W, Fan L, Xie Y, Gao T, Zeng J. Clinical efficacy and applicability of natural products in the treatment and prevention of radiotherapy-induced oral mucositis: A systematic review. *PLoS One*. 2024 May 23;19(5):e0303988. doi: 10.1371/journal.pone.0303988. PMID: 38781255; PMCID: PMC11115216.
12. Elad S, Cheng KKF, Lalla RV, et al. MASCC/ISOO Clinical Practice Guidelines for the Management of Mucositis. *Cancer*. 2020;126(19):4423-4431.
13. Heydarirad G, Ahadi B, Molavi Vardanjani H, Cramer H, Mirzaei HR, Pasalar M. Herbal medicines for treatment of radiodermatitis in cancer

- patients: A systematic review and meta-analysis. *J Altern Complement Med.* 2021;27(12):1098–1104. doi:10.1089/acm.2021.0166.
14. Kim KI, Lee SC, Lim SW, et al. Oral Chinese herbal medicine for the prevention of radiation pneumonitis: A systematic review and meta-analysis of randomized trials. *Ann Transl Med.* 2018;6(14):277. doi:10.21037/atm.2018.06.57.
 15. Pommier P, Gomez F, Sunyach MP, et al. Phase III randomized trial of *Calendula officinalis* versus trolamine for the prevention of acute dermatitis during irradiation for breast cancer. *J Clin Oncol.* 2004;22(8):1447–1453.
 16. Simões FV, Santos VO, Silva RN, Silva RC. Effectiveness of skin protectors and *Calendula officinalis* for prevention and treatment of radiodermatitis: an integrative review. *Rev Bras Enferm.* 2020;73(Suppl 5):e20190815.
 17. Schneider F, Danski MTR, Vayego SA. Usage of *Calendula officinalis* in the prevention and treatment of radiodermatitis: a randomized double blind controlled clinical trial. *Rev Esc Enferm USP.* 2015;49(2):221–226.
 18. Sharp L, Finnilä K, Johansson H, Abrahamsson M, Hatschek T, Bergenmar M. No differences between *Calendula* cream and aqueous cream in the prevention of acute radiation skin reactions — results from a randomized blinded trial. *Eur J Oncol Nurs.* 2013;17(4):429–435.
 19. Jin XZ, Ruiz Beguerie J, Sze DMY, Chan GCF. *Ganoderma lucidum* (Reishi mushroom) for cancer treatment. *Cochrane Database Syst Rev.* 2016;(4):CD007731.
 20. Torkelson CJ, Sweet E, Martzen MR, et al. Phase 1 clinical trial of *Trametes versicolor* in women with breast cancer. *ISRN Oncol.* 2012;2012:251632.
 21. Yang J, Nian Y, Duan Y, et al. Protection against X-ray irradiation injury by *Ophiocordyceps sinensis* (cordyceps) polysaccharides in mice. *Int J Med Mushrooms.* 2020;22(8):815–827.
 22. Antonelli M, Donelli D, Firenzuoli F. Lentinan for integrative cancer treatment: an umbrella review. *Proceedings.* 2021;79(1):1. DOI:10.3390/IECBM2020-08733
 23. Rosewall T, Feuz C, Bayley A. Cannabis and Radiation Therapy: A Scoping Review of Human Clinical Trials. *J Med Imaging Radiat Sci.* 2020 Jun;51(2):342–349. doi: 10.1016/j.jmir.2020.01.007. Epub 2020 Apr 3. PMID: 32249134.
 24. Braun IM, Bohlke K, Abrams DI, Anderson H, Balneaves LG, Bar-Sela G, Bowles DW, Chai PR, Damani A, Gupta A, Hallmeyer S, Subbiah IM, Twelves C, Wallace MS, Roeland EJ. Cannabis and Cannabinoids in Adults With Cancer: ASCO Guideline. *J Clin Oncol.* 2024 May 1;42(13):1575–1593. doi: 10.1200/JCO.23.02596. Epub 2024 Mar 13. PMID: 38478773; PMCID: PMC11730458.
 25. Devaraj NK, Suppiah S, Veettil SK, Ching SM, Lee KW, Menon RK, Soo MJ, Deuraseh I, Hoo FK, Sivaratnam D. The Effects of Probiotic Supplementation on the Incidence of Diarrhea in Cancer Patients

- Receiving Radiation Therapy: A Systematic Review with Meta-Analysis and Trial Sequential Analysis of Randomized Controlled Trials. *Nutrients*. 2019 Nov 27;11(12):2886. doi: 10.3390/nu11122886. PMID: 31783578; PMCID: PMC6950027.
26. Limbrunner J, Doerfler J, Pietschmann K, Buentzel J, Scharpenberg M, Huebner J. The influence of antioxidant supplementation on adverse effects and tumor interaction during radiotherapy: a systematic review. *Clin Exp Med*. 2025 Jul 22;25(1):258. doi: 10.1007/s10238-025-01804-x. PMID: 40691411; PMCID: PMC12279893.
 27. Ligibel JA, Meyerhardt J, Pierce JP, et al. Exercise, Diet, and Weight Management During Cancer Treatment: ASCO Guideline. *J Clin Oncol*. 2022;40(22):2569-2585.
 28. Reddy LG, et al. Fasting positioned radiotherapy in locally advanced cancers. Abstract presented at: American Society for Radiation Oncology Annual Meeting; 2024. Abstract 2879.
 29. Klement RJ, Klement JL, Friesen G, et al. Fasting in breast cancer patients during radiotherapy: feasibility and effects. *Holist Integr Oncol*. 2023;2:35-100.
 30. Vernieri C, Fucà G, Ligorio F, et al. Fasting mimicking diet and standard therapy for cancer patients. *Cancer Discov*. 2022;12(2):165-176.
 31. Eustace N, et al. Time-restricted eating versus standard nutrition counseling during chemoradiation therapy (TIDIER trial): feasibility and patient-reported outcomes. Presented at the Society for Integrative Oncology Annual Meeting; 2024.
 32. Thomas J, Beinhorn C, Norton D, Richardson M, Sumler SS, Frenkel M. Managing radiation therapy side effects with complementary medicine. *J Soc Integr Oncol*. 2010 Spring;8(2):65-80. PMID: 20388447.
 33. Lapen K, Cha E, Huang CC, et al. The Use of Complementary and Integrative Therapies as Adjunct Interventions During Radiotherapy: A Systematic Review. *Support Care Cancer*. 2021;29(11):6201-6209.
 34. Yang L, Winters-Stone K, Rana B, Cao C, Carlson LE, Courneya KS, Friedenreich CM, Schmitz KH. Tai Chi for cancer survivors: A systematic review toward consensus-based guidelines. *Cancer Med*. 2021 Nov;10(21):7447-7456. doi: 10.1002/cam4.4273. Epub 2021 Sep 17. PMID: 34533284; PMCID: PMC8559497.
 35. Carlson LE, Ismaila N, Addington EL, et al. Integrative Oncology Care of Symptoms of Anxiety and Depression in Adults With Cancer: Society for Integrative Oncology-ASCO Guideline. *J Clin Oncol*. 2023 Oct 1;41(28):4562-4591. doi: 10.1200/JCO.23.00857. Epub 2023 Aug 15. PMID: 37582238.
 36. Rossi E, Noberasco C, Picchi M, Nurra L, Di Stefano M. Severity of radiodermatitis in breast cancer patients with preventive homeopathic/integrative treatment compared with control group. *Homeopathy*. 2020;109(1):A1-A28. doi:10.1055/s-0040-1702080.

37. Steinmann D, Eilers V, Beynenson D, et al. Effect of Traumeel S on pain and discomfort in radiation-induced oral mucositis: A preliminary observational study. *Altern Ther Health Med*. 2012;18(4):12-18.
38. Dolev T, Ben-David M, Shahadi I, Freed Y, Zubedat S, Aga-Mizrachi S, Brand Z, Galper S, Jacobson G, Avital A. Attention Dysregulation in Breast Cancer Patients Following a Complementary Alternative Treatment Routine: A Double-Blind Randomized Trial. *Integr Cancer Ther*. 2021 Jan-Dec;20:15347354211019470. doi: 10.1177/15347354211019470. PMID: 34027702; PMCID: PMC8150438.
39. Asadpour R, Meng Z, Kessel KA, Combs SE. Use of acupuncture to alleviate side effects in radiation oncology: Current evidence and future directions. *Adv Radiat Oncol*. 2016 Aug 18;1(4):344-350.
40. Ni X, Li C, Hediger J, et al. The effect of acupuncture on xerostomia after radiotherapy for head and neck cancer: A systematic review and meta-analysis. *Integr Cancer Ther*. 2020;19:1534735420919513.
41. Balk J., Day R., Rosenzweig M., Beriwal S. Pilot, randomized, modified, double-blind, placebo-controlled trial of acupuncture for cancer-related fatigue. *J Soc Integrative Oncol*. 2009;7:4-11.
42. Cohen L, Danhauer SC, Garcia MK, et al. Acupuncture for Chronic Radiation-Induced Xerostomia in Head and Neck Cancer: A Multicenter Randomized Clinical Trial. *JAMA NetworkOpen*. 2024 May 1;7(5):e2410421. doi: 10.1001/jamanetworkopen.2024.10421. PMID: 38739392; PMCID: PMC11091764.

פרק 12- מה לעשות כשהמחלה מתקדמת? – הופעת

גרורות- מה לעשות?

1. Gallicchio L, Devasia TP, Tonorezos E, Mollica MA, Mariotto A. Estimation of the Number of Individuals Living With Metastatic Cancer in the United States. *J Natl Cancer Inst.* 2022;114(11):1476-1483.
2. Mariotto AB, Etzioni R, Hurlbert M, Penberthy L, Mayer M. Estimation of the Number of Women Living With Metastatic Breast Cancer in the United States. *Cancer Epidemiol Biomarkers Prev.* 2017;26(6):809-815.
3. Cowperthwaite MC, Burnett-Hartman A. Estimation of the Number of Men Living With Metastatic Prostate Cancer in the United States. *JNCI Cancer Spectrum.* 2023;7(1):pkad003.
4. National Cancer Institute. Surveillance, Epidemiology, and End Results (SEER) Program. Cancer Stat Facts: Colorectal and Breast Cancer. <https://seer.cancer.gov/statfacts/>
5. Middleton JD, Stover DG, Hai T. Chemotherapy-Exacerbated Breast Cancer Metastasis: A Paradox Explainable by Dysregulated Adaptive-Response. *Int J Mol Sci.* 2018;19(11):3333.
6. Witt CM, Balneaves LG, Cardoso MJ, et al. A comprehensive definition for integrative oncology. *J Natl Cancer Inst Monogr.* 2017;2017(52).
7. Greenlee H, DuPont-Reyes MJ, Balneaves LG, et al. Clinical practice guidelines on the evidence-based use of integrative therapies during and after breast cancer treatment. *CA Cancer J Clin.* 2017;67(3):194-232.
8. Soni S, Torvund M, Mandal CC. Omega-3 Fatty Acid Treatment Combined With Chemotherapy to Prevent Toxicity, Drug Resistance, and Metastasis in Cancer. *Curr Drug Targets.* 2022;23(6):574-596.
9. Greger M. Eating to Downregulate a Gene for Metastatic Cancer. NutritionFacts.org; June 2025.
10. Betof AS, Lascola CD, Weitzel D, et al. Modulation of murine breast tumor vascularity, hypoxia, and chemotherapeutic response by exercise. *J Natl Cancer Inst.* 2022;114(7):1025-1033.
11. Seely D, Mills EJ, Wu P, et al. Melatonin as adjuvant cancer care with and without chemotherapy: a systematic review and meta-analysis of randomized trials. *Integr Cancer Ther.* 2012;11(4):293-303.

Omega-3 (clinical/mechanistic):

12. Murphy RA, Mourtzakis M, Chu QS, et al. Supplementation with fish oil increases first-line chemotherapy efficacy in patients with advanced non-small cell lung cancer. *Cancer.* 2011;117(16):3774-3780. doi:10.1002/cncr.25933
13. Bougnoux P, Hajjaji N, Ferrasson MN, et al. Improving outcome of chemotherapy of metastatic breast cancer by docosahexaenoic acid: a phase II trial. *Br J Cancer.* 2009;101(12):1978-1985. doi:10.1038/sj.bjc.6605419
14. Camargo C de Q, Mocellin MC, Pastore Silva JA, et al. Fish oil supplementation during chemotherapy increases time to tumor progression in

colorectal cancer. *Nutr Cancer*. 2016;68(1):70-76.

doi:10.1080/01635581.2016.1108165

15. Hull MA, Ow PL, Ruddock S, et al. Randomised, placebo-controlled, phase 3 trial of eicosapentaenoic acid after surgery for resectable liver metastases (EMT2): study protocol. *BMJ Open*. 2023;13(11):e077427. doi:10.1136/bmjopen-2023-077427

16. Zhang G, Panigrahy D, Mahakian LM, et al. Epoxy metabolites of docosahexaenoic acid inhibit angiogenesis, tumor growth, and metastasis. *Proc Natl Acad Sci U S A*. 2013;110(16):6530-6535.

17. Oh K, Moon HG, Lee DS, et al. Matrix metalloproteinase-9 in cancer-associated fibroblasts is a prognostic marker and a potential therapeutic target in breast cancer. *PLoS One*. 2014;9(2):e88905.

18. Kim J, Kim Y. DHA blocks TPA-induced cell invasion by inhibiting MMP-9 via NF- κ B in MCF-7 cells. *Oncol Lett*. 2016;11(2):1371-1377.

19. Moon DO, Kim MO, Lee JD, et al. Eicosapentaenoic acid inhibits TNF- α -induced MMP-9 via NF- κ B in U937 cells. *Biochem Biophys Res Commun*. 2008;379(2):445-450.

20. Cerchietti LC, Navigante AH, Castro MA, et al. Omega-3 supplements for patients in chemotherapy and/or radiotherapy: a review. *Clin Nutr*. 2015;34(3):359-366.

21. Cockbain AJ, Toogood GJ, Hull MA. Omega-3 polyunsaturated fatty acids for the treatment and prevention of colorectal cancer. *Gut*. 2012;61(1):135-149.

22. Zhang X, Yang J, Chen J, et al. The efficacy and safety of omega-3 supplementation in cancer patients: a systematic review and meta-analysis. *Nutrients*. 2022;14(5):987.

23. Lages PC, Generoso SV, Correia MITD, et al. n-3 Fatty Acids and Chemotherapy: A Systematic Review. *Nutrition*. 2021;91-92:111404.

24. Cheng M, Zhang S, Ning C, Huo Q. Omega-3 supplementation improves nutritional status and inflammation in lung cancer patients: a randomized trial. *Front Nutr*. 2021;8:713802.

Curcumin:

25. Younes M, Al-Thuwaini A, Abu-Mahfouz I, et al. Synergistic effect of curcumin on the efficacy of chemo- and radiotherapy: a systematic review. *Curr Oncol*. 2022;29(12):9933-9948.

26. Kunnumakkara AB, Bordoloi D, Harsha C, et al. Curcumin mediates anticancer effects by modulating multiple cell signaling pathways. *Clin Sci (Lond)*. 2017;131(15):1781-1799.

27. DiSilvestro RA, Joseph E, Zhao S, Bomser J. Diverse effects of a low-dose lipidated curcumin supplement in healthy middle-aged people. *Nutr J*. 2012;11:79.

28. Passildas J, Baciarello G, Ben Abdelghani M, et al. Curcumin's effect in advanced/metastatic breast cancer treated with docetaxel: a randomized trial. *Health Sci Rep*. 2024;7(9):e70052.

Green tea & MCP (modified citrus pectin):

29. Khan N, Mukhtar H. Cancer and metastasis: prevention and treatment by green tea. *Cancer Metastasis Rev.* 2010;29(3):435-445.
30. Mukhtar H, Ahmad N. Tea polyphenols: prevention of cancer and optimizing health. *Am J Clin Nutr.* 2000;71(6 Suppl):1698S-1702S.
31. Katiyar SK, Mukhtar H. EGCG prevents UVB-induced leukocyte infiltration and oxidative damage in mouse skin. *Arch Biochem Biophys.* 2001;391(2):145-156.
32. Liang G, Tang A, Lin X, et al. Green tea catechins inhibit B16-F10 melanoma cell growth by cell-cycle block and apoptosis. *J Nutr Biochem.* 1999;10(6):324-331.
33. Farhan M. Green tea catechins: nature's way of preventing and treating cancer. *Int J Mol Sci.* 2022;23(18):10713.
34. Platt D, Raz A. Modulation of lung colonization of B16-F1 melanoma by citrus pectin. *J Natl Cancer Inst.* 1992;84(6):438-442.
35. Inohara H, Raz A. Effects of citrus pectin on murine melanoma properties related to galectin-3. *Glycoconj J.* 1994;11(6):527-532.
36. Glinsky VV, Raz A. Modified citrus pectin anti-metastatic properties: one bullet, multiple targets. *Carbohydr Res.* 2009;344(14):1788-1791.
37. Nangia-Makker P, Hogan V, Honjo Y, et al. Inhibition of human cancer growth and metastasis in nude mice by oral MCP. *J Natl Cancer Inst.* 2002;94(24):1854-1862.
38. Pienta KJ, Naik H, Akhtar A, et al. Inhibition of spontaneous metastasis in a rat prostate cancer model by oral MCP. *J Natl Cancer Inst.* 1995;87(5):348-353.

Exercise, sleep, acupuncture, perioperative stress:

39. Pedersen L, Idorn M, Olofsson GH, et al. Voluntary running suppresses tumor growth via NK cell mobilization. *Cell Metab.* 2016;23(3):554-562.
40. Zielinski MR, Muenchow M, Wallig MA, Horn PL, Krueger JM. Sleep, inflammation and cytokines. *Sleep Med Rev.* 2014;18(3):215-225.
41. Holmes MD, Chen WY, Feskanich D, et al. Physical activity and survival after breast cancer diagnosis. *JAMA.* 2005;293(20):2479-2486.
42. Zhang Y, Wang W, Zhang Z, et al. Acupuncture inhibits stress-induced tumor progression in a mouse breast cancer model. *PLoS One.* 2013;8(10):e76003.
43. Lu W, Rosenthal DS. Acupuncture for cancer pain and related symptoms. *Curr Pain Headache Rep.* 2013;17(3):321.
44. Ben-Eliyahu S, Page GG, Yirmiya R, Shakhar G. Stress and surgical interventions promote tumor development by suppressing NK cells. *Int J Cancer.* 1999;80(6):880-888.
45. Horowitz M, Neeman E, Sharon E, Ben-Eliyahu S. Exploiting the perioperative period to improve long-term cancer outcomes. *Nat Rev Clin Oncol.* 2015;12(4):213-226.
46. Montgomery GH, Bovbjerg DH, Schnur JB, et al. Brief hypnosis to control side effects in breast surgery: RCT. *J Natl Cancer Inst.* 2007;99(17):1304-1312.

Melatonin:

47. Carrillo-Vico A, Guerrero JM, Lardone PJ, Reiter RJ. Multiple actions of melatonin on the immune system: review. *Endocrine*. 2005;27(2):189-200.
48. Kim K, Lee J, Park SY, et al. Melatonin suppresses tumor progression by reducing stress hormones and stress-induced metastasis. *Oncotarget*. 2016;7(29):43924-43937.
49. Cos S, González A, Martínez-Campa C, Mediavilla MD, Alonso-González C, Sánchez-Barceló EJ. Estrogen-signaling and melatonin oncostatic actions. *Cancer Detect Prev*. 2006;30(2):118-128.
50. Seely D, Wu P, Fritz H, et al. Melatonin as adjuvant cancer care: systematic review and meta-analysis. *Integr Cancer Ther*. 2012;11(4):293-303.
51. Lissoni P, Barni S, Mandalà M, et al. Decreased toxicity and increased efficacy of chemotherapy using melatonin in metastatic solid tumors. *Eur J Cancer*. 1999;35(12):1688-1692.

Homeopathy:

52. Frass M, Friehs H, Thallinger C, et al. Adjunctive classical homeopathy in cancer: pragmatic RCT. *Complement Ther Med*. 2015;23(3):309-317.
53. Frass M, Gaertner K, Bajpayee U, et al. Add-On Homeopathy in Non-Small Cell Lung Cancer: randomized, placebo-controlled, double-blind trial. *The Oncologist*. 2020;26(6):e999-e1009.
54. Frass M, Oberbaum M, Brezovich I, et al. Complementary treatment of cancer patients: retrospective single-center study. *Integr Cancer Ther*. 2016;15(4):472-480.

Dietary patterns & specific nutrients:

55. Sanabria A, et al. Association of Mediterranean diet with survival after breast cancer: EPIC cohort. *BMC Med*. 2023;21(1):225.
56. Bonaccio M, Di Castelnuovo A, Costanzo S, et al. Adherence to Mediterranean diet and mortality in cancer survivors: population-based study. *JACC CardioOncol*. 2024;(online first).
57. Poff AM, Ari C, Seyfried TN, D'Agostino DP. Ketogenic diet + hyperbaric oxygen prolong survival in systemic metastatic cancer (mice). *PLoS One*. 2013;8(6):e65522.
58. Buga A, Harper DG, Sapper TN, et al. Ketogenic diet in women with metastatic breast cancer (Keto-CARE): feasibility and metabolic outcomes. *PLoS One*. 2024;19(1):e0296523.
59. Liu VN, Van Blarigan EL, Zhang L, et al. Plant-based diets and disease progression in men with prostate cancer. *JAMA Netw Open*. 2024;7(5):e249053.
60. Chen YC, Prabhu KS, Mastro AM. Is selenium a potential treatment for cancer metastasis? *Nutrients*. 2013;5(4):1149-1168.

Vitamin D (overview):

61. Feldman D, Krishnan AV, Swami S, Giovannucci E, Feldman BJ. The role of vitamin D in reducing cancer risk and progression. *Nat Rev Cancer*. 2014;14(5):342-357.

חלק רביעי: גישות אינטגרטיביות לפי מחלות

הסרטן השונות

פרק 13- הגישה לטיפול אינטגרטיבי והתמודדות עם סרטן

שד

תזונה

1. Toledo E, Salas-Salvadó J, Donat-Vargas C, et al. Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED Trial. *JAMA Intern Med.* 2015;175(11):1752-1760. doi:10.1001/jamainternmed.2015.4838.
2. Reytor-González A, Karolys-Zuñiga A, Flores-Trujillo E, et al. Mediterranean diet and breast cancer: A narrative review. *Medwave.* 2025;25(2):e3027. doi:10.5867/medwave.2025.02.3027.
3. de Groot S, Pijl H, van der Hoeven JJM, et al. Fasting mimicking diet as an adjunct to neoadjuvant chemotherapy for breast cancer: a randomized study. *Breast Cancer Res Treat.* 2020;179(1):187-199. doi:10.1007/s10549-019-05470-1.
4. Kawai M, Minami Y, Kuriyama S, et al. Green tea consumption and the risk of breast cancer recurrence: A cohort study. *Breast Cancer Res Treat.* 2010;121(3):461-467. doi:10.1007/s10549-009-0596-3.
5. Nakachi K, Imai K, Suga K, Takeo T. Can tea polyphenols prevent cancer? *Prev Med.* 1998;27(2):171-180. doi:10.1006/pmed.1998.0287.
6. Nachvak SM, Moradi S, Shafiei Z, et al. Soy, Soy Isoflavones, and Protein Intake in Relation to All-Cause and Cancer Mortality: A Systematic Review and Dose-Response Meta-analysis of Prospective Cohort Studies. *J Acad Nutr Diet.* 2019;119(9):1483-1500.e17. doi:10.1016/j.jand.2019.05.002.
7. Wei Y, Huang T, Lei L, et al. Soy intake and breast cancer risk: a meta-analysis of prospective studies. *Oncotarget.* 2019;10(21):2060-2070. doi:10.18632/oncotarget.26721.
8. Zhao PP, Zhou Y, Wang J, et al. Dairy consumption and breast cancer risk: A systematic review and meta-analysis of prospective cohort studies. *Nutrients.* 2024;16(3):512. doi:10.3390/nu16030512. (דוגמה עדכנית לדיון על) (חלב ומוצרי)

9. Ruggiero E, Sharma S, Di Castelnuovo A, Costanzo S, Panzera T, Esposito S, Cerletti C, Donati MB, de Gaetano G, Iacoviello L, Bonaccio M; Moli-sani Study Investigators. Olive oil consumption and risk of breast cancer: Prospective results from the Moli-sani Study, and a systematic review of observational studies and randomized clinical trials. *Eur J Cancer*. 2025 Jun 25;224:115520. doi: 10.1016/j.ejca.2025.115520. Epub 2025 May 24. PMID: 40449295.
10. Ghadirian P, Narod S, Fafard E, Costa M, Robidoux A, Nkondjock A. Breast cancer risk in relation to the joint effect of BRCA mutations and diet diversity. *Breast Cancer Res Treat*. 2009 Sep;117(2):417-22. doi: 10.1007/s10549-008-0292-y. Epub 2009 Jan 23. PMID: 19165595.

ויטמין D

1. **Omodei MS**, de Oliveira FC, Figuera TM, **et al**. Vitamin D Supplementation Improves Pathological Complete Response in Breast Cancer Patients Undergoing Neoadjuvant Chemotherapy: A Randomized Clinical Trial. *Nutrition and Cancer*. 2025;77(—):—. doi:10.1080/01635581.2025.2480854. PMID:40098326.
2. **Özkurt E**, Düzgün E, Gündüz S, **et al**. Vitamin D Supplementation During Neoadjuvant Systemic Therapy Improves Pathological Complete Response in Breast Cancer: A Prospective Randomized Clinical Trial. *World J Surg*. 2025;49(—):—. doi:10.1002/wjs.12587. PMID:40229998.
3. **Chiba A**, Kimura T, Kinoshita T, **et al**. Impact of vitamin D on pathological complete response and survival following neoadjuvant chemotherapy in operable breast cancer. *BMC Cancer*. 2018;18:—. doi:10.1186/s12885-018-4686-x.
4. **Chen CS**, Zirpoli G, Barlow WE, Budd GT, McKiver B, Pusztai L, Hortobagyi GN, Albain KS, Damaj MI, Godwin AK, Thompson A, Henry NL, Ambrosone CB, Stringer KA, Hertz DL. Vitamin D Insufficiency as a Risk Factor for Paclitaxel-Induced Peripheral Neuropathy in SWOG S0221. *J Natl Compr Canc Netw*. 2023 Nov;21(11):1172-1180.e3. doi: 10.6004/jnccn.2023.7062. PMID: 37935109; PMCID: PMC10976748.

אומגה-3 (EPA/DHA) ותמיכה טיפולית

1. **Ghoreishi Z**, Esfahani A, Djazayeri A, **et al**. Omega-3 fatty acids are protective against paclitaxel-induced peripheral neuropathy: A randomized double-blind placebo-controlled trial. *BMC Cancer*. 2012;12:355. doi:10.1186/1471-2407-12-355.
2. **Tawfik B**, Kirshner J, Chen S, **et al**. Omega-3 Fatty Acids for Paclitaxel-Associated Acute Pain Syndrome and Chemotherapy-Induced Peripheral Neuropathy: A Pilot Randomized, Placebo-Controlled, Double-Blind Study. *Support Care Cancer*. 2023;31(11):597. doi:10.1007/s00520-023-07941-3.
3. **Almassri HF**, Abdul Kadir A, Srour M, Foo LH. The Effects of Omega-3 Fatty Acids and Vitamin D Supplementation on the Nutritional Status of

Women with Breast Cancer: An Open-Label RCT. *Nutrients*. 2024;16(22):3960. doi:10.3390/nu16223960.

תה ירוק

1. **Iwasaki M**, Inoue M, Sasazuki S, **et al**. Green tea drinking and subsequent risk of breast cancer in a population-based cohort of Japanese women. *Breast Cancer Res*. 2010;12(5):R88. doi:10.1186/bcr2768.
2. **Seely D**, Mills E, Wu P, Verma S, Guyatt G. The effects of green tea consumption on incidence of breast cancer and recurrence: a systematic review and meta-analysis. *Integr Cancer Ther*. 2005;4(2):144-155. doi:10.1177/1534735405276421.

פטריות (כולל טרמטס/שיטאקי/מאיטקי/שמפיניון)

1. **De Luca F**, Russo L, Argenziano C, **et al**. Medicinal Mushrooms in Metastatic Breast Cancer: What Is Their Therapeutic Potential as Adjuvant in Clinical Settings? *Genes (Basel)*. 2024;15(7):450. doi:10.3390/genes15070450.
2. **Torkelson CJ**, Sweet E, Martzen MR, **et al**. Phase 1 Clinical Trial of *Trametes versicolor* in Women With Breast Cancer. *ISRN Oncol*. 2012;2012:251632. doi:10.5402/2012/251632.
3. **Standish LJ**, Torkelson C, Hamill FA, **et al**. *Trametes versicolor* Mushroom Immune Therapy in Breast Cancer. *ISRN Oncol*. 2008;2008:—. doi:10.1155/2008/—. (סקירת נתוני בטיחות/אימונולוגיה מוקדמים)
4. **Adams LS**, Phung S, Wu X, Ki L, Chen S. White button mushroom (*Agaricus bisporus*) suppresses aromatase activity and estrogen biosynthesis in breast cancer cells. *Cancer Res*. 2008;68(20):—. doi:10.1158/0008-5472.CAN-08—.

כורכום

1. **Panahi Y**, Sahebkar A, Parvin S, Saadat A. A randomized controlled trial on curcuminoids for arthralgia in breast cancer patients on aromatase inhibitors. *Phytother Res*. 2014;28(3):—. doi:10.1002/ptr.—. (מודגם בהקשר) (כאבי מפרקים; תומך בשימוש זהיר)

אשרווגנדה/ויתניה

1. **Biswal S**, Sahoo PK, Das D, **et al**. Adjunct *Withania somnifera* for cancer-related fatigue: A randomized controlled pilot. *Integr Cancer Ther*. 2013;12(4):312-322. doi:10.1177/1534735412464551. (רג'ימן כללי; מיושם) (לעייפות גם בקרב שורדות שד)

קוהוש שחור

1. Fritz H, Seely D, McGowan J, **et al**. Black cohosh and breast cancer: a systematic review. *Integr Cancer Ther*. 2014;13(1):12-29. doi:10.1177/1534735413477191.

2. Jacobson JS, Troxel AB, Evans J, *et al.* Randomized trial of black cohosh for the treatment of hot flashes among women with a history of breast cancer. **J Clin Oncol.** 2001;19(10):2739-2745. doi:10.1200/JCO.2001.19.10.2739.
3. Pockaj BA, Gallagher JG, Loprinzi CL, *et al.* Phase III double-blind, randomized, placebo-controlled crossover trial of black cohosh in the management of hot flashes: NCCTG Trial N01CC1. **J Clin Oncol.** 2006;24(18):2836-2841. doi:10.1200/JCO.2005.05.4296.
4. Rostock M, Fischer J, Mumm A, Stammwitz U, Saller R, Bartsch HH. Black cohosh (*Cimicifuga racemosa*) in tamoxifen-treated breast cancer patients with climacteric complaints – a prospective observational study. **Gynecol Endocrinol.** 2011;27(10):844-848. doi:10.3109/09513590.2010.538097.
5. Hernández Muñoz G, Pluchino S. Cimicifuga racemosa for the treatment of hot flushes in women surviving breast cancer. **Maturitas.** 2003;44(suppl 1):S59-S65. doi:10.1016/S0378-5122(02)00349-3.
6. Memorial Sloan Kettering Cancer Center. *Black Cohosh – For Patients & Caregivers and For Healthcare Professionals (Herb Summary)*. Updated October 6, 2022. (Accessed Nov 2025) [mskcc.org](https://www.mskcc.org/mskcc.org).

דיקור – גלי חום, ניירופתיה, כאבי מפרקים

1. **Mao JJ**, Bowman MA, Xie SX, *et al.* Electroacupuncture vs Gabapentin for Hot Flashes Among Survivors of Breast Cancer: A Randomized Trial. **J Clin Oncol.** 2015;33(31):3615-3620. doi:10.1200/JCO.2015.61.5997.
2. **Bao T**, Seidman AD, Piulson L, *et al.* Acupuncture for Chemotherapy-Induced Peripheral Neuropathy: A Randomized Clinical Trial. **JAMA Netw Open.** 2020;3(12):e2026490. doi:10.1001/jamanetworkopen.2020.26490.
3. **Hershman DL**, Unger JM, Greenlee H, *et al.* Effect of Acupuncture vs Sham Acupuncture or Waitlist Control on Joint Pain Related to Aromatase Inhibitors Among Women With Early-Stage Breast Cancer: A Randomized Clinical Trial. **JAMA.** 2017;317(24):2497-2505. doi:10.1001/jama.2017.7666.
4. **Greenlee H**, DuPont-Reyes MJ, Balneaves LG, *et al.* Clinical Practice Guideline on Integrative Therapies for Anxiety and Depression in Patients With Cancer. **J Clin Oncol.** 2023;41(10):—. doi:10.1200/JCO.22.01417. (SIO-ASCO)
5. **Lyman GH**, Greenlee H, Bohlke K, *et al.* Integrative Medicine for Pain Management in Oncology: ASCO–SIO Guideline. **J Clin Oncol.** 2022;40(34):3998-4024. doi:10.1200/JCO.22.01357.
6. Hershman DL, Unger JM, Greenlee H, Capodice J, Lew DL, Darke A, Minasian LM, Fisch MJ, Henry NL, Crew KD. Comparison of Acupuncture vs Sham Acupuncture or Waiting List Control in the Treatment of Aromatase Inhibitor-Related Joint Pain: A Randomized Clinical Trial. **JAMA Netw Open.** 2022 Nov 1;5(11):e2241720. doi:

10.1001/jamanetworkopen.2022.41720. PMID: 36367721; PMCID: PMC9652759.

גוף-נפש, שינה ו CBT-יוגה ומוזיקה

1. **Savard J**, Simard S, Ivers H, Morin CM. Randomized Study on Cognitive Behavioral Therapy for Insomnia in Breast Cancer Survivors. *J Clin Oncol*. 2005;23(25):5517-5529. doi:10.1200/JCO.2005.08.548.
2. **Kiecolt-Glaser JK**, Bennett JM, Andridge R, **et al**. Yoga's Impact on Inflammation, Mood, and Fatigue in Breast Cancer Survivors: A Randomized Controlled Trial. *J Clin Oncol*. 2014;32(10):1040-1049. doi:10.1200/JCO.2013.51.8860.
3. **Bradt J**, Dileo C, Magill L, Teague A. Music interventions for improving psychological and physical outcomes in cancer patients. *Cochrane Database Syst Rev*. 2016;(8):CD006911. doi:10.1002/14651858.CD006911.pub3.

סטריס, מערכת סימפתטית והתפשטות

1. **Sloan EK**, Priceman SJ, Cox BF, **et al**. The Sympathetic Nervous System Induces a Metastatic Switch in Primary Breast Cancer. *Cancer Res*. 2010;70(18):7042-7052. doi:10.1158/0008-5472.CAN-10-0522.
2. **Le CP**, Nowell CJ, Kim-Fuchs C, **et al**. Chronic stress remodels lymphatic vasculature to promote tumour cell dissemination. *Nat Commun*. 2016;7:10634. doi:10.1038/ncomms10634.

BRCA הקשרי תזונה/סטריס

1. Flaherty RL, Falcinelli M, Hesketh AR, **et al**. Biomarkers of Psychological Stress and Increased Susceptibility to Breast/Prostate Cancer in BRCA1/2 Carriers. *Br J Cancer*. 2025. doi:10.1038/s41416-025-03085-3.
2. Metcalfe KA, Lynch HT, Ghadirian P, **et al**. Dietary patterns and breast cancer risk in BRCA1/2 carriers. *Breast Cancer Res Treat*. 2020;—:—. doi:10.1007/s10549-020—.
3. Nkondjock A, Ghadirian P. Diet quality and BRCA-associated breast cancer risk. *Breast Cancer Res Treat*. 2007 Jul;103(3):361-9. doi: 10.1007/s10549-006-9371-0. Epub 2006 Oct 25. PMID: 17063275.
4. Nkondjock A, Robidoux A, Paredes Y, **et al**. Diet, lifestyle and BRCA-related breast/ovarian cancer risk: A case-control study. *Breast Cancer Res Treat*. 2006;—:—. doi:10.1007/s10549-006-9287-y.
5. Ghadirian P, Narod S, Fafard E, Costa M, Robidoux A, Nkondjock A. Breast cancer risk in relation to the joint effect of BRCA mutations and diet diversity. *Breast Cancer Res Treat*. 2009

Sep;117(2):417-22. doi: 10.1007/s10549-008-0292-y. Epub 2009 Jan 23. PMID: 19165595.

עיסוי

1. **Lee SH**, Kim JY, Yeo S, **et al**. Massage Therapy for Symptom Control in Patients With Cancer: A Systematic Review and Meta-analysis. *Support Care Cancer*. 2020;28(9):—. doi:10.1007/s00520-019-05264-x.

פעילות גופנית—קונצנזוס והנחיות

2. **Campbell KL**, Winters-Stone KM, Wiskemann J, **et al**. Exercise Guidelines for Cancer Survivors: Consensus Statement from International Multidisciplinary Roundtable. *Med Sci Sports Exerc*. 2019;51(11):2375-2390. doi:10.1249/MSS.0000000000002116.
3. **Ligibel JA**, Jones LW, Brewster AM, **et al**. Exercise, Diet, and Weight Management During Cancer Treatment: A Rapid Recommendation Guideline Update. *J Clin Oncol*. 2022;40(22):2493-2512. doi:10.1200/JCO.22.00687.

דיסטרס/מצוקה—הנחיות

National Comprehensive Cancer Network (NCCN). *NCCN Clinical Practice Guidelines in Oncology: Distress Management*. Version 2.2025. Accessed August 19, 2025. <https://www.nccn.org>

הומאופתיה—ספרות קלינית תומכת/ביקורתית

1. **Medioni J**, Scimeca D, Marquez YL, **et al**. Benefits of Homeopathic Complementary Treatment in Patients With Breast Cancer: A Retrospective Cohort Study Based on the French Nationwide Healthcare Database. *Clin Breast Cancer*. 2023;23(1):60-70. doi:10.1016/j.clbc.2022.10.004.
2. **Gaertner K**, Schneider A, **et al**. Homeopathy for Prevention and Treatment of PARP-Inhibitor Adverse Effects: Case Series/Feasibility. *Homeopathy*. 2022;111(—):—. doi:10.1055/s-0043-1777863.

מיניות

1. Le Ray I, Dell'Aniello S, Bonnetain F, Azoulay L, Suissa S. Local estrogen therapy and risk of breast cancer recurrence among hormone-treated

- patients: a nested case-control study. *Breast Cancer Res Treat.* 2012;135(2):603-609.
2. Cold S, Cold F, Jensen MB, Cronin-Fenton D, Christiansen P, Ejlersen B. Systemic or vaginal hormone therapy after early breast cancer: a Danish observational cohort study. *J Natl Cancer Inst.* 2022;114(10):1347-1354.
 3. McVicker L, Labeit AM, Coupland CAC, Hicks B, Hughes C, McMenamin Ú, et al. Vaginal estrogen therapy use and survival in females with breast cancer. *JAMA Oncol.* 2024;10(1):103-108.
 4. Barton DL, Sloan JA, Shuster LT, Gill P, Griffin P, Flynn K, et al. Evaluating the efficacy of vaginal dehydroepiandrosterone for vaginal symptoms in postmenopausal cancer survivors: NCCTG N10C1 (Alliance). *Support Care Cancer.* 2018;26(2):643-650.
 5. Faubion SS, Larkin LC, Stuenkel CA, Bachmann GA, Chism LA, Kagan R, et al. Management of genitourinary syndrome of menopause in women with or at high risk for breast cancer: consensus recommendations from The North American Menopause Society and The International Society for the Study of Women's Sexual Health. *Menopause.* 2018;25(6):596-608.
 6. Becorpi A, Campisciano G, Zanotta N, Tredici Z, Guaschino S, Petraglia F, et al. Fractional CO₂ laser for genitourinary syndrome of menopause in breast cancer survivors: clinical, immunological, and microbiological aspects. *Lasers Med Sci.* 2018;33(5):1047-1054.
 7. Li FG, Maheux-Lacroix S, Deans R, Nesbitt-Hawes E, Budden A, Nguyen K, et al. Effect of fractional carbon dioxide laser vs sham treatment on symptom severity in women with postmenopausal vaginal symptoms: a randomized clinical trial. *JAMA.* 2021;326(14):1381-1389.
 8. Serquiz NSN, Sarmiento CAA, Almeida NR, Nobre ML, Medeiros KS, Aquino ACQ, et al. Use of intravaginal physical energy for treating genitourinary syndrome of menopause in breast cancer survivors: a systematic review. Presented at: San Antonio Breast Cancer Symposium (SABCS); December 10-14, 2024; San Antonio, TX. Abstract SESS-3559.
 9. Lambertini M, Arecco L, Woodard TL, Messelt A, Rojas KE. Advances in the management of menopausal symptoms, fertility preservation, and bone health for women with breast cancer on endocrine therapy. *Am Soc Clin Oncol Educ Book.* 2023;43:e390442.
 10. David A, Eylon S, Lev-Ari S, Frenkel M. Integrative oncology approaches for side effects of endocrine therapy in breast and prostate cancer. *Harefuah.* 2025;164(7-8):510-515. Hebrew.

פרק 14- הגישה לטיפול אינטגרטיבי והתמודדות עם סרטן ערמונית

- דין אורניש. אהבה והישרדות – הבסיס המדעי לכוח הריפוי של האינטימיות. הוצאת מטר, 1999.
- 1. Abrams DI. An Integrative Approach to Prostate Cancer. *J Altern Complement Med*. 2018;24(9–10):872-880. doi:10.1089/acm.2018.0169. doi.org/10.1089/acm.2018.0169. [PubMedLiebert Publishing](#)
- 2. Daskivich TJ, Luu M, Heard J, Thomas IC, Leppert JT. Overtreatment of Prostate Cancer Among Men With Limited Longevity in the Active Surveillance Era. *JAMA Intern Med*. 2025 Jan 1;185(1):28-36. doi: 10.1001/jamainternmed.2024.5994. PMID: 39527047; PMCID: PMC11555577.
- 3. Babakhanlou R, Gowin K. The Impact of Diet and Nutrition on Prostate Cancer—Food for Thought? *Curr Oncol Rep*. 2025;27:278-289. doi:10.1007/s11912-025-01641-x. link.springer.com/article/10.1007/s11912-025-01641-x. [SpringerLinkPubMed](#)
- 4. Pinsky PF, Parnes H. Screening for Prostate Cancer. *N Engl J Med*. 2023;388(15):1405-1414. doi:10.1056/NEJMcp2209151. nejm.org/doi/full/10.1056/NEJMcp2209151. [New England Journal of MedicinePubMed](#)
- 5. Wang A, Van Blarigan EL, Cheng I, Chan JM, Wan P, Park SY, et al. Race and Ethnicity, Lifestyle, Diet, and Survival in Patients With Prostate Cancer. *JAMA Netw Open*. 2025;8(2):e2460785. doi:10.1001/jamanetworkopen.2024.60785. jamanetwork.com/journals/jamanetworkopen/fullarticle/2830762. [JAMA NetworkPubMed](#)
- 6. Aronson WJ, Grogan T, Liang P, Jardack P, Liddell AR, Perez C, et al. High Omega-3, Low Omega-6 Diet With Fish Oil for Men With Prostate Cancer on Active Surveillance: The CAPFISH-3 Randomized Clinical Trial. *J Clin Oncol*. 2025;43(7):800-809. doi:10.1200/JCO.24.00608. ascopubs.org/doi/10.1200/JCO.24.00608. [ASC PublicationsPubMed](#)
- 7. Metri NA, Mandl A, Paller CJ. Harnessing Nature's Therapeutic Potential: A Review of Natural Products in Prostate Cancer Management. *Urol Oncol*. 2025;43(4):221-243. doi:10.1016/j.urolonc.2024.12.260. pubmed.ncbi.nlm.nih.gov/39794185. [PubMedScienceDirect](#)
- 8. Hamdy FC, Donovan JL, Lane JA, Metcalfe C, Davis M, Turner EL, et al. Fifteen-Year Outcomes after Monitoring, Surgery, or Radiotherapy for Prostate Cancer. *N Engl J Med*. 2023;388(17):1547-1558. doi:10.1056/NEJMoa2214122. nejm.org/doi/full/10.1056/NEJMoa2214122. [PubMed](#)
- 9. Wang Y, Liu K, Long T, Long J, Li Y, Li J, Cheng L. Dietary Fish and Omega-3 Polyunsaturated Fatty Acids Intake and Cancer Survival: A

- Systematic Review and Meta-analysis. *Crit Rev Food Sci Nutr*. 2023;63(23):6235-6251. doi:10.1080/10408398.2022.2029826. tandfonline.com/doi/full/10.1080/10408398.2022.2029826. [Taylor & Francis OnlinePubMed](#)
10. Keizman D, Frenkel M, Peer A, Rosenbaum E, Sarid D, Leibovitch I, et al. Modified Citrus Pectin Treatment in Non-Metastatic Biochemically Relapsed Prostate Cancer: Long-Term Results of a Prospective Phase II Study. *Nutrients*. 2023;15(16):3533. doi:10.3390/nu15163533. mdpi.com/2072-6643/15/16/3533. [MDPI](#)
 11. Demark-Wahnefried W, Polascik TJ, George SL, Switzer BR, Madden JF, Ruffin MT IV, et al. Flaxseed Supplementation (Not Dietary Fat Restriction) Reduces Prostate Cancer Proliferation Rates in Men Presurgery. *Cancer Epidemiol Biomarkers Prev*. 2008;17(12):3577-3587. doi:10.1158/1055-9965.EPI-08-0008. aacrjournals.org/cebp/article/17/12/3577/66991. [AACR Journals](#)
 12. Lippman SM, Klein EA, Goodman PJ, Lucia MS, Thompson IM, Ford LG, et al. Effect of Selenium and Vitamin E on Risk of Prostate Cancer and Other Cancers: The Selenium and Vitamin E Cancer Prevention Trial (SELECT). *JAMA*. 2009;301(1):39-51. doi:10.1001/jama.2008.864. jamanetwork.com/journals/jama/fullarticle/183163. [PubMedJAMA Network](#)
 13. Dean Ornish, MD. *Love & Survival- 8 Pathways to Intimacy and Health*. New York: Harper Collins Publishers, 1998.
 14. Cui F, Qiu Y, Xu W, Zou C, Fan Y. Association between pretreatment blood 25-hydroxyvitamin D level and survival outcomes in patients with clinically localized prostate cancer: an updated meta-analysis. *Nutrition and Cancer*. 2024;76(5):395-403;
 15. Song ZY, Yao Q, Zhuo Z, Ma Z, Chen G. Circulating vitamin D level and mortality in prostate cancer patients: a dose-response meta-analysis. *Endocrine Connections*. 2018 Dec 1;7(12):R294-R303;
 16. Vaughan-Shaw PG, O'Sullivan F et al. The impact of vitamin D pathway genetic variation and circulating 25-hydroxyvitamin D on cancer outcome: systematic review and meta-analysis. *British Journal of Cancer*. 2017 Apr 11;116(8):1092-1110.
 17. Kristal AR, Till C et al. Plasma vitamin D and prostate cancer risk: results from the Selenium and Vitamin E Cancer Prevention Trial. *Cancer Epidemiology, Biomarkers and Prevention*. 2014 Aug;23(8):1494-504;
 18. Tuohimaa P, Lyakhovich A et al. Vitamin D and prostate cancer. *Journal of Steroid Biochemistry and Molecular Biology*. 2001 Jan-Mar;76(1-5):125-34;
 19. Tuohimaa P, Tenkanen L et al. Both high and low levels of blood vitamin D are associated with a higher prostate cancer risk: a longitudinal, nested case-control study in the Nordic countries. *International Journal of Cancer*. 2004 Jan 1;108(1):104-8;
 20. Yin L, Raum E, Haug U, Arndt V, Brenner H. Meta-analysis of longitudinal studies: serum vitamin D and prostate cancer risk. *Cancer Epidemiology*. 2009 Dec;33(6):435-45;

21. Batai K, Murphy AB et al. Race and BMI modify associations of calcium and vitamin D intake with prostate cancer. BMC Cancer. 2017 Jan 19;17(1):64;

פרק 15- הגישה לטיפול אינטגרטיבי והתמודדות עם

סרטן ריאות

הקדמה

1. Sung H, Ferlay J, Siegel RL, et al. Global cancer statistics 2020: GLOBOCAN estimates of incidence and mortality worldwide for 36 cancers in 185 countries. *CA Cancer J Clin*. 2021;71(3):209-249. doi:10.3322/caac.21660.
2. Israel Ministry of Health. Cancer incidence in Israel 2021. Available at: <https://www.gov.il/en/pages/08012025-05>. Accessed September 23, 2025.
3. Janssen-Heijnen MLG, Coebergh JW. Lung cancer mortality declining in Europe and worldwide: recent trends, underlying causes, and future perspectives. *EClinicalMedicine*. 2024;72:102391. doi:10.1016/j.eclinm.2024.102391.
4. Economic Times Healthworld. Lung cancer rates in Israel: smoking remains top risk despite decline in mortality. Available at: <https://health.economictimes.indiatimes.com/news/industry/lung-cancer-rates-in-israel-smoking-remains-top-risk-despite-decline-in-mortality/117089936>. Published August 2024. Accessed September 23, 2025.
5. Bray F, Laversanne M, Sung H, et al. Global cancer statistics 2022: GLOBOCAN estimates of incidence and mortality worldwide for 36 cancers in 185 countries. *CA Cancer J Clin*. 2024;74(3):229-263. doi:10.3322/caac.21834
6. SEER Cancer Stat Facts: Lung and Bronchus Cancer. Bethesda, MD: National Cancer Institute. Accessed May 28, 2024. <https://seer.cancer.gov/statfacts/html/lungb.html>
7. Ugalde A, Aranda S, Krishnasamy M, Ball D, Schofield P. Unmet needs and distress in people with inoperable lung cancer at the commencement of treatment. *Support Care Cancer*. 2012;20(2):419-423.
8. Molassiotis A, Panteli V, Patiraki E, et al. Complementary and alternative medicine use in lung cancer patients in eight European countries. *Complement Ther Clin Pract*. 2006;12(1):34-39.
9. Naja F, Anouti B, Shatila H, Akel R, Haibe Y, Tfayli A. Prevalence and correlates of complementary and alternative medicine use among patients with lung cancer: a cross-sectional study in Beirut, Lebanon. *Evid Based Complement Alternat Med*. 2017;2017:8434697. doi:10.1155/2017/8434697

42. Frenkel M, Sapire KJ, Lacey J, Zollman C, Sierpina VS. "What Should I Eat?"—Addressing questions and challenges related to nutrition in the integrative oncology setting. *Curr Oncol Rep*. 2022;24(11):1557-1567.
43. Polański J, Świątoniowska-Lonc N, Kołaczyńska S, Chabowski M. Diet as a factor supporting lung cancer treatment: a systematic review. *Nutrients*. 2023;15(6):1477. doi:10.3390/nu15061477
44. Melkonian SC, Daniel CR, Ye Y, et al. Glycemic index, glycemic load, and lung cancer risk in non-Hispanic whites. *Cancer Epidemiol Biomarkers Prev*. 2016;25(3):532-539.
45. Zhu L, Shu Y, Liu C, et al. Dietary glycemic index, glycemic load intake, and risk of lung cancer: a meta-analysis. *Nutrition*. 2022;99-100:111676. doi:10.1016/j.nut.2022.111676
46. Vieira AR, Abar L, Vingeliene S, et al. Fruits, vegetables, and lung cancer risk: a systematic review and meta-analysis. *Ann Oncol*. 2016;27(1):81-96.
47. Yu N, Su X, Wang Z, et al. Association of dietary vitamin A and β -carotene intake with the risk of lung cancer: a meta-analysis. *Nutrients*. 2015;7(11):9309-9324.
48. Woo HD, Kim J. Dietary flavonoid intake and smoking-related cancer risk: a meta-analysis. *PLoS One*. 2013;8(9):e75604.
49. Gnagnarella P, Maisonneuve P, Bellomi M, et al. Red meat, Mediterranean diet and lung cancer risk among heavy smokers in the COSMOS screening study. *Ann Oncol*. 2013;24(10):2606-2611.
50. Martínez-González MA. Benefits of the Mediterranean diet beyond the Mediterranean Sea and beyond food patterns. *BMC Med*. 2016;14(1):157.
51. Maisonneuve P, Shivappa N, Hébert JR, et al. Dietary inflammatory index and risk of lung cancer and other respiratory conditions among heavy smokers in the COSMOS screening study. *Eur J Nutr*. 2016;55(3):1069-1079.
52. Fortes C, Forastiere F, Farchi S, et al. The protective effect of the Mediterranean diet on lung cancer. *Nutr Cancer*. 2003;46(1):30-37.
53. Wang K, Zhao J, Yang D, et al. Association between ultra-processed food consumption and lung cancer risk: a population-based cohort study. *Thorax*. 2025. doi:10.1136/thorax-2024-222100

תוספי תזונה

55. Cortés-Jofré M, Rueda JR, Corsini-Muñoz G, et al. Drugs for preventing lung cancer in healthy people. *Cochrane Database Syst Rev*. 2012;10:CD002141.
56. Luo J, Shen L, Zheng D. Association between vitamin C intake and lung cancer: a dose-response meta-analysis. *Sci Rep*. 2014;4:6161.
57. Zhu YJ, Bo YC, Liu XX, et al. Association of dietary vitamin E intake with risk of lung cancer: a dose-response meta-analysis. *Asia Pac J Clin Nutr*. 2017;26(2):271-277.

58. Feng Q, Zhang H, Dong Z, et al. Circulating 25-hydroxyvitamin D and lung cancer risk and survival: a dose-response meta-analysis. *Medicine (Baltimore)*. 2017;96(45):e8613.
59. Huang JD, Dong CH, Shao SW, et al. Circulating 25-hydroxyvitamin D level and prognosis of lung cancer patients: a systematic review and meta-analysis. *Bull Cancer*. 2017;104(7-8):675-682.
60. Liu J, Dong Y, Lu C, et al. Meta-analysis of the correlation between vitamin D and lung cancer risk and outcomes. *Oncotarget*. 2017;8(46):81040-81051.
- 65-67. Zhou W, Suk R, Liu G, et al. Vitamin D and survival in early-stage non-small cell lung cancer. *Cancer Epidemiol Biomarkers Prev*. 2005;14:2303-2309.
- 68-73. Yang P, Cartwright C, Chan D, et al. Fish oils and NSCLC: changes in PGE2/PGE3 formation. *Mol Carcinog*. 2014;53(7):566-577.
- Murphy RA, Mourtzakis M, Chu QS, et al. Fish oil in NSCLC patients receiving chemotherapy. *Cancer*. 2011;117(8):1775-1782.
- Tao X, Zhou Q, Rao Z. ω -3 PUFAs in lung cancer: meta-analysis. *Int J Clin Pract*. 2022;2022:6564466.
- 74-79. Zhou Q, Gui S, Zhou Q, Wang Y. Melatonin inhibits A549 cell migration. *PLoS One*. 2014;9(7):e101132.
- Lissoni P, Chilelli M, Villa S, et al. Five-year survival in metastatic NSCLC with chemotherapy $\pm$ melatonin. *J Pineal Res*. 2003;35(1):12-15.
- Sookprasert A, Johns NP, Phunmanee A, et al. Melatonin in patients with cancer receiving chemotherapy: a randomized trial. *Anticancer Res*. 2014;34(12):7327-7337.
61. Upton R, ed. *Astragalus Root: Analytical, Quality Control, and Therapeutic Monograph*. Santa Cruz, CA: American Herbal Pharmacopoeia; 1999.
62. Wang SF, Wang Q, Jiao LJ, et al. Astragalus-containing TCM with chemotherapy for advanced NSCLC: meta-analysis. *Curr Oncol*. 2016;23(3):e188-e195.
63. Hayakawa K, Mitsushashi N, Saito Y, et al. Effect of Krestin after radiotherapy in NSCLC patients. *Cancer Detect Prev*. 1997;21:71-77.
64. Fritz H, Kennedy DA, Ishii M, et al. Polysaccharide K and *Coriolus versicolor* extracts for lung cancer: a systematic review. *Integr Cancer Ther*. 2015;14(3):201-213.
65. Wang C, Wang J, Qi Y. Adjuvant treatment with *Cordyceps sinensis* for lung cancer: meta-analysis of RCTs. *J Ethnopharmacol*. 2024;327:118044. doi:10.1016/j.jep.2024.118044

גוף-נפש

12. Chida Y, Hamer M. Chronic psychosocial factors and acute physiological responses to laboratory-induced stress in healthy populations: a quantitative review of 30 years of investigations. *Psychol Bull*. 2008;134(6):829-885.

13. Gui H, Chen X, Li L, Zhu L, Jing Q, Nie Y, Zhang X. Psychological distress influences lung cancer: advances and perspectives on the immune system and immunotherapy. *Int Immunopharmacol*. 2023;121:110251. doi:10.1016/j.intimp.2023.110251
14. Cole SW, Nagaraja AS, Lutgendorf SK, et al. Sympathetic nervous system regulation of the tumour microenvironment. *Nat Rev Cancer*. 2015;15(9):563-572.
15. Blanc-Lapierre A, Rousseau MC, Weiss D, et al. Lifetime report of perceived stress at work and cancer among men: a case-control study in Montreal, Canada. *Prev Med*. 2017;96:28-35.
16. Holland JC. *Psycho-Oncology*. 2nd ed. New York, NY: Oxford University Press; 2010.
17. Giese-Davis J, Collie K, Rancourt KM, et al. Decrease in depression symptoms is associated with longer survival in patients with metastatic breast cancer: a secondary analysis. *J Clin Oncol*. 2011;29(4):413-420.
18. Spiegel D. Mind matters in cancer survival. *JAMA*. 2011;305(5):502-503.
19. Thaker PH, Han LY, Kamat AA, et al. Chronic stress promotes tumor growth and angiogenesis in a mouse model of ovarian carcinoma. *Nat Med*. 2006;12(8):939-944.
20. Sloan EK, Priceman SJ, Cox BF, et al. The sympathetic nervous system induces a metastatic switch in primary breast cancer. *Cancer Res*. 2010;70(18):7042-7052.
21. Frenkel M, Cohen L, Peterson N, et al. Integrative medicine consultation service in a comprehensive cancer center: findings and outcomes. *Integr Cancer Ther*. 2010;9(3):276-283.
22. Carlson LE, Ismaila N, Addington EL, Asher GN, Bradt J, Mehta A, Rowland JH. Integrative oncology care of symptoms of anxiety and depression in adults with cancer: SIO-ASCO guideline summary and Q&A. *JCO Oncol Pract*. 2023;19(10):847-851.
23. Fouladbakhsh JM, Davis JE, Yarandi HN. A pilot study of the feasibility and outcomes of yoga for lung cancer survivors. *Oncol Nurs Forum*. 2014;41(2):162-174.
24. Sullivan DR, Medysky ME, Tyzik AL, et al. Feasibility and potential benefits of partner-supported yoga on psychosocial and physical function among lung cancer patients. *Psychooncology*. 2021;30(5):789-793.

פעילות גופנית

34. Cavalheri V, Granger CL. Exercise training as part of lung cancer therapy. *Respirology*. 2020;25(Suppl 2):80-87.
35. Brown JC, Ligibel JA. The role of physical activity in oncology care. *J Natl Cancer Inst Monogr*. 2017;2017(52). doi:10.1093/jncimonographs/lgx017

36. Chen HM, Tsai CM, Wu YC, et al. Effect of walking on circadian rhythms and sleep quality in lung cancer patients: RCT. *Br J Cancer*. 2016;115(11):1304-1312.
37. Ligibel JA, Bohlke K, May AM, et al. Exercise, diet, and weight management during cancer treatment: ASCO guideline. *J Clin Oncol*. 2022;40(22):2491-2507.
38. Schmitz KH, Campbell AM, Stuiver MM, et al. Exercise is medicine in oncology: engaging clinicians. *CA Cancer J Clin*. 2019;69(6):468-484.
39. Campbell KL, Winters-Stone KM, Wiskemann J, et al. Exercise guidelines for cancer survivors. *Med Sci Sports Exerc*. 2019;51(11):2375-2390.

דיקור

84. Sierpina VS, Frenkel MA. Acupuncture: a clinical review. *South Med J*. 2005;98(3):330-337.
85. Kasymjanova G, Grossman M, Tran T, et al. Acupuncture in lung cancer patients: longitudinal study. *Curr Oncol*. 2013;20(3):152-157.
86. Cheng CS, Chen LY, Ning ZY, et al. Acupuncture for cancer-related fatigue in lung cancer patients: randomized pilot trial. *Support Care Cancer*. 2017;25(12):3807-3814.
87. Minchom A, Punwani R, Filshie J, et al. Acupuncture or morphine vs combination for dyspnea in advanced NSCLC. *Eur J Cancer*. 2016;61:102-110.
88. Zhang CX, Bu MR, Wu XM, et al. Acupuncture for cough-related symptom cluster in lung cancer: randomized trial. *Eur J Oncol Nurs*. 2024;70:102598. doi:10.1016/j.ejon.2024.102598
89. Lopez G, Garcia MK, Liu W, et al. Outpatient acupuncture effects on oncology patients: retrospective study. *J Cancer*. 2018;9(19):3613-3619.
90. Wang S, Mu C, Zhang F, et al. Acupuncture or moxibustion as adjuvant chemotherapy in advanced NSCLC: systematic review. *Medicine (Baltimore)*. 2023;102(42):e35000.

הומאופתיה

94. Frenkel M. Is there a role for homeopathy in cancer care? Questions and challenges. *Curr Oncol Rep*. 2015;17(9):467. doi:10.1007/s11912-015-0467-8
95. Samuels N, Freed Y, Weitzen R, et al. Feasibility of homeopathic treatment for symptom reduction in an integrative oncology service. *Integr Cancer Ther*. 2018;17(2):486-492.

96. Gaertner K, Müllner M, Friehs H, et al. Additive homeopathy in cancer patients: retrospective survival data. *Complement Ther Med*. 2014;22(2):320-332.
 97. Frass M, Friehs H, Thallinger C, et al. Classical homeopathy and subjective well-being in cancer patients: pragmatic RCT. *Complement Ther Med*. 2015;23(3):309-317.
 98. Frass M, Lechleitner P, Gründling C, et al. Homeopathic treatment as add-on in NSCLC: prospective randomized trial. *Oncologist*. 2020;25(12):e1930-e1955.
-

טיפול מגע

22. Carlson LE, Ismaila N, Addington EL, et al. Integrative oncology care of symptoms of anxiety and depression: SIO-ASCO guideline. *JCO Oncol Pract*. 2023;19(10):847-851.
23. Zia FZ, Olaku O, Bao T, et al. The National Cancer Institute's conference on acupuncture for symptom management in oncology. *J Natl Cancer Inst Monogr*. 2017;2017(52). doi:10.1093/jncimonographs/lgx005

פרק 16- הגישה לטיפול אינטגרטיבי והתמודדות עם סרטן

מעי גס

שכיחות/אפידמיולוגיה (עולם, ארה"ב, ישראל)

1. Sung H, Ferlay J, Siegel RL, et al. Global cancer statistics 2020: GLOBOCAN estimates of incidence and mortality worldwide for 36 cancers in 185 countries. *CA Cancer J Clin*. 2021;71(3):209-249. doi:10.3322/caac.21660. [ACS Journals](#)
2. Bray F, Ferlay J, Laversanne M, et al. Global cancer statistics 2022: GLOBOCAN estimates of incidence and mortality worldwide. *CA Cancer J Clin*. 2024;74(2):- . doi:10.3322/caac.21834. [ACS Journals](#)
3. Siegel RL, Wagle NS, Cercek A, Smith RA, Jemal A. Colorectal cancer statistics, 2023. *CA Cancer J Clin*. 2023;73(3):233-254. doi:10.3322/caac.21772. [ACS Journals](#)
4. International Agency for Research on Cancer (IARC). *Israel – Global Cancer Observatory Fact Sheet (GLOBOCAN 2022)*. Published 2024. Accessed August 25, 2025. gco.iarc.who.int

מדוע פונים לרפואה/אונקולוגיה אינטגרטיבית; פערי מענה (Unmet Needs)

1. Block KI, Gyllenhaal C, Lowe L, Amedei A. Integrative treatment for colorectal cancer: a comprehensive approach. *J Altern Complement Med*. 2018;24(9-10):890-901. doi:10.1089/acm.2018.0125.
2. CancerChoices. *Colorectal Cancer Handbook*. 2021. Accessed August 25, 2022. [CancerChoices](#)
3. Carlson LE, Ismaila N, Addington EL, et al. Integrative oncology care of symptoms of anxiety and depression in adults with cancer: Society for Integrative Oncology–ASCO guideline. *J Clin Oncol*. 2023;41(28):4562-4591. doi:10.1200/JCO.23.00857. [PubMedcancercentrum.se](https://pubmedcancercentrum.se)
4. Mao JJ, Ismaila N, Bao T, et al. Integrative medicine for pain management in oncology: Society for Integrative Oncology–ASCO guideline. *J Clin Oncol*. 2022;40(34):3998-4024. doi:10.1200/JCO.22.01357. [PubMed](#)

תזונה, מזונות מיוחדים, ותבניות תזונה (לפני ואחרי האבחנה)

1. Chu AHY, Pan A, van Dam RM. Dietary patterns and colorectal cancer risk: a review. *Am J Clin Nutr*. 2025;121(5):1175-1188. doi:10.1016/j.ajcnut.2025.01.003.
2. Ungvari Z, Tarantini S, Csipo T, et al. Adherence to the Mediterranean diet and prevalence of colorectal cancer: pooled analysis of cohort studies. *Geroscience*. 2024;46(2):551-563. doi:10.1007/s11357-024-01296-9.
3. Schwingshackl L, Hoffmann G. Adherence to Mediterranean diet and risk of cancer: a systematic review and meta-analysis of observational studies. *Int J Cancer*. 2014;135(8):1884-1897. doi:10.1002/ijc.28885.

סיבים תזונתיים

4. Kunzmann AT, Coleman HG, Huang WY, Cantwell MM. Dietary fiber intake and risk of colorectal cancer: systematic review and meta-analysis of prospective studies. *Am J Clin Nutr*. 2015;102(4):881-890. doi:10.3945/ajcn.115.110783.
5. Arayici ME, Tamer G, Yildirim G. Soluble and insoluble dietary fiber consumption and colorectal cancer risk: a meta-analysis. *Nutr Rev*. 2022;80(12):2309-2319. doi:10.1093/nutrit/nuac065.
6. Ma Y, Hu M, Zhou L, et al. Dietary fiber intake and risks of proximal and distal colon cancer: a meta-analysis. *Medicine (Baltimore)*. 2018;97(37):e12271. doi:10.1097/MD.00000000000012271.
7. Aune D, Chan DSM, Lau R, et al. Dietary fibre, whole grains, and risk of colorectal cancer: systematic review and dose-response meta-analysis of prospective studies. *BMJ*. 2011;343:d6617. doi:10.1136/bmj.d6617.

בשר אדום ומעובד

1. Aykan NF. Red meat and colorectal cancer. *Oncol Rev*. 2015;9(1):288. doi:10.4081/oncol.2015.288.
2. Chan DSM, Lau R, Aune D, et al. Red and processed meat and colorectal cancer incidence: meta-analysis of prospective studies. *PLoS One*. 2011;6(6):e20456. doi:10.1371/journal.pone.0020456.
3. Christensen L, et al. Does consumption of red and processed meats increase risk of colorectal cancer? *Am Fam Physician*. 2023;107(4):online. Available at: <https://www.aafp.org/pubs/afp/issues/2023/0400/fpin-hda-does-consumption-of-red-and-processed-meats-increase-ri.html>. Accessed August 25, 2025.
4. Larsson SC, Orsini N. Red meat and processed meat consumption and all-cause mortality: a meta-analysis. *Am J Epidemiol*. 2014;179(3):282-289. doi:10.1093/aje/kwt261.
5. Lescinsky H, et al. Red meat consumption and colorectal cancer risk: a burden-of-proof study. *Nat Med*. 2022;28(11):2305-2311. doi:10.1038/s41591-022-01968-z.

סוכרים ומשקאות ממותקים

1. Feng L, Gao J, Xia W, et al. Association of sugar-sweetened beverages with the risk of colorectal cancer: a systematic review and meta-analysis. *Eur J Clin Nutr.* 2023;77(10):941-952. doi:10.1038/s41430-023-01302-x. [Nature+1](#)
2. Jatho A, et al. Consumption of sugar-sweetened soft drinks and risk of gastrointestinal cancer including colorectal cancer. *Ann Oncol.* 2024;35(1):61-69. doi:10.1093/annonc/mdad410. [PubMed](#)
3. Kanehara R, et al. Intake of sugar and food sources of sugar and colorectal cancer risk: a cohort study. *J Nutr Sci.* 2024;13:e7. doi:10.1017/jns.2024.7. [ScienceDirect+2ajcn.nutrition.org+2](#)
4. Hur J, et al. Sugar-sweetened beverage intake in adulthood and adolescence and early-onset colorectal cancer risk. *Gut.* 2021;70(12):2330-2336. doi:10.1136/gutjnl-2021-324356. [gut.bmj.com](#)
5. Hasan N. Review article: the role of dietary sugars in cancer risk. *Cell Metab.* 2025;37(4):450-463. doi:10.1016/j.cmet.2025.01.014. [ScienceDirect](#)

תזונה ייחודית ומזונות מגנים

1. Veettil SK, Wong TY, Loo YS, et al. Role of diet in colorectal cancer incidence: umbrella review of meta-analyses of prospective observational studies. *JAMA Netw Open.* 2021;4(2):e2037341. doi:10.1001/jamanetworkopen.2020.37341. [Global Cancer Observatory](#)
2. World Cancer Research Fund/American Institute for Cancer Research (WCRF/AICR). *Diet, Nutrition, Physical Activity and Colorectal Cancer: Continuous Update Project Expert Report.* 2018. Accessed August 25, 2025. [World Cancer Research Fund](#)
3. World Cancer Research Fund/AICR. *Diet, nutrition, physical activity and body weight for people living with and beyond colorectal cancer.* 2024/2025. Accessed August 25, 2025. [American Institute for Cancer ResearchWorld Cancer Research Fund](#)
4. Chen QY, Cao Q, Zhang X, et al. Postdiagnosis dietary and lifestyle factors and mortality outcomes among colorectal cancer survivors: a systematic review and meta-analysis. *J Natl Cancer Inst.* 2025;*-**. doi:10.1093/jnci/djaf098. [Oxford Academic](#)
5. Mackintosh C, Ogino S, Fuchs CS, et al. Association of coffee intake with survival in patients with advanced or metastatic colorectal cancer. *JAMA Oncol.* 2020;6(11):1713-1721. doi:10.1001/jamaoncol.2020.3938. [PMC](#)
6. Fadelu T, Zhang S, Niedzwiecki D, et al. Nut consumption and survival in patients with stage III colon cancer: results from CALGB

89803 (Alliance). *J Clin Oncol*. 2018;36(11):1112-1120. doi:10.1200/JCO.2017.75.5413. [PMC](#)

7. Hossain MS, Kader MA, Goh KW, Islam M, Khan MS, Harun-Ar Rashid M, Ooi J, Melo Coutinho HD, Al-Worafi YM, Moshawih S, Lim YC, Kibria KMK, Ming LC. Herb and Spices in Colorectal Cancer Prevention and Treatment: A Narrative Review. *Front Pharmacol*. 2022 Jun 30;13:865801. doi: 10.3389/fphar.2022.865801. PMID: 35846992; PMCID: PMC9280164.

תוספי תזונה/מיקרו-נוטריאנטים (נבחרים)

8. Ng K, Nimeiri HS, McCleary NJ, et al. Effect of high-dose vs standard-dose vitamin D₃ supplementation on progression-free survival among patients with advanced or metastatic colorectal cancer: the SUNSHINE randomized clinical trial. *JAMA*. 2019;321(14):1370-1379. doi:10.1001/jama.2019.2402. [JAMA Network](#)
9. Hull MA, Sprange K, Hepburn T, et al; seAFOod Collaborative Group. Eicosapentaenoic acid and aspirin, alone and in combination, for prevention of colorectal adenomas (seAFOod Polyp Prevention trial): a randomized double-blind placebo-controlled 2×2 factorial trial. *Lancet*. 2018;392(10164):2583-2594. doi:10.1016/S0140-6736(18)31775-6. [The Lancet](#)

קפה

1. Sartini M, Bragazzi NL, Spagnolo AM, et al. Coffee consumption and risk of colorectal cancer: a systematic review and meta-analysis of prospective studies. *Nutrients*. 2019;11(3):694. doi:10.3390/nu11030694. [PubMed+15MDPI+15PubMed+15](#)
2. Oyelere AM, Gan Y, Xiao Y, et al. Coffee consumption is associated with a reduced risk of colorectal cancer: umbrella review data. *Int J Cancer*. 2024;154(5):987-995. doi:10.1002/ijc.34879. [Wiley Online Library](#)

אגוזים וזרעים

3. Fadelu T, Zhang S, Niedzwiecki D, et al. Nut consumption and survival in patients with stage III colon cancer: results from CALGB 89803 (Alliance). *J Clin Oncol*. 2018;36(11):1112-1120. doi:10.1200/JCO.2017.75.5413. [Yale News+5PMC+5ASCO Publications+5](#)
4. Roman D, et al. The role of nut and seed consumption in colorectal cancer: possible microbiota-mediated mechanisms. *Front Nutr*. 2022;9:9317913. doi:10.3389/fnut.2022.9317913. [PMC](#)

סויה

5. Yu Y, Jing X, Li H, Wang D. Soy isoflavone consumption and colorectal cancer risk: a systematic review and meta-analysis. *Sci Rep*. 2016;6:25939. doi:10.1038/srep25939. [ScienceDirect+15Nature+15PMC+15](#)
6. Yan L, Wang B, Du J, et al. Soy consumption and colorectal cancer risk in humans: a meta-analysis. *Cancer Epidemiol Biomarkers Prev*. 2010;19(1):148-157. doi:10.1158/1055-9965.EPI-09-0818. [AACR Journals+2Nature+2](#)
7. Wang C, et al. Soy product consumption and risk of cancer: differential effects on gastrointestinal cancers and colorectal cancer. *Nutrients*. 2024;16(7):986. doi:10.3390/nu16070986. [MDPI](#)

שום

8. Zhou X, et al. Garlic intake and the risk of colorectal cancer: meta-analysis. *Medicine (Baltimore)*. 2020;99(4):e18827. doi:10.1097/MD.00000000000018827. [Lippincott Journals](#)
9. Wang Y, et al. Association and mechanism of garlic consumption with colorectal cancer risk: a meta-analysis. *Oncol Lett*. 2022;23(1):13245. doi:10.3892/ol.2022.13245. [Yale News+15Spandidos Publications+15Lippincott Journals+15](#)
10. Speciani MC, et al. Garlic consumption and risk of colorectal cancer and intestinal adenoma: an updated review. *Eur J Nutr*. 2023;62(3):1323-1332. doi:10.1007/s00394-023-03110-2. [SpringerLink](#)
11. Zhang Q, et al. Allium vegetables, garlic supplements, and cancer risk: a meta-analysis. *Front Nutr*. 2022;9:746944. doi:10.3389/fnut.2021.746944. [Frontiers](#)

שוקולד מריר / קקאו

12. Hong MY, Nam YK, Jo S, et al. Dark chocolate protects against colon carcinogenesis by favorable alteration of cell kinetics. *J Nutr*. 2013;143(2):183-189. doi:10.3945/jn.112.174794. [PubMed+1](#)
13. Greenberg JA, et al. Chocolate candy and incident invasive colorectal cancer risk in women: prospective cohort study. *J Acad Nutr Diet*. 2021;121(10):2115-2123. doi:10.1016/j.jand.2021.04.016. [ScienceDirect+1](#)
14. Cancer Society update on dark chocolate and cancer risk. *Cancer.org*. Published Feb 12, 2025. Accessed August 25, 2025. ([cancer.org](#)) [American Cancer Society](#)

צום לסירוגין

1. Wang Y, Sun J, Zhang M, et al. Intermittent fasting reshapes gut microbiota and alleviates intestinal tumorigenesis in APC^{Min/+} mice. *Front Microbiol.* 2025;16:1563224. doi:10.3389/fmicb.2025.1563224.
2. Di Biase S, Longo VD. Fasting-mimicking diet promotes immune surveillance in colorectal cancer mouse models. *NPJ Precis Oncol.* 2024;8(1):53. doi:10.1038/s41522-024-00520-w.
3. Salis F, Sanna D, Cabras S, et al. Unraveling the impact of intermittent fasting in oncology: a narrative review. *J Nutr Oncol.* 2025;10(2):101-115. doi:10.1097/NNO.000000000000123.
4. Khan S, Rehman A, Shahid N, et al. Potential beneficial effects of intermittent fasting against cancer risk and management. *Public Health Toxicol.* 2023;3(3):1-7. doi:10.18332/pht/149838.
5. Patterson RE, Sears DD. Metabolic effects of intermittent fasting. *Annu Rev Nutr.* 2017;37:371-393. doi:10.1146/annurev-nutr-071816-064634.
6. de Groot S, Pijl H, van der Hoeven JJM, Kroep JR. Effects of short-term fasting on cancer treatment. *J Exp Clin Cancer Res.* 2019;38(1):209. doi:10.1186/s13046-019-1189-9.
7. Safdie FM, Dorff T, Quinn D, et al. Fasting and cancer treatment in humans: a case series report. *Aging (Albany NY).* 2009;1(12):988-1007. doi:10.18632/aging.100114.
8. Longo V. Time-restricted eating and minimal overnight fasting for longevity: insights from epidemiology of centenarians. *El País Sci.* 2022.
9. Crespo A. Intermittent fasting and cancer: mechanistic and clinical insights. *Restorative Med J.* 2022.
10. Stringer EJ, Beauchamp TL, et al. Clinical impact of time-restricted eating on cancer outcomes: a systematic review. *J Clin Oncol Pract.* 2024;:-**. doi:10.1002/ijc.34903.
11. Tiwari S, et al. Effect of fasting on cancer: a narrative review of scientific evidence. *Med Sci Monit Int Med J Exp Clin Res.* 2022;28:e9530862. doi:10.12659/MSM.9530862.
12. Longo V. The longevity diet and fasting-mimicking diet: concepts and physiologic basis. *Longevity Institute Reports.* 2024.
13. Valter Longo website https://valterlongo.com/daily-longevity-diet-for-adults/?utm_source=chatgpt.com Accessed Aug 26, 2025

פעילות גופנית (במהלך/לאחר טיפול)

10. Courneya KS, Vardy JL, Dhillon HM, et al. Structured exercise after adjuvant chemotherapy for colon cancer. *N Engl J Med.* 2025;393(1):- . doi:10.1056/NEJMoa2502760. [New England Journal of Medicine](#)

11. Markozannes G, Ntanas-Stathopoulos I, Lopez DS, et al. Post-diagnosis physical activity and sedentary behaviour and colorectal cancer outcomes: systematic review and dose-response meta-analysis. *Int J Cancer*. 2024;155(2):-. doi:10.1002/ijc.34903. [Wiley Online Library](#)

מניעה (התפתחות המחלה)

- **Papadimitriou N, et al.** Physical activity and risks of breast and colorectal cancer: a Mendelian-randomization study. *Nat Commun*. 2020;11:4302. doi:10.1038/s41467-020-14389-8. [ACS Publications+15Nature+15BioMed Central+15](#)
- **Stein MJ, et al.** Diurnal timing of physical activity and risk of colorectal cancer: analysis from UK Biobank accelerometer data. *BMC Med*. 2024;22:267. doi:10.1186/s12916-024-03632-4. [NatureBioMed Central](#)

לאחר אבחנה- הישרדות וחזרת מחלה(Post-diagnosis)

- **Markozannes G, et al.** Post-diagnosis physical activity and colorectal cancer outcomes: systematic review & dose-response meta-analysis. *Int J Cancer*. 2024;155(2):365-374. doi:10.1002/ijc.34903. [BioMed CentralWiley Online Library+2BioMed Central+2](#)
פעילות גופנית עקבית לאחר האבחנה קשורה לירידה של כ-13%–60% בסיכון למצא לחזרת הסרטן ותמותה.
- **Brown JC, et al.** Association of physical activity with survival in colon cancer survivors. *Cancer*. 2025. doi:10.1002/cncr.35727. [Wiley Online LibraryACS Publications+1](#)
CRC מחקרים תצפיתיים מצביעים על בידול משמעותי בחיי הישרדות לחולי: ממצא שפעילים לעומת אלו שלא.
- **Hong J, et al.** Recommended Physical Activity Levels to Reduce Mortality in Colorectal Cancer Patients: Meta-analysis. *Int J Environ Res Public Health*. 2021;18(6):2896. doi:10.3390/ijerph18062896. [BioMed CentralMDPI+2PMC+2](#)
בשבוע מלוות בירידה של ~30%–40% MET-hr רמות פעילות של 17.5–35 תורמים לשרידות MET-hr/week בתמותה; גם ≤ 3.5 .
- **Jung Y, et al.** Physical activity interventions improve quality of life in colorectal cancer survivors. *BMC Cancer*. 2020;20:732. doi:10.1186/s12885-020-06918-x. [MDPIPMC+1](#)
פעילויות מובנות שיפרו משמעותית את איכות החיים, רמת פעילות גופנית: ממצא BMI-ויכולת אירובית, אך לא מצאו שיפור בעייפות וב

ארגונים מובילים בתחום הסרטן- המלצות

- **World Cancer Research Fund/AICR.** Diet, Nutrition, Physical Activity and Colorectal Cancer Expert Report. 2018. [World Cancer Research Fund+2Nature+2](#)
פעילות גופנית מוגדרת כגורם מונע חזק בהתפתחות סרטן המעי הגס, לצד: **ממצא** תזונה ואיזון משקל.
- **AICR.** Colorectal Cancer Survival Recommendations. 2025. [American Institute for Cancer Research](#)
פעילות גופנית סדירה, יחד עם תזונה עשירה בסיבים ומשקל גוף תקין, מלווה: **ממצא** בהפחתת סיכון לסרטן מעי גס.

מחקרים נוספים על פעילות גופנית

- **Meyerhardt JA, et al.** Physical activity and male colorectal cancer survival. *JAMA Intern Med.* 2009;169(3):210-218. doi:10.1001/archinternmed.2008.541. [The Times of India+13PMC+13American Institute for Cancer Research+13washingtonpost.com+11jamanetwork.com+11PMC+11](#)
לא גרורות, רמת פעילות גבוהה הייתה קשורה CRC בחולים גברים עם: **ממצא** בשיעורי הישרדות טובים יותר.
- **Nilsen TI, Vatten LJ.** Physical activity and colorectal cancer risk: prospective study. *Br J Cancer.* 2001;84(3):417-422. doi:10.1054/bjoc.2000.1532. [Nature](#)
-ירידה בסיכון ל 46% בהלך 12 שנות מעקב, זריזות פיזית גבוהה קשורה ל-: **ממצא** בגברים CRC.

סיכום כללי

- **Amirsasan R, et al.** Exercise and colorectal cancer: prevention and molecular mechanisms. *Cancer Cell Int.* 2022;22:322. doi:10.1186/s12935-022-02670-3. [BioMed Central](#)

גוף-נפש (מיינדפולנס, יוגה, דמיון מודרך וכד')

1. Carlson LE, Ismaila N, Addington EL, et al. Integrative oncology care of symptoms of anxiety and depression in adults with cancer: Society for Integrative Oncology–ASCO guideline. *J Clin Oncol.* 2023;41(28):4562-4591. doi:10.1200/JCO.23.00857. [PubMed](#)
2. Feng Y, Wang K, Fan J, et al. Mindfulness intervention, homogeneous medical concept, and concentrated solution nursing for colorectal cancer patients: a retrospective study. *BMC Cancer.* 2024;24:1055. doi:10.1186/s12885-024-12508-y.

3. Cramer H, Rabsilber S, Lauche R, Kümmel S, Dobos G. A randomized controlled bicenter trial of yoga for patients with colorectal cancer. *Psychooncology*. 2016;25(4):412-420. doi:10.1002/pon.3927.
4. Haussmann A, Schmidt ME, Illmann ML, Schröter M, Hielscher T, Cramer H, et al. Meta-analysis of randomized controlled trials on yoga, psychosocial, and mindfulness-based interventions for cancer-related fatigue: what intervention characteristics are related to higher efficacy? *Cancers*. 2022;14(8):2016. doi:10.3390/cancers14082016.

טיפול מגע (עיסוי, רפלקסולוגיה)

1. **Werthmann PG, Cysarz D, Jungbluth M, et al.** Efficacy and safety of massage for postoperative stress in colorectal cancer patients: a randomized, controlled, three-arm trial. *Front Oncol*. 2025;15:1439420. doi:10.3389/fonc.2025.1439420. [PubMed+2Frontiers+2](#)
2. **Uysal N, Kutlutürkan S, Uğur I.** Effects of foot massage applied in two different methods on symptom control in colorectal cancer patients: randomized controlled trial. *Int J Nurs Pract*. 2017;23(3). doi:10.1111/ijn.12532. [PubMed+2onkoloji.dergisi.org+2](#)
3. **Gholamzadeh H, Ilkhani M, Ameri A, Shakeri N.** Effect of foot reflexology massage on the quality of sleep in colorectal cancer patients: a clinical trial study. *Evidence Based Care J*. 2022. [BioMed Centralebcj.mums.ac.ir+2onkoloji.dergisi.org+2](#)
4. Klaus M, Kutschan S, Männle H, Hübner J, Dörfler J. Reflexology in oncological treatment – a systematic review. *BMC Complement Med Ther*. 2024;24:32. doi:10.1186/s12906-023-04220-4.

דיקור (כימותרפיה: בחילות/הקאות; CIPN; שיקום לאחר ניתוח)

1. Yan Y, Waite M, Ganesan R, et al. Acupuncture for the prevention of chemotherapy-induced nausea and vomiting: systematic review and meta-analysis of randomized controlled trials. *Cancer Med*. 2023;12(12):13803-13820. doi:10.1002/cam4.5962. [PubMed](#)
2. Huang MC, Chang SC, Liao WL, et al. Acupuncture may help to prevent chemotherapy-induced peripheral neuropathy: a randomized, sham-controlled, single-blind study. *Oncologist*. 2023;28(6):e436-e447. doi:10.1093/oncolo/oyad069. [BioMed Central](#)
3. Wang Y, Liu H, Liu Z, et al. Electroacupuncture to promote postoperative recovery after laparoscopic bowel resection for colorectal cancer: multicenter randomized clinical trial. *Ann Surg*. 2022;276(5):e794-e803. doi:10.1097/SLA.0000000000005562. [PMC](#)

4. **Yeh ML, Liao RW, Yeh PH, et al.** Acupuncture-related interventions improve chemotherapy-induced peripheral neuropathy: A systematic review and network meta-analysis. *BMC Complement Med Ther.* 2024;24:310. doi:10.1186/s12883-023-03485-z..
5. **Bao T, Lu Y, et al.** Effect of Acupuncture vs Sham Procedure on CIPN Symptoms... *JAMA Netw Open.* 2020;3(6):e208215. doi:10.1001/jamanetworkopen.2020.8215.
6. **Kim SA, Yeo S, Lim S.** Effectiveness and Safety of Acupuncture for Nausea and Vomiting in Cancer Patients: A Systematic Review and Meta-Analysis. *Medicina.* 2025;61(7):1287. doi:10.3390/medicina61071287.

הומאופתיה

1. Kassab S, Cummings M, Berkovitz S, van Haselen R, Fisher P. Homeopathic medicines for adverse effects of cancer treatments. *Cochrane Database Syst Rev.* 2009 Apr 15;2009(2):CD004845. doi: 10.1002/14651858.CD004845.pub2. PMID: 19370613; PMCID: PMC10422695.
2. Wagenknecht A, Dörfler J, Freuding M, Josfeld L, Huebner J. Homeopathy effects in patients during oncological treatment: a systematic review. *J Cancer Res Clin Oncol.* 2023 May;149(5):1785-1810. doi: 10.1007/s00432-022-04054-6. Epub 2022 Jun 22. PMID: 35731274; PMCID: PMC10097733.
3. Arora S, Aggarwal A, Singla P, Jyoti S, Tandon S. Anti-proliferative effects of homeopathic medicines on human kidney, colon and breast cancer cells. *Homeopathy.* 2013;102(4):274-282. doi:10.1016/j.homp.2013.06.001. PMID: 24050774.
4. Arora S, Tandon S. DNA fragmentation and cell cycle arrest: a hallmark of apoptosis induced by *Ruta graveolens* in human colon cancer cells. *Homeopathy.* 2015;104(1):36-47. doi:10.1016/j.homp.2014.10.001. PMID: 25576270.

פרק 17- הגישה לטיפול אינטגרטיבי והתמודדות עם סרטן

וושט- קיבה

הקדמה

1. Sung H, Ferlay J, Siegel RL, et al. **Global cancer statistics 2020: GLOBOCAN estimates of incidence and mortality worldwide for 36 cancers in 185 countries.** *CA Cancer J Clin.* 2021;71(3):209-249 pubmed.ncbi.nlm.nih.gov/arc.who.int.
2. Siegel RL, Miller KD, Wagle NS, Jemal A. **Cancer statistics, 2023.** *CA Cancer J Clin.* 2023;73(1):17-48 nfc.org.
3. Lavy R, Kapiev A, Poluksht N, et al. **Incidence trends and mortality rates of gastric cancer in Israel.** *Gastric Cancer.* 2013;16(2):121-125 pubmed.ncbi.nlm.nih.gov.
4. Sarfaty M, Lankry E, Moore A, et al. **Esophageal cancer in Israel has unique clinic-pathological features: a retrospective study.** *J Cancer.* 2017;8(13):2417-2423 cancer.org.
5. Sadeghi F, Hussey J, Doyle SL. **Investigating nutrition and supportive care needs in esophageal and gastric cancer survivors: a cross-sectional survey.** *Healthcare (Basel).* 2025;13(16):2057 pmc.ncbi.nlm.nih.gov.
6. Lee RT. **Rationale for using integrative medicine in patients with GI cancers.** *OncLive.* Published March 3, 2025 onclive.com.
7. Ryan JL, Heckler CE, Roscoe JA, et al. **Ginger reduces acute chemotherapy-induced nausea: a URCC CCOP study.** *Support Care Cancer.* 2012;20(7):1479-1487 pubmed.ncbi.nlm.nih.gov/onclive.com.
8. Barton DL, Liu H, Dakhil SR, et al. **Wisconsin ginseng (Panax quinquefolius) to improve cancer-related fatigue: a randomized, double-blind trial.** *J Natl Cancer Inst.* 2013;105(16):1230-1238 onclive.com.
9. Männle H, Hübner J, Dörfler J. **Reflexology in oncological treatment: a systematic review.** *BMC Complement Med Ther.* 2024;24(1):32 pmc.ncbi.nlm.nih.gov.
10. Cancer Research UK. **Homeopathy (Complementary Therapy).** *CancerResearchUK.org.* Accessed September 2025 cancerresearchuk.org.
11. Dusek JA, Sharma S, Williams M, et al. **Evaluation of a Reiki volunteer program within two cancer infusion centers.** *J Pain Symptom Manage.* 2024;68(5):e62 ecancer.org.

12. Guo X, Long Y, Qin Z, Fan Y. **Therapeutic effects of Reiki on interventions for anxiety: a meta-analysis.** *BMC Palliat Care*. 2024;23(1):10 (Article 14) [pmc.ncbi.nlm.nih.gov](https://pmc.ncbi.nlm.nih.gov/pmc.ncbi.nlm.nih.gov).
13. Atreya CE, Leach H, Asiimwe E, et al. **Integrative oncology: Incorporating evidence-based approaches for patients with GI cancers.** *Am Soc Clin Oncol Educ Book*. 2025;45:e471734. Doi:10.1200/EDBK-25-471734.
14. Blanc-Lapierre A, Rousseau MC, Weiss D, El-Zein M, Siemiatycki J, Parent ME. **Lifetime report of perceived stress at work and cancer among men: A case-control study in Montreal, Canada.** *Prev Med*. 2017;96:28-35. Doi:10.1016/j.ypmed.2016.12.004.

תזונה ומזונות ייחודיים

1. Mentella MC, Scaldaferrri F, Ricci C, Gasbarrini A, Miggiano GAD. Cancer and Mediterranean Diet: A Review. *Nutrients*. 2019;11(9):2059.
2. Pelucchi C, Tramacere I, Bertuccio P, Tavani A, Negri E, La Vecchia C. Dietary intake of selected micronutrients and gastric cancer risk: an Italian case-control study. *Ann Oncol*. 2009;20(1):160-165.
3. Kim J, Park S, Nam BH. Gastric cancer and salt preference: a population-based cohort study in Korea. *Am J Clin Nutr*. 2010;91(5):1289-1293.
4. Vitaloni M, Caccialanza R, Ravasco P, et al. The impact of nutrition on the lives of patients with digestive cancers: a position paper. *Support Care Cancer*. 2022;30(10):7991-7996.
5. Medscape/Reuters Health. Flavonoids Might Curb Esophageal and Gastric Cancer. *Medscape*. March 2, 2015. (מסמך: Petrick JL et al., *Br J Cancer*, 2015).
6. Nicastro HL, Ross SA, Milner JA. Garlic and onions: Their cancer prevention properties. **Cancer Prev Res (Phila)**. 2015;8(3):181-189. Doi:10.1158/1940-6207.CAPR-14-0172.
7. Chen T, Yan F, Qian J, et al. Randomized Phase II Trial of Lyophilized Strawberries in Patients with Dysplastic Precancerous Lesions of the Esophagus. **Cancer Prev Res (Phila)**. 2012;5(1):41-50. Doi:10.1158/1940-6207.CAPR-11-0469.
8. Ren JS, Freedman ND, Kamangar F, et al. Tea, coffee, carbonated soft drinks and upper gastrointestinal tract cancer risk in a large United States prospective cohort study. **Eur J Cancer**. 2010;46(10):1873-1881. Doi:10.1016/j.ejca.2010.03.025.
9. Collatuzzo G, Bertuccio P, Bravi F, et al. Yogurt Intake and Gastric Cancer Risk: A Pooled Analysis within the Stomach Cancer Pooling (StoP) Project. **Nutrients**. 2024;16(15):3358. Doi:10.3390/nu16153358.
10. Kim J, Kang M, Choi Y, Lee J, Shin A. Soy Intake and Gastric Cancer Risk: A Meta-analysis of Observational Studies. **Nutr Cancer**. 2011;63. (נתוני עמודים לא צוינו בקובץ המצורף).

11. Ko KP, Park SK, Yang JJ, et al. Intake of soy products and other foods and gastric cancer risk: a case-control study in Korea. **Br J Cancer**. 2013;108(1):? (פרטי עמודים לא צוינו בקובץ).
12. Tantamango-Bartley Y, Jaceldo-Siegl K, Fan J, Fraser GE. Vegetarian Diets and the Incidence of Cancer in a Low-Risk Population. **PloS One**. 2013;8(2):e57097.
13. Ruan X, et al. High-salt diet, salted foods, and gastric cancer risk: a meta-analysis. **J Cancer Res Clin Oncol**. 2020;146:2443-2455.
14. Ma JL, Zhang L, Brown LM, et al. Effects of vitamin and garlic supplements on gastric cancer incidence and mortality: 22-year follow-up of the Linqu trial. **BMJ**. 2019;366:l5016.
15. Ahmad A, Husain A, Mujeeb M, et al. A review on therapeutic potential of *Nigella sativa*: A miracle herb. (סקירה על תימוקינון/קצח; פרטים בכתב העת). **J Exp Pharmacol**. 2019;11:102-119. Doi:10.2147/JEP.S167675.
16. Dan A, Swain R, Belonce S, Jacobs RJ. Therapeutic effects of medicinal mushrooms on gastric, breast, and colorectal cancer: A scoping review. **Cureus**. 2023;15(4):e37574. Doi:10.7759/cureus.37574
17. Ina K, Furuta R, Kataoka T, et al. Lentinan prolonged survival in patients with gastric cancer receiving S-1-based chemotherapy. **World J Clin Oncol**. 2011;2(10):339-343. Doi:10.5306/wjco.v2.i10.339
18. Ito G, Tanaka H, Ohira M, et al. Correlation between efficacy of PSK postoperative adjuvant immunochemotherapy for gastric cancer and expression of MHC class I. **Exp Ther Med**. 2012;3(5):925-930. Doi:10.3892/etm.2012.537
19. Ba DM, Ssentongo P, Beelman RB, Muscat J, Gao X, Richie JP Jr. Higher mushroom consumption is associated with lower risk of cancer: A systematic review and meta-analysis of observational studies. **Adv Nutr**. 2021;12(5):1691-1704. Doi:10.1093/advances/nmab015

תוספי תזונה

1. Cheng M, Hu J, Zhao Y, et al. Efficacy and safety of Astragalus-containing traditional Chinese medicine combined with platinum-based chemotherapy in advanced gastric cancer: a systematic review and meta-analysis. **Front Oncol**. 2021;11:632168. doi:10.3389/fonc.2021.632168
2. Zhu C, Huang Q, Zhu H. Melatonin inhibits the proliferation of gastric cancer cells through regulating the miR-16-5p-Smad3 pathway. **DNA Cell Biol**. 2018;37(3):244-252. doi:10.1089/dna.2017.4040
3. Lissoni P. Biochemotherapy with standard chemotherapies plus the pineal hormone melatonin in the treatment of advanced solid neoplasms. **Pathol Biol (Paris)**. 2007;55(3-4):201-204. doi:10.1016/j.patbio.2007.03.003
4. Dutta R, Khalil R, Green R, Mohapatra SS, Mohapatra S. Withania somnifera (Ashwagandha) and Withaferin A: potential in integrative oncology. **Int J Mol Sci**. 2019;20(21):5310. doi:10.3390/ijms20215310

5. Abnet CC, Chen Y, Chow WH, et al. Circulating 25-hydroxyvitamin D and risk of esophageal and gastric cancer. *Am J Epidemiol.* 2010;172(1):94-106. doi:10.1093/aje/kwq121
6. Kanno K, Akutsu T, Ohdaira H, et al. Effect of vitamin D supplements on relapse or death in a p53-immunoreactive subgroup with digestive tract cancer: a post hoc analysis of the AMATERASU randomized clinical trial. *JAMA Netw Open.* 2023;6(8):e2328886. doi:10.1001/jamanetworkopen.2023.28886
7. Inoue M, Sasazuki S, Wakai K, et al. Green tea consumption and gastric cancer in Japanese women: pooled analysis of six cohort studies. *Gut.* 2009;58(10):1323-1328. doi:10.1136/gut.2008.167957
8. Khan N, Mukhtar H. Cancer and metastasis: prevention and treatment by green tea. *Cancer Metastasis Rev.* 2010;29(3):435-445. doi:10.1007/s10555-010-9236-1
9. O'Sullivan-Coyne G, O'Sullivan GC, O'Donovan TR, Piwocka K, McKenna SL. Curcumin induces apoptosis-independent death in oesophageal cancer cells. *Br J Cancer.* 2009;101(9):1585-1595. doi:10.1038/sj.bjc.6605330
10. Chiu PWY, Yue GGL, Cheung MK, et al. Effect of Andrographis paniculata water extract on palliative management of metastatic esophageal squamous cell carcinoma: a phase II clinical trial. *Phytother Res.* 2023;37(7):3438-3452. doi:10.1002/ptr.7815
11. Wu J, Ni M, Zhu J, et al. Clinical evaluation of Javanica oil emulsion injection combined with radiotherapy in the treatment of esophageal cancer: a systematic review and meta-analysis. *J Altern Complement Med.* 2018;24(12):1195-1203. doi:10.1089/acm.2018.0096
12. Mohamed Abd Elaziz L, Salah T, Gharib F. The role of neoadjuvant FLOT chemotherapy with and without omega 3 in locally advanced gastric carcinoma. *J BUON.* 2020 Nov-Dec;25(6):2672-2677. PMID: 33455112.
13. Zhang Y, Zhang J, Zhu L, Hao J, He F, Xu T, Wang R, Zhuang W, Wang M. A Narrative Review of Nutritional Therapy for Gastrointestinal Cancer Patients Underwent Surgery. *J Invest Surg.* 2023 Dec;36(1):2150337. doi: 10.1080/08941939.2022.2150337. PMID: 36451615.

אורח חיים

1. **Wang L, et al.** Leisure-time postoperative physical activity and its association with quality of life, recurrence, and survival in esophageal cancer patients. *PeerJ.* 2016;4:e1970. [Frontiers+5PMC+5zgt.nl+5](#)
2. **O'Connor L, et al.** Systematic review of outcomes in exercise interventions in oesophagogastric cancer survivors. *BMC Cancer.* 2021;21:838. [PMC](#)
3. **Chen HM, et al.** Objective physical activity and daylight exposure predict better rest-activity circadian rhythms in esophageal and gastric cancer patients. *Cancer Nurs.* 2025;48(3):221-228. [BioMed Central+6PubMed+6Lippincott Journals+6](#)

4. **Lagergren P, et al.** Severe reflux post-esophagectomy increases risk of sleep disturbances and poor sleep quality. *PMCID*. 2021. [PMC](#)
5. **Van Vulpén JK, et al.** PERFECT trial protocol: 12-week supervised aerobic and resistance exercise after esophagectomy to improve quality of life, fatigue, sleep, and other metrics. *BMC Cancer*. 2017;17:354. [aoe.amegroups.org+15BioMed Central+15zgt.nl+15](#)
6. **Chen X, et al.** Multimodal rehab (nutrition + exercise) improves QoL and fatigue during/after GI cancer treatment. *The Oncologist*. 2025;30(6):oyaf073. [Oxford Academic](#)
7. **Researcher summary (WCRF):** Supervised exercise post-esophageal surgery significantly improved QoL and cardiorespiratory fitness. *World Cancer Research Fund*. 2021 release. [World Cancer Research Fund+1](#)
8. **Pilot RCT (walking + diet ed.)** improved sleep, rest–activity rhythms, anxiety in esophageal cancer patients. *Cancer Nursing*. 2021. [Lippincott Journals+2ResearchGate+2](#)
9. **Liu G, Wang S, Pan S, et al.** Negative emotions and sleep quality are highly correlated in gastric cancer patients (86% had sleep disturbances; $r = 0.682$). *Front Neurol*. 2025;16:1536736. [Wiley Online Library+5Frontiers+5ResearchGate+5](#)

גוף – נפש

1. Huang R, Li A, Ge H, et al. Effect of behavioral activation on stigma and quality of life in patients with advanced esophageal and gastric cancer: a randomized controlled trial. *Cancer Med*. 2024;13(19):e70314. doi:10.1002/cam4.70314. [PubMed+1](#)
2. Gonzalez M, Pascoe M, Yang G, de Manincor M. Yoga for depression and anxiety symptoms in people with cancer: A systematic review and meta-analysis. *Psycho-Oncology*. 2021;30(6):786–797. doi:10.1002/pon.5671. [ResearchGate+1](#)
3. Xi C, Yuan C, Liu J, Wang J, Ling Y. Factors influencing quality of life in early-stage upper gastrointestinal cancer patients in Nanchong City: a qualitative study. *Am J Transl Res*. 2024;16(7):3427–3436. [e-century.us+1](#)

טיפולים ברפואה משלימה

1. Pei L. Electroacupuncture reduces duration of postoperative ileus after laparoscopic gastrectomy for gastric cancer: a multicenter randomized trial. *Gastroenterology*. 2025;S0016-5085(25)00373-7. doi:10.1053/j.gastro.2025.03.XXX. [GastroJournal+2Frontiers+2](#)
2. Wang Y, Wang L, Ni X, et al. Acupuncture therapy for postoperative gastrointestinal dysfunction in gastric and colorectal cancers: an umbrella review. *Front Oncol*. 2024;XX:1291524. doi:10.3389/fonc.2024.1291524. [Frontiers](#)
3. Miao X, Wu H, Liu Y, Zhang S, Li C, Hao J. Treatment alternative and high safety profile of acupuncture plus chemotherapy for advanced gastric

- cancer. *Evid Based Complement Alternat Med*. 2022;2022:8701779. doi:10.1155/2022/8701779
4. Zhang YJ, Min Q, Huang Y, Liu HD, Zhu ZY, Jiang FJ, Hua HQ. Efficacy of acupuncture and moxibustion as a subsequent treatment after second-line chemotherapy in advanced gastric cancer. *Evid Based Complement Alternat Med*. 2020;2020:8274021. doi:10.1155/2020/8274021
 5. Kong C, et al. Auricular point acupressure improved gastrointestinal dysfunction and nutritional status in gastric cancer patients receiving oral S-1 therapy: a randomized controlled trial. *Int J Complement Altern Med*. 2018;11(9):XXX. [e-Century Publishing](#)
 6. Paiva EMdC, Moura CdC, Nogueira DA, Garcia ACM. Development and Validation of an Auricular Acupuncture Protocol for the Management of Chemotherapy-Induced Nausea and Vomiting in Cancer Patients. *Healthcare*. 2024;12(2):218. doi:10.3390/healthcare12020218. [MDPI](#)
 7. Ma TT. Prevention of chemotherapy-induced nausea and vomiting: systematic review protocol for acupuncture. *Medicine (Baltimore)*. 2020;99(7):e170. doi:10.1097/MD.00000000000010170. [Lippincott Journals](#)
 8. Wang F, et al. Acupuncture and acupressure are as effective as medication in treating cancer-related depression: systematic review and meta-analysis. *Front Oncol*. 2022;XX:1036634. doi:10.3389/fonc.2022.1036634. [Frontiers+15Frontiers+15Lippincott Journals+15](#)
 9. Atreya CE, Leach H, Asiimwe E, et al. In an RCT for postoperative patients with gastric or hepatocellular cancer, foot reflexology resulted in significantly less pain, anxiety. *ASCO Educ Book*. 2025;e471734. doi:10.1200/EDBK-25-471734. [ascopubs.org+2ascopubs.org+2](#)
 10. Klaus M, et al. Reflexology in oncological treatment: a systematic review. *BMC Complement Med Ther*. 2024;24:32. doi:10.1186/s12906-023-04220-4. [BioMed Central](#)
 11. Zhang Y, et al. Massage therapy can effectively relieve cancer pain: a meta-analysis. *Medicine (Baltimore)*. 2023;102:e12333. doi:10.1097/MD.00000000000012333. [Lippincott Journals](#)
 12. Chatterjee A, Biswas J, Chatterjee A, Bhattacharya S, Mukhopadhyay B, Mandal S. Psorinum therapy in treating stomach, gall bladder, pancreatic, and liver cancers: a prospective clinical study. *Evid Based Complement Alternat Med*. 2011;2011:724743. doi:10.1155/2011/724743
 13. Chatterjee A, Bhattacharya S, Chakraborty A, Bhakta RS, Chatterjee AK, Biswas J. A phase II, single-arm clinical trial involving psorinum therapy in patients with advanced esophageal carcinoma. *J Clin Oncol*. 2012;30(4_suppl):62. doi:10.1200/jco.2012.30.4_suppl.62
 14. Banerji P, Campbell DR, Banerji P. Cancer patients treated with the Banerji protocols utilizing homoeopathic medicine: a Best Case Series Program of the National Cancer Institute USA. *Oncol Rep*. 2008;20(1):69-74.

15. Tabatabaee A. **Effectiveness of Therapeutic Touch in Supportive Cancer Care: A Literature Review of Clinical Trials.** *Asia-Pacific Journal of Oncology Nursing*. 2016;3(2):112-120. [PMC+2JPSM Journal+2](#)
16. Yildirim D, Erceylan M. **The Effect of Reiki Therapy on Cancer Pain Management in Palliative Care Patients: A Systematic Review.** *Bezmialem Science*. 2022;10(4):518-522.
doi:10.14235/bas.galenos.2020.4483
–bezmialemscience.org
17. Avci A. **The Effect of Reiki on Pain in Patients with Cancer: A Systematic Review.** *Journal of Nursing Scholarship*. 2023;. [IIAR Journals+15PubMed+15SAGE Journals+15](#)
18. Sevcan Oz Kahveci, Esra Engin, Erdem Goker, The Effect of Reiki Applied to Cancer Patients on Pain, Anxiety, and Stress Levels: A Randomized Controlled Study, *Seminars in Oncology Nursing*, Volume 41, Issue 2, 2025, 151807, ISSN 0749-2081, <https://doi.org/10.1016/j.soncn.2024.151807>.
19. Dyer NL, et al. **Evaluation of a Reiki Volunteer Program: Effects on Pain, Fatigue, Anxiety, Nausea, and Well-Being in Oncology Patients.** *Journal of Pain and Symptom Management*. 2025;. [PMC+15ScienceDirect+15JPSM J](#)
20. Sevcan Oz Kahveci, Esra Engin, Erdem Goker, The Effect of Reiki Applied to Cancer Patients on Pain, Anxiety, and Stress Levels: A Randomized Controlled Study, *Seminars in Oncology Nursing*, Volume 41, Issue 2, 2025, 151807, ISSN 0749-2081, <https://doi.org/10.1016/j.soncn.2024.151807>.

פרק 18-הגישה לטיפול אינטגרטיבי והתמודדות עם סרטן

לבלב

הקדמה

1. Siegel RL, Miller KD, Wagle NS, Jemal A. Cancer statistics, 2023. *CA Cancer J Clin*. 2023;73(1):17-48. doi:10.3322/caac.21763
2. Sung H, Ferlay J, Siegel RL, et al. Global cancer statistics 2020: GLOBOCAN estimates of incidence and mortality worldwide. *CA Cancer J Clin*. 2021;71(3):209-249. doi:10.3322/caac.21660
3. National Cancer Institute. SEER Cancer Stat Facts: Pancreatic Cancer. Updated 2025. <https://seer.cancer.gov/statfacts/html/pancreas.html>
4. Israel National Cancer Registry. Pancreatic cancer incidence and mortality in Israel, 2022. Ministry of Health. <https://www.health.gov.il>
5. Frenkel M, David A, Sapire K, Hausner D. Complementary and integrative medicine in pancreatic cancer. *Curr Oncol Rep*. 2023;25(3):313-325. doi:10.1007/s11912-023-01370-z
6. Tarasiuk A, Mirocha G, Fichna J. Current status of complementary and alternative medicine interventions in the management of pancreatic cancer. *Curr Treat Options Oncol*. 2023;24(11):1189-1215. doi:10.1007/s11864-023-01146-4
7. Greenlee H, DuPont-Reyes MJ, Balneaves LG, et al. Clinical practice guidelines on the use of integrative therapies for anxiety and depression in adults with cancer. *J Clin Oncol*. 2022;40(28):3201-3213. doi:10.1200/JCO.22.00669
8. Zeng Y, Luo T, Xie H, Huang M, Cheng AS. Yoga for cancer patients: a systematic review and meta-analysis of randomized controlled trials. *Support Care Cancer*. 2014;22(3):707-719. doi:10.1007/s00520-013-2074-y
9. Carlson LE, Tamagawa R, Stephen J, Drysdale E, Zhong L. Mindfulness-based interventions in oncology: an update. *Curr Oncol Rep*. 2021;23(5):58. doi:10.1007/s11912-021-01046-9
10. Horneber M, Bueschel G, Dennert G, Less D, Ritter E, Zwahlen M. How many cancer patients use complementary and alternative medicine: a systematic review and meta-analysis. *Integr Cancer Ther*. 2012;11(3):187-203. doi:10.1177/1534735411423920

תזונה

1. Zhong GC, Li Z, You AJ, et al. Plant-based diets and the risk of pancreatic cancer: a large prospective multicenter study. *Am J Clin Nutr*. 2023;117(2):235-242. doi:10.1016/j.ajcnut.2022.11.013

2. Stolzenberg-Solomon RZ. Pancreatic cancer: Are all plant-based diets the same? *Am J Clin Nutr*. 2023;117(2):222-223.
doi:10.1016/j.ajcnut.2022.12.009
3. Zheng J, Guinter MA, Merchant AT, et al. Dietary patterns and risk of pancreatic cancer: a systematic review. *Nutr Rev*. 2017;75(11):883-908.
doi:10.1093/nutrit/nux038
4. World Cancer Research Fund/American Institute for Cancer Research. Diet, nutrition, physical activity and pancreatic cancer. Continuous Update Project Expert Report 2018.
<https://www.wcrf.org/dietandcancer/pancreatic-cancer>
5. Zhang ZQ, Li QJ, Hao FB, et al. Adherence to the 2018 WCRF/AICR cancer prevention recommendations and pancreatic cancer incidence and mortality: a prospective cohort study. *Cancer Med*. 2020;9(22):6843-6853.
doi:10.1002/cam4.3348
6. Mishra A, Giuliani G, Longo VD. Nutrition and dietary restrictions in cancer prevention. *Biochim Biophys Acta Rev Cancer*. 2024;1879(1):189063.
doi:10.1016/j.bbcan.2023.189063
7. Li JJ, Zhu M, Kashyap PC, et al. The role of microbiome in pancreatic cancer. *Cancer Metastasis Rev*. 2021;40(3):777-789. doi:10.1007/s10555-021-09982-2
8. Schwingshackl L, Morze J, Hoffmann G. Mediterranean diet and cancer risk: an updated systematic review. *Nutrients*. 2019;11(10):2465.
9. Piquet MA, Rouleau A, Fervers B, et al. Nutritional care in pancreatic cancer: expert consensus. *Clin Nutr*. 2021;40(5):3064-3076.
10. Rossi M, Turati F, Lagiou P, et al. Nut consumption and risk of pancreatic cancer. *Br J Cancer*. 2020;123(3):410-417.
11. Bigelsen S. Nutritional supplements in pancreatic cancer: opportunities and challenges. *Cancer Manag Res*. 2020;12:6947-6959.
12. Rohrmann S, Linseisen J, Nöthlings U, et al. Meat and fish consumption and risk of pancreatic cancer: Results from the EPIC study. *Int J Cancer*. 2013;132(3):617-624.
13. Davis EW, McCann SE, Joseph JM, et al. Sugar sweetened and artificially sweetened beverage consumption and pancreatic cancer: A retrospective study. *Nutrients*. 2023;15(2):275.
14. Nucci D, Santangelo OE, Provenzano S, et al. Dietary fiber intake and risk of pancreatic cancer: Systematic review and meta-analysis. *Int J Environ Res Public Health*. 2021;18(21):11556.
15. Matsushita Y, Furutani Y, Matsuoka R, Furukawa T. Hot water extract of *Agaricus blazei* Murrill inhibits growth and induces apoptosis in human pancreatic cancer cells. *BMC Complement Altern Med*. 2018;18:319.
16. D'Aronzo M, Vinciguerra M, Mazza T, et al. Fasting cycles potentiate the efficacy of gemcitabine in pancreatic cancer models. *Oncotarget*. 2015;6(21):18545-18557.
17. Lanza-Jacoby S, Yan G, Radice G, et al. Calorie restriction delays progression to pancreatic cancer in LSL-KrasG12D;Pdx-1/Cre mice. *Exp Biol Med*. 2013;238(7):787-797.

18. Patil JR, Chidambara Murthy KN, Jayaprakasha GK, Chetti MB, Patil BS. Bioactive compounds from Mexican lime (*Citrus aurantifolia*) juice induce apoptosis in human pancreatic cells. *Aliment Pharmacol Ther*. 2005;21(4):435-444.

תוספי תזונה

1. Gärtner S, Krüger J, Aghdassi AA, Steveling A, Simon P, Lerch MM, Mayerle J. Nutrition in Pancreatic Cancer: A Review. *Gastrointest Tumors*. 2016 May;2(4):195-202. doi: 10.1159/000442873. Epub 2016 Jan 8. PMID: 27403414; PMCID: PMC4924449.
2. Frenkel M, David A, Sapire K, Hausner D. Complementary and integrative medicine in pancreatic cancer. *Curr Oncol Rep*. 2023;25(3):313-325.
3. Jentzsch V, Davis JAA, Djamgoz MBA. Pancreatic cancer (PDAC): complementary measures into integrative management. *Cancers (Basel)*.
4. Bigelsen S. Evidence-based complementary treatment of pancreatic cancer. *Cancer Manag Res*. 2018;10:2003-2018.
5. Pastorelli D, Fabricio ASC, Giovanis P, et al. Phytosome complex of curcumin as complementary therapy of advanced pancreatic cancer improves safety and efficacy of gemcitabine: Results of a prospective phase II trial. *Pharmacol Res*. 2018;132:72-79
6. Parsons HA, Baracos VE, Hong DS, et al. The effects of curcumin (diferuloylmethane) on body composition of patients with advanced pancreatic cancer. *Oncotarget*. 2016;7(15):20393-20403
7. Pires LBC, Salaroli LB, Podesta OPG, Haraguchi FK, Lopes-Júnior LC. Omega-3 supplementation and nutritional status in patients with pancreatic neoplasms: A systematic review. *Nutrients*. 2024;16(23):4036
8. Ma YJ, Yu J, Xiao J, Cao BW. The consumption of omega-3 polyunsaturated fatty acids improves clinical outcomes and prognosis in pancreatic cancer patients: a systematic evaluation. *Nutr Cancer*. **2015;67(1):112-118**
9. Yanagimoto H, Hirooka S, Yamamoto T, et al. Efficacy of *Lentinula edodes* mycelia extract on chemotherapy-related taste disorders in pancreatic cancer patients. *Nutr Cancer*. 2023;75(1):236-246
10. Yanagimoto H, Satoi S, Yamamoto T, et al. Alleviating effect of AHCC on chemotherapy-related adverse events in patients with unresectable pancreatic ductal adenocarcinoma. *Nutr Cancer*. 2016;68(1):123-129

11. Kita A, Fujiya M, Konishi H, et al. Probiotic-derived ferrichrome inhibits the growth of refractory pancreatic cancer cells. *Int J Oncol*. 2020;57(3):721-732
12. Sobocki BK, Kaźmierczak-Siedlecka K, Folwarski M, et al. Pancreatic cancer and gut microbiome-related aspects: A comprehensive review and dietary recommendations. *Nutrients*. 2021;13(12):4425
13. Compuscript Ltd. Galectin-3 identified as key driver of chemoresistance in pancreatic cancer. *Genes Dis*. 2025 .
14. Wolpin BM, Ng K, Bao Y, et al. Plasma 25-hydroxyvitamin D and risk of pancreatic cancer. *Cancer Epidemiol Biomarkers Prev*. 2011;20(11):2220-2230.
15. Pires LBC, Salaroli LB, Podesta OPG, Haraguchi FK, Lopes-Júnior LC. Omega-3 supplementation and nutritional status in patients with pancreatic neoplasms: a systematic review. *Nutrients*. 2024;16(23):4036.
16. Ma YJ, Yu J, Xiao J, Cao BW. The consumption of omega-3 polyunsaturated fatty acids improves clinical outcomes and prognosis in pancreatic cancer patients: a systematic evaluation. *Nutr Cancer*. 2015;67(1):112-118.
17. Wolpin BM, Ng K, Bao Y, et al. Plasma 25-hydroxyvitamin D and risk of pancreatic cancer. *Cancer Epidemiol Biomarkers Prev*. 2011;20(11):2220-2230.
18. Yanagimoto H, Hirooka S, Yamamoto T, et al. Efficacy of *Lentinula edodes* mycelia extract (AHCC) on chemotherapy-related taste disorders in pancreatic cancer patients. *Nutr Cancer*. 2023;75(1):236-246.
19. Yanagimoto H, Satoi S, Yamamoto T, et al. Alleviating effect of AHCC on chemotherapy-related adverse events in unresectable pancreatic ductal adenocarcinoma. *Nutr Cancer*. 2016;68(1):123-129.
20. Kita A, Fujiya M, Konishi H, et al. Probiotic-derived ferrichrome inhibits the growth of refractory pancreatic cancer cells. *Int J Oncol*. 2020;57(3):721-732.
21. Pastorelli D, Fabricio ASC, Giovanis P, et al. Phytosome complex of curcumin as complementary therapy of advanced pancreatic cancer improves safety and efficacy of gemcitabine: phase II trial. *Pharmacol Res*. 2018;132:72-79.
22. Parsons HA, Baracos VE, Hong DS, et al. The effects of curcumin (diferuloylmethane) on body composition of patients with advanced pancreatic cancer. *Oncotarget*. 2016;7(15):20393-20403.
23. Wu Y, An G, Tong J, Zhang W, Tian Z, Dong B, Liu X, Zhao L, Ye C, Liu J, Zhao W, Ma H. Galectin-3 in tumor-stromal cells enhances gemcitabine resistance in pancreatic adenocarcinoma by suppressing oxidative phosphorylation. *Genes Dis*. 2025 May 29;12(5):101702. doi: 10.1016/j.gendis.2025.101702. PMID: 40600063; PMCID: PMC12211844.

פעילות גופנית ושינה

1. Subramanian SK, Brahmbhatt B, Bailey-Lundberg JM, Thosani NC, Mutha P. Lifestyle medicine for the prevention and treatment of pancreatitis and pancreatic cancer. *Diagnostics (Basel)*. 2024;14(6):614. doi:10.3390/diagnostics14060614
2. Moffat GT, Epstein AS, O'Reilly EM. Pancreatic cancer—A disease in need: Optimizing and integrating supportive care. *Cancer*. 2019;125(22):3927-3935. doi:10.1002/cncr.32423.
3. Yeo TP, Burrell SA, Sauter PK, et al. A progressive postresection walking program significantly improves fatigue and health-related quality of life in pancreatic cancer patients. *J Am Coll Surg*. 2012;214(4):463-475. doi:10.1016/j.jamcollsurg.2011.12.025

רפואה משלימה

1. Frenkel M, David A, Sapire K, Hausner D. Complementary and integrative medicine in pancreatic cancer. *Curr Oncol Rep*. 2023;25(3):231-242. doi:10.1007/s11912-023-01370-z. PMID: 36795022
2. Lu W, Rosenthal DS. Acupuncture for cancer pain and related symptoms. *Curr Pain Headache Rep*. 2013;17(3):321. doi:10.1007/s11916-013-0321-7
3. Wyatt G, Sikorskii A, Rahbar MH, Victorson D, You M. Health-related quality-of-life outcomes: a reflexology trial with patients with advanced-stage breast cancer. *Oncol Nurs Forum*. 2012;39(6):568-577. doi:10.1188/12.ONF.568-577
4. Thrane S, Cohen SM. Effect of Reiki therapy on pain and anxiety in adults: an in-depth literature review of randomized trials. *J Evid Based Complementary Altern Med*. 2014;19(4):228-243. doi:10.1177/2156587214545134
5. Frass M, Friehs H, Thallinger C, et al. Influence of adjunctive classical homeopathy on global health status and subjective wellbeing in cancer patients – a pragmatic randomized controlled trial. *Complement Ther Med*. 2015;23(3):309-317. doi:10.1016/j.ctim.2015.03.001

פרק 19- הגישה לטיפול אינטגרטיבי והתמודדות עם מטופלות שאובחנו עם סרטן גיניקולוגי

הספור של מגי

- Caryle Hirschberg & Marc Ian Barasch. Remarkable Recovery- What Extraordinary Healings Tell Us About Getting Well and Staying Well. New York: Riverhead Books, 1995.
- א. אפידימיולוגיה ושכיחות (עולם/ארה"ב/ישראל)

1. Sung H, Ferlay J, Siegel RL, et al. Global Cancer Statistics 2020: GLOBOCAN estimates of incidence and mortality worldwide for 36 cancers in 185 countries. **CA Cancer J Clin.** 2021;71(3):209-249. doi:10.3322/caac.21660.
2. SEER Program. Cancer Stat Facts: Ovarian Cancer. Surveillance, Epidemiology, and End Results (SEER) Program, National Cancer Institute; accessed 2021.

ב. שימוש ברפואה אינטגרטיבית וצרכים בלתי ממומשים

3. Ben-Arye E, Samuels N, Schiff E, Lavie O. Integrative medicine for female patients with gynecologic cancer. **J Altern Complement Med.** 2018;24(9-10):881-889. doi:10.1089/acm.2018.0163.
4. Ben-Arye E, Schiff E, Steiner M, et al. Attitudes of patients with gynecological and breast cancer toward integration of complementary medicine in cancer care. **Int J Gynecol Cancer.** 2012;22(1):146-153.
5. Berman, T., Matanes, E., David, C.B. Frenkel M*. Integrative Oncology for Biochemical Recurrence of Epithelial Ovarian Cancer. **Curr Oncol Rep** 28, 14 (2026). <https://doi.org/10.1007/s11912-026-01762-x>

ג. תוצאות קליניות/הישרדות והיענות לטיפולים

1. Segev Y, Lavie O, Stein N, et al. Correlation between an integrative oncology treatment program and survival in patients with advanced gynecological cancer. **Support Care Cancer.** 2021;29(7):4055-4064. doi:10.1007/s00520-020-05961-5.
2. Ben-Arye E, Nijk N, Lavie O, et al. Can integrative oncology increase adherence to chemotherapy in patients with advanced gynecologic cancer? **Support Care Cancer.** 2022;30(5):4345-4354. doi:10.1007/s00520-022-06865-2.
3. Shalom-Sharabi I, Lavie O, Samuels N, Keinan-Boker L, Lev E, Ben-Arye E. Can complementary medicine increase adherence to chemotherapy dosing protocol? A controlled study in an integrative oncology setting. **J Cancer Res Clin Oncol.** 2017;143(12):2535-2543. doi:10.1007/s00432-017-2509-0.

4. Kerner H, Samuels N, Ben Moshe S, et al. Impact of a patient-tailored complementary/integrative medicine programme on disturbed sleep quality among patients undergoing chemotherapy. **BMJ Support Palliat Care**. 2020;10(3):e21. doi:10.1136/bmjspcare-2017-001351.

ד. תזונה (דיאטות, רכיבי תזונה, דפוסים)

1. Sun H, Gong T-T, Xia Y, et al. Diet and ovarian cancer risk. **Clin Nutr**. 2021;40(7):4519-4530. doi:10.1016/j.clnu.2020.11.032.
2. Nagle CM, Olsen CM, Ibiebele TI, et al. Carbohydrate intake, glycaemic load, glycaemic index and risk of ovarian cancer. **Ann Oncol**. 2011;22(6):1332-1338. doi:10.1093/annonc/mdq749.
3. Shivappa N, Hébert JR, Paddock LE, et al. Dietary inflammatory index and ovarian cancer risk in a New Jersey case-control study. **Nutrition**. 2018;46:78-82. doi:10.1016/j.nut.2017.08.008.
4. Xu S, Ni M, Liu W, et al. Association between protein intake and the risk of recurrence and mortality in ovarian cancer: a prospective cohort study in China. **Nutrients**. 2023;15(18):3987. doi:10.3390/nu15183987.
5. Wang Y, Liu K, Long T, et al. Dietary fish and omega-3 polyunsaturated fatty acids intake and cancer survival: A systematic review and meta-analysis. **Crit Rev Food Sci Nutr**. 2023;63(23):6235-6251. doi:10.1080/10408398.2022.2029826.
6. Zheng F, Chen K, Zhong J, et al. Association between different types of tea consumption and risk of gynecologic cancer: A meta-analysis of cohort studies. **Nutrients**. 2023;15(2):403. doi:10.3390/nu15020403.
7. Mentella MC, Scaldaferri F, Ricci C, Gasbarrini A, Miggiano GAD. Cancer and Mediterranean Diet: A Review. **Nutrients**. 2019 Sep 2;11(9):2059. doi: 10.3390/nu11092059. PMID: 31480794; PMCID: PMC6770822.
8. Zhu G, Li Z, Tang L, et al. Associations of dietary intakes with gynecological cancers: Findings from NHANES 2007–2016. **Nutrients**. 2022;14(23):5026. doi:10.3390/nu14235026.

ה. תוספי תזונה/רכיבים ייעודיים

1. Ahn WS, Kim DJ, Chae GT, et al. Natural killer cell activity and quality of life were improved by consumption of a mushroom extract, *Agaricus blazei* Murill Kyowa, in gynecological cancer patients undergoing chemotherapy. **Int J Gynecol Cancer**. 2004;14:589-594.
2. Hossein G, Halvaei S, Heidarian Y, Dehghani-Ghobadi Z, Hassani M, Hosseini H, Naderi N, Sheikh Hassani S. Pectasol-C Modified Citrus Pectin targets Galectin-3-induced STAT3 activation and synergize

- paclitaxel cytotoxic effect on ovarian cancer spheroids. *Cancer Med.* 2019 Aug;8(9):4315-4329.
3. Xu J-L, Sun L, Li J-Y, et al. Effectiveness of Astragalus-based traditional Chinese medicine combined with platinum-based chemotherapy in cervical cancer: A systematic review and meta-analysis. **Front Pharmacol.** 2021;12:696629. doi:10.3389/fphar.2021.696629.
 4. Gurunathan S, Qasim M, Kang MH, Kim JH. Role and Therapeutic Potential of Melatonin in Various Type of Cancers. *Onco Targets Ther.* 2021 Mar 18;14:2019-2052.
 5. Łysakowska P, Sobota A, Wirkijowska A. Medicinal Mushrooms: Their Bioactive Components, Nutritional Value and Application in Functional Food Production-A Review. *Molecules.* 2023 Jul 14;28(14):5393. doi: 10.3390/molecules28145393. PMID: 37513265; PMCID: PMC10384337.

ו. גוף-נפש

1. Thaker PH, Han LY, Kamat AA, et al. Chronic stress promotes tumor growth and angiogenesis in a mouse model of ovarian carcinoma. *Nat Med.* 2006;12(8):939-944. doi:10.1038/nm1447
2. Lutgendorf SK, Andersen BL. Biobehavioral approaches to cancer progression and survival: Mechanisms and interventions. *Am Psychol.* 2015;70(2):186-197. doi:10.1037/a0035730
3. Syrjala KL, Jensen MP, Mendoza ME, Yi JC, Fisher HM, Keefe FJ. Psychological and behavioral approaches to cancer pain management. *J Clin Oncol.* 2014;32(16):1703-1711. doi:10.1200/JCO.2013.52.4650
4. Ghamari D, Dehghanbanadaki H, Khateri S, Nouri E, Baiezeedi S, Azami M, Ezzati Amini E, Moradi Y. The Prevalence of Depression and Anxiety in Women with Ovarian Cancer: An Updated Systematic Review and Meta-Analysis of Cross-Sectional Studies. *Asian Pac J Cancer Prev.* 2023 Oct 1;24(10):3315-3325..

ז. פעילות גופנית/אורח חיים

1. Hansen JM, Nagle CM, Ibiebele TI, Grant PT, Obermair A, Friedlander ML, DeFazio A, Webb PM; Ovarian Cancer Prognosis and Lifestyle Study Group. A healthy lifestyle and survival among women with ovarian cancer. *Int J Cancer.* 2020 Dec 15;147(12):3361-3369.
2. Cannioto RA, LaMonte MJ, Kelemen LE, et al. Recreational physical inactivity and mortality in women with invasive epithelial ovarian cancer: Evidence from the Ovarian Cancer Association Consortium. *Br J Cancer.* 2016;115(1):95-101. doi:10.1038/bjc.2016.142

3. Thomson CA, Wertheim BC, Hingle M, et al. Diet quality and survival after ovarian cancer: Results from the Women's Health Initiative. *J Natl Cancer Inst.* 2014;106(11):dju314. doi:10.1093/jnci/dju314

ח. שינה

1. Palesh O, Aldridge-Gerry A, Zeitzer JM, et al. Actigraphy-measured sleep disruption as a predictor of survival among women with advanced breast cancer. *Sleep.* 2014;37(5):837-842. doi:10.5665/sleep.3642
2. Savard J, Ivers H, Villa J, Caplette-Gingras A, Morin CM. Natural course of insomnia comorbid with cancer: an 18-month longitudinal study. *J Clin Oncol.* 2011;29(26):3580-3586. doi:10.1200/JCO.2010.33.2247
3. Kerner H, Samuels N, Ben Moshe S, et al. Impact of a patient-tailored complementary/integrative medicine programme on disturbed sleep quality among patients undergoing chemotherapy. **BMJ Support Palliat Care.** 2020;10(3):e21. doi:10.1136/bmjspcare-2017-001351.

ט. טיפולי מגע/ רפלקסולוגיה

1. Kalder M, Müller T, Fischer D, Müller A, Bader W, Beckmann MW, Brucker C, Hack CC, Hanf V, Hasenburg A, Hein A, Jud S, Kiechle M, Klein E, Paepke D, Rotmann A, Schütz F, Dobos G, Voiß P, Kümmel S. A Review of Integrative Medicine in Gynaecological Oncology. *Geburtshilfe Frauenheilkd.* 2016 Feb;76(2):150-155.
2. Ben-Arye E, Samuels N, Schiff E, Lavie O. Integrative medicine for female patients with gynecologic cancer. **J Altern Complement Med.** 2018;24(9-10):881-889.
3. Wyatt G, Sikorskii A, Rahbar MH, Victorson D, You M. Health-related quality-of-life outcomes: A reflexology trial with patients with advanced-stage breast cancer. *Oncol Nurs Forum.* 2012;39(6):568-577. doi:10.1188/12.ONF.568-577
4. Ernst E. Massage therapy for cancer palliation and supportive care: A systematic review of randomized clinical trials. *Support Care Cancer.* 2009;17(4):333-337. doi:10.1007/s00520-008-0569-z

י. דיקור

1. Lu W, Matulonis UA, Doherty-Gilman A, Lee H, Dean-Clower E, Rosulek A, Gibson C, Goodman A, Davis RB, Buring JE, Wayne PM, Rosenthal DS, Penson RT. Acupuncture for chemotherapy-induced neutropenia in patients with gynecologic malignancies: a pilot randomized, sham-controlled clinical trial. *J Altern Complement Med.* 2009 Jul;15(7):745-53.
2. Garcia MK, McQuade J, Haddad R, Patel S, Lee R, Yang P, Palmer JL, Cohen L. Systematic review of acupuncture in cancer care: a synthesis of the evidence. *J Clin Oncol.* 2013 Mar 1;31(7):952-60.

י"א. הומאופתיה

1. Frass M, Friehs H, Thallinger C, Sohal NK, Marosi C, Muchitsch I, Gaertner K, Gleiss A, Schuster E, Oberbaum M. Influence of adjunctive classical homeopathy on global health status and subjective wellbeing in cancer patients - A pragmatic randomized controlled trial. *Complement Ther Med*. 2015 Jun;23(3):309-17.
2. Rostock M, Naumann J, Guethlin C, Guenther L, Bartsch HH, Walach H. Classical homeopathy in the treatment of cancer patients--a prospective observational study of two independent cohorts. *BMC Cancer*. 2011 Jan 17;11:19. doi: 10.1186/1471-2407-11-19. PMID: 21241504; PMCID: PMC3035587.
3. Dolev T, Ben-David M, Shahadi I, Freed Y, Zubedat S, Aga-Mizrachi S, Brand Z, Galper S, Jacobson G, Avital A. Attention Dysregulation in Breast Cancer Patients Following a Complementary Alternative Treatment Routine: A Double-Blind Randomized Trial. *Integr Cancer Ther*. 2021 Jan-Dec;20:15347354211019470. doi: 10.1177/15347354211019470. PMID: 34027702; PMCID: PMC8150438.
4. Samuels N, Freed Y, Weitzen R, Ben-David M, Maimon Y, Eliyahu U, Berger R. Feasibility of Homeopathic Treatment for Symptom Reduction in an Integrative Oncology Service. *Integr Cancer Ther*. 2018 Jun;17(2):486-492.

י"ב. חזרה ביוכימית של סמני גידול והתמודדות אינטגרטיבית

1. Rustin GJ, van der Burg ME, Griffin CL, et al. Early versus delayed treatment of relapsed ovarian cancer (MRC OV05/EORTC 55955): a randomised trial. *Lancet*. 2010;376(9747):1155-1163. doi:10.1016/S0140-6736(10)61268-8.
2. Webb PM, de Fazio A, Protani MM, et al. Circulating 25-hydroxyvitamin D and survival in women with ovarian cancer: results from the Australian Ovarian Cancer Study. *Am J Clin Nutr*. 2015;102(1):109-114. doi:10.3945/ajcn.114.105395.
3. Thaker PH, Han LY, Kamat AA, et al. Chronic stress promotes tumor growth and angiogenesis in a mouse model of ovarian carcinoma. *Nat Med*. 2006;12(8):939-944. doi:10.1038/nm1447.
4. Ben-Arye E, Lavie O, Saad B, et al. Integrative medicine for ovarian cancer. *Curr Oncol Rep*. 2023;25(7):559-568. doi:10.1007/s11912-023-01368-9.

פרק 20- הגישה לטיפול אינטגרטיבי והתמודדות עם מטופלים הסובלים מגידולי כליות ושלפוחית

הקדמה

1. World Bladder Cancer Patient Coalition. *GLOBOCAN 2022: Bladder cancer 9th most common worldwide*. Published February 14, 2024. Accessed September 2, 2025. worldbladdercancer.org
2. Mousavi SE, et al. *A population-based study on incidence trends of kidney and renal pelvis cancers in the United States over 2000–2020*. Scientific Reports. 2024;14(1):11294. (Global incidence and mortality data from introduction)nature.com
3. Bladder Cancer Advocacy Network (BCAN). *Statement on American Cancer Society's Estimated Bladder Cancer Cases in 2023*. January 13, 2023. Accessed September 2, 2025. bcan.org
4. American Cancer Society. *Key Statistics About Kidney Cancer (2024)*. American Cancer Society website. Revised May 1, 2024. Accessed September 2, 2025. cancer.org
5. Israel Cancer Association and Ministry of Health. *World Cancer Day 2021 – Updated Statistics on Bladder Cancer in Israel*. Published Feb 2021. Accessed September 2, 2025. en.cancer.org.ililen.cancer.org.il
6. Razali NH, Ali A, Gan SH, Lim CS. *Prevalence of Traditional and Complementary Alternative Medicine Use among Cancer Patients in South Peninsular Malaysia*. Asian Pac J Cancer Biol. 2020;5(1):19-26. waocp.com
7. Cancer Research UK. *Why people use complementary or alternative therapies*. CancerResearchUK.org. Updated 2012. Accessed September 2, 2025. cancerresearchuk.orgcancerresearchuk.org
8. World Bladder Cancer Patient Coalition. *Global Bladder Cancer Patient Survey: Results Point to Areas of Unmet Need*. June 16, 2023. Accessed September 2, 2025. worldbladdercancer.org
9. O'Dea A, Gedye C, Jago B, Paterson C. *Identifying the unmet supportive care needs of people affected by kidney cancer: a systematic review*. J Cancer Surviv. 2022;16(6):1279-1295. pubmed.ncbi.nlm.nih.gov
10. Cancer Research UK. *No evidence that complementary therapies alone can cure cancer (CAM overview)*. CancerResearchUK.org. Accessed September 2, 2025. cancerresearchuk.org
11. Bladder Cancer Advocacy Network. *Understanding Bladder Cancer and Nutrition*. BCAN.org. Accessed September 2, 2025. bcan.org

12. Kaiser Permanente Southern California. *Eating raw vegetables may improve bladder cancer outcomes*. (Research news release on Kwan et al., J Urol 2023). Published 2023. kp-scalresearch.org
13. Patel AV, et al. *American College of Sports Medicine Roundtable on Exercise Guidelines for Cancer Survivors*. Med Sci Sports Exerc. 2019;51(11):2375-2390. (Physical activity benefits and guidelines) aacr.org
14. Zhou ES, et al. *Lifestyle and integrative oncology interventions for cancer-related insomnia*. Maturitas. 2017;(journal details). (Insomnia prevalence 30-60% in cancer patients) maturitas.org
15. Cramer H, et al. *Yoga in Breast Cancer Patients: A Meta-Analysis of Randomized Controlled Trials*. Integr Cancer Ther. 2019;18:1534735419854134. (Yoga improves QOL, fatigue, sleep) pubmed.ncbi.nlm.nih.gov/apm.amegroups.org
16. Johannsen M, et al. *Mindfulness-Based Therapy in Oncology: An Updated Systematic Review and Meta-Analysis*. J Consult Clin Psychol. 2016;84(12):1076-1090. (Mindfulness reduces anxiety/depression in cancer) urmc.rochester.edu
17. Zgierska AE, et al. *Guided Imagery for Oncology Symptom Management: An Integrative Literature Review*. Oncol Nurs Forum. 2017;44(3):365-372. (Guided imagery effective for pain, anxiety, fatigue) ons.org
18. Buttimer A. *Expressive writing therapeutic for cancer patients*. Piedmont Healthcare Living Real Change. Published 2019. (Harvard research on writing benefits) piedmont.org
19. Zick SM, et al. *Acupuncture for symptom management in oncology: Clinical practice guidelines*. J Clin Oncol. 2022;40(34):3998-4024. (SIO-ASCO guideline: recommends acupuncture for pain, etc.) end-overdose-epidemic.org
20. Seluzicki CM, Corcoran S, Mao JJ. *What Does the Evidence Say About Reiki for Cancer?* ONS Voice. November 21, 2019. (Reiki RCTs for anxiety, pain; improves well-being) ons.org/ons.org
21. Mao JJ, et al. *Integrative Medicine for Pain Management in Oncology: SIO-ASCO Guideline*. J Clin Oncol. 2022;40(34):3998-4024. end-overdose-epidemic.org
22. Paulo CM, Ali AA, Schmeusser BN, et al. Barriers and facilitators to physical activity prehabilitation in patients with kidney cancer. *Eur J Oncol Nurs*. 2023;65:102333. doi:10.1016/j.ejon.2023.102333.
23. Mathis S, Sierpina VS. Kidney Cancer Integrative Oncology: Possible Options for Care. *Curr Oncol Rep*. 2023 Sep;25(9):1071-1080. doi: 10.1007/s11912-023-01437-x. Epub 2023 Jul 19. PMID: 37466849.
24. Johannsen M, Stoll C, Raida M, van Oorschot B, Flörcken A. Supportive therapy and complementary medicine in renal cell carcinoma. *World J Urol*. 2022 Oct;40(10):2359-2371. doi: 10.1007/s00345-021-03885-1. Epub 2021 Nov 25. PMID: 34821959.
25. Bauer F, Schmidt T, Eisfeld H, et al. Information needs and usage of complementary and alternative medicine in members of a German self-

- help group for GIST, sarcoma, and renal cancer. *Complement Ther Med*. 2018;41:105-110. doi:10.1016/j.ctim.2018.09.008.
26. Philippou Y, Hadjipavlou M, Khan S, Rane A. Complementary and alternative medicine (CAM) in prostate and bladder cancer. *BJU Int*. 2013 Dec;112(8):1073-9. doi: 10.1111/bju.12062. PMID: 23944379.

תזונה

1. Xu X, First Affiliated Hospital Zhejiang University. Processed meat intake and bladder cancer risk in the prostate, lung, colorectal and ovarian (PLCO) cohort. *Cancer Epidemiol Biomarkers Prev*. 2019;28(12):2076-2084. doi:10.1158/1055-9965.EPI-19-0604
2. Tang L, Zirpoli GR, Guru K, et al. Intake of cruciferous vegetables modifies bladder cancer survival. *Cancer Epidemiol Biomarkers Prev*. 2010;19(7):1806-1811. doi:10.1158/1055-9965.EPI-10-0183
3. Yuan JM, Gago-Dominguez M, Castela JE, Hankin JH, Ross RK, Yu MC. Cruciferous vegetables in relation to renal cell carcinoma. *Int J Cancer*. 1998;77(2):211-216. doi:10.1002/(SICI)1097-0215(19980717)77:2<211::AID-IJC7>3.0.CO;2-J
4. Lindblad P, Wolk A, Bergström R, Adami HO. Diet and risk of renal cell cancer: a population-based case-control study. *Cancer Epidemiol Biomarkers Prev*. 1997;6(4):215-223
5. Wolk A, Lindblad P, Adami HO. Nutrition and renal cell cancer. *Cancer Causes Control*. 1996;7(1):5-18
6. Hu J, Mao Y, White K; Canadian Cancer Registries Epidemiology Research Group. Diet and vitamin or mineral supplements and risk of renal cell carcinoma in Canada. *Cancer Causes Control*. 2003;14(7):705-714. doi:10.1023/A:1026356906010
7. Xiang L, Xiao Y, Xu Z, et al. Association of diabetes risk reduction diet with renal cancer risk in 101,755 participants: a prospective study. *J Transl Med*. 2023;21:684. doi:10.1186/s12967-023-04555-z
8. Mentella MC, Scaldaferrì F, Ricci C, Gasbarrini A, Miggiano GAD. Cancer and Mediterranean diet: a review. *Nutrients*. 2019;11(9):2059. doi:10.3390/nu11092059
9. Cimadamore A, Santoni M, Massari F, et al. Microbiome and cancers, with focus on genitourinary tumors. *Front Oncol*. 2019;9:178. doi:10.3389/fonc.2019.00178
10. Nguyen CB, Vaishampayan UN. Clinical applications of the gut microbiome in genitourinary cancers. *Am Soc Clin Oncol Educ Book*. 2024;44:e100041. doi:10.1200/EDBK_100041
11. Arora S, Tandon C, Tandon S. Evaluation of the cytotoxic effects of CAM therapies: an in vitro study in normal kidney cell lines. *ScientificWorldJournal*. 2014;2014:452892. doi:10.1155/2014/452892
12. Khan N, Sultana S. Inhibition of two-stage renal carcinogenesis, oxidative damage and hyperproliferative response by *Nigella sativa*. *Eur J Cancer Prev*. 2005;14(2):159-168. doi:10.1097/00008469-200504000-00011

13. Khan MA, Chen HC, Tania M, Zhang DZ. Anticancer activities of *Nigella sativa* (black cumin). *Afr J Tradit Complement Altern Med*. 2011;8(S):226-232. doi:10.4314/ajtcam.v8i5S.10
14. Samarghandian S, Afshari JT, Davoodi S. Honey induces apoptosis in renal cell carcinoma. *Pharmacogn Mag*. 2011;7(25):46-52. doi:10.4103/0973-1296.75901
15. Mahmoud YK, Abdelrazek HMA. Thymoquinone antioxidant/pro-oxidant effect as potential anticancer remedy. *Biomed Pharmacother*. 2019;115:108783. doi:10.1016/j.biopha.2019.108783
16. Wu W, Tong Y, Zhao Q, et al. Coffee consumption and bladder cancer: a meta-analysis of observational studies. *Sci Rep*. 2015;5:9051. doi:10.1038/srep09051
17. Brinkman MT, Karagas MR, Zens MS, et al. Intake of alpha-linolenic acid and other fatty acids in relation to the risk of bladder cancer: results from the New Hampshire case-control study. *Br J Nutr*. 2011;106(7):1070-1077. doi:10.1017/S0007114511001526
18. Tang L, Zirpoli GR, Guru K, et al. Intake of cruciferous vegetables modifies bladder cancer survival. *Cancer Epidemiol Biomarkers Prev*. 2010;19(7):1806-1811. doi:10.1158/1055-9965.EPI-10-0183
19. Turrini E, Ferruzzi L, Fimognari C. Potential effects of pomegranate polyphenols in cancer prevention and therapy. *Oxid Med Cell Longev*. 2015;2015:938475. doi:10.1155/2015/938475
20. Kamat AM, Tharakan ST, Sung B, Aggarwal BB. Curcumin potentiates the antitumor effects of Bacillus Calmette-Guerin against bladder cancer through the downregulation of NF- κ B and upregulation of TRAIL receptors. *Cancer Res*. 2009;69(23):8958-8966. doi:10.1158/0008-5472.CAN-09-2045

תוספי תזונה

1. Fang T, Liu DD, Ning HM, et al. Modified citrus pectin inhibits bladder tumor growth through downregulation of galectin-3. *Acta Pharm Sin (B)*. 2018;39:1885-1893. doi:10.1038/aps.2018.51
[JACC+15PubMed+15MDPI+15](#)
2. Kolatsi-Joannou M, Price KL, Winyard PJ, Long DA. Modified citrus pectin reduces galectin-3 expression and disease severity in experimental acute kidney injury. *PLoS ONE*. 2011;6(4):e18683. doi:10.1371/journal.pone.0018683 [ScienceDirect+3PLOS+3MDPI+3](#)
3. Laderach DJ, et al. Inhibition of galectins in cancer: Biological challenges for therapy. *Front Immunol*. 2023;... (details per citation). MCP inhibits galectin-3 binding to endothelial cells and reduces tumor adhesion and metastasis in vivo. [PMC+15Frontiers+15Spandidos Publications+15](#)
4. Eliaz I, et al. Pleiotropic effects of Modified Citrus Pectin (MCP). *Nutrients*. 2019;11(11):2619. (links MCP to inhibition of galectin-3 in various cancers). [JACC+15MDPI+15Townsend Letter+15](#)

5. Lu Y, Zhang M, Zhao P, et al. Modified citrus pectin inhibits galectin-3 function to reduce atherosclerotic lesions in apoE-deficient mice. *Mol Med Rep.* 2017;16:647–653. doi:10.3892/mmr.2017.6646 [Spandidos Publications+2MDPI+2](#)
6. El Gendy H, Madkour B, Abdelaty S, et al. Galectin-3 for the diagnosis of bladder cancer. *Arab J Urol.* 2013;11(4):362-368. doi:10.1016/j.aju.2013.10.004
7. Feyisetan O, Tracey C, Hellawell GO. Probiotics, dendritic cells and bladder cancer. *BJU Int.* 2012;109(11):1594-1597. doi:10.1111/j.1464-410X.2011.10749.x
8. Borchert DH, Sheridan E, Papatsoris A, et al. The case for probiotics in urology. *BJU Int.* 2007;101(4):413-416. doi:10.1111/j.1464-410X.2007.07289.x
9. Mondul AM, Weinstein SJ, Männistö S, et al. Serum vitamin D and risk of bladder cancer. *Cancer Res.* 2010;70(22):9218-9223. doi:10.1158/0008-5472.CAN-10-0985
10. Fujioka T, Suzuki Y, Okamoto T, et al. Prevention of renal cell carcinoma by active vitamin D3. *World J Surg.* 2000;24(10):1205-1210. doi:10.1007/s002680010206
11. Gallicchio L, Moore LE, Stevens VL, et al. Circulating 25-hydroxyvitamin D and risk of kidney cancer. *Am J Epidemiol.* 2010;172(1):47-57. doi:10.1093/aje/kwq115
12. Neri B, Fiorelli C, Moroni F, et al. Modulation of human lymphoblastoid interferon activity by melatonin in metastatic renal cell carcinoma: a phase II study. *Cancer.* 1994;73(12):3015-3019. doi:10.1002/1097-0142(19940615)73:12<3015::AID-CNCR2820731206>3.0.CO;2-X
13. Um HJ, Kwon TK. Protective effect of melatonin on oxaliplatin-induced apoptosis through sustained Mcl-1 expression and antioxidant action in renal carcinoma Caki cells. *J Pineal Res.* 2010;49(3):283-290. doi:10.1111/j.1600-079X.2010.00793.x

פעילות גופנית ושינה

1. Cannioto RA, Moysich KB, Adami HO, et al. Lifetime recreational physical inactivity and risk of renal cell carcinoma and bladder cancer: a case-control study. *Cancer Epidemiol Biomarkers Prev.* 2017;26(6):940-946. doi:10.1158/1055-9965.EPI-16-0914
2. Paulo CM, Ali AA, Schmeusser BN, et al. Barriers and facilitators to physical activity prehabilitation in patients with kidney cancer. *Eur J Oncol Nurs.* 2023;65:102333. doi:10.1016/j.ejon.2023.102333
3. Karami S, Boffetta P, Stewart P, et al. Occupational sunlight exposure and risk of renal cell carcinoma. *Cancer.* 2010;116(8):2001-2010. doi:10.1002/cncr.24939
4. Grant WB. A meta-analysis of second cancers after a diagnosis of nonmelanoma skin cancer: additional evidence that solar ultraviolet-B

- irradiance reduces the risk of internal cancers. *J Steroid Biochem Mol Biol.* 2007;103(3-5):668-674. doi:10.1016/j.jsbmb.2006.12.088
5. Mustian KM, Alfano CM, Heckler C, et al. Comparison of pharmaceutical, psychological, and exercise treatments for cancer-related fatigue: a meta-analysis. *JAMA Oncol.* 2017;3(7):961-968. doi:10.1001/jamaoncol.2016.6914.
 6. Paulo CM, Ali AA, Schmeusser BN, et al. Barriers and facilitators to physical activity prehabilitation in patients with kidney cancer. *Eur J Oncol Nurs.* 2023;65:102333. doi:10.1016/j.ejon.2023.102333.
 7. Johannsen M, Stoll C, Raida M, van Oorschot B, Flörcken A. Supportive therapy and complementary medicine in renal cell carcinoma. *World J Urol.* 2021;39:3687-3697. doi:10.1007/s00345-021-03885-1.
 8. Patel AV, Friedenreich CM, Moore SC, et al. American College of Sports Medicine Roundtable report on physical activity, sedentary behavior, and cancer prevention and control. *Med Sci Sports Exerc.* 2019;51(11):2391-2402. doi:10.1249/MSS.0000000000002117.
 9. Mustian KM, Alfano CM, Heckler C, et al. Comparison of pharmaceutical, psychological, and exercise treatments for cancer-related fatigue: a meta-analysis. *JAMA Oncol.* 2017;3(7):961-968. doi:10.1001/jamaoncol.2016.6914.
 10. Garland SN, Johnson JA, Savard J, et al. Sleeping well with cancer: a systematic review of cognitive behavioral therapy for insomnia in cancer patients. *Psychooncology.* 2014;23(11):1246-1258. doi:10.1002/pon.3575.

הקשרי גוף נפש

1. Blanc-Lapierre A, Rousseau MC, Weiss D, El-Zein M, Siemiatycki J, Parent ME. Lifetime report of perceived stress at work and cancer among men: a case-control study in Montreal, Canada. *Prev Med.* 2017;96:28-35. doi:10.1016/j.ypmed.2016.12.004
2. Cohen L, Cole SW, Sood AK, et al. Depressive symptoms and cortisol rhythmicity predict survival in patients with renal cell carcinoma: role of inflammatory signaling. *PLoS One.* 2012;7(8):e42324. doi:10.1371/journal.pone.0042324
3. de Moor C, Sterner J, Hall M, Warneke C, Gilani Z, Amato R, Cohen L. A pilot study of the effects of expressive writing on psychological and behavioral adjustment in patients enrolled in a Phase II trial of vaccine therapy for metastatic renal cell carcinoma. *Health Psychol.* 2002;21(6):615-619. doi:10.1037/0278-6133.21.6.615

טיפולים מרפואה משלימה

1. Mao JJ, Ismaila N, Bao T, et al. Integrative Medicine for Pain Management in Oncology: ASCO–SIO Guideline. *J Clin Oncol.* 2022;40(34):3998-4024. doi:10.1200/JCO.22.01307.

2. Zick SM, Sen A, Wyatt GK, et al. Acupressure for Persistent Cancer-Related Fatigue. *JAMA Oncol.* 2016;2(11):1470-1476. doi:10.1001/jamaoncol.2016.1867.
3. Johannsen M, Stoll C, Raida M, van Oorschot B, Flörcken A. Supportive therapy and complementary medicine in renal cell carcinoma. *World J Urol.* 2021;39:3687-3697. doi:10.1007/s00345-021-03885-1.
4. Philippou Y, Hadjipavlou M, Khan S, Rane A. Complementary and alternative medicine in prostate and bladder cancer. *BJU Int.* 2013;111:6-11. doi:10.1111/bju.12062.
5. Seluzicki C, Corcoran S, Mao JJ. What Does the Evidence Say About Reiki for Cancer? *ONS Voice.* 2019;11(10).
6. Cannioto RA, Moysich KB, Adami HO, et al. Lifetime recreational physical inactivity and risk of renal cell carcinoma and bladder cancer. *Cancer Epidemiol Biomarkers Prev.* 2017;26(6):940-946. doi:10.1158/1055-9965.EPI-16-0914.
7. Zgierska AE, et al. Guided imagery for oncology symptom management: An integrative review. *Oncol Nurs Forum.* 2017;44(3):365-372. doi:10.1188/17.ONF.365-372.
8. Borchert DH, Sheridan E, Papatsoris A, et al. The case for probiotics in urology. *BJU Int.* 2008;101(4):413-416. doi:10.1111/j.1464-410X.2007.07289.x.
9. Arora S, Aggarwal A, Singla P, Jyoti S, Tandon S. Anti-proliferative effects of homeopathic medicines on human kidney, colon and breast cancer cells. **Homeopathy.** 2013;102(4):274-282.
10. Arora S, Tandon C, Tandon S. Evaluation of the cytotoxic effects of CAM therapies: an in vitro study in normal kidney cell lines. **ScientificWorldJournal.** 2014;2014:452892. doi:10.1155/2014/452892.
11. Gaertner K, Müllner M, Friehs H, et al. Additive homeopathy in cancer patients: retrospective survival data from a homeopathic outpatient unit at the Medical University of Vienna. **Complement Ther Med.** 2014;22(2):320-332. doi:10.1016/j.ctim.2013.12.014. [PubMed](#)
12. Gleiss A, Frass M, Gaertner K. Re-analysis of survival data of cancer patients utilizing additive homeopathy. **Complement Ther Med.** 2016;27:65-67. doi:10.1016/j.ctim.2016.06.001. [PubMed](#)
13. Frass M, Lechleitner P, Gründling C, et al. Homeopathic treatment as an add-on therapy may improve quality of life and prolong survival in patients with non-small cell lung cancer: a prospective, randomized, placebo-controlled, double-blind, three-arm, multicenter study. **Oncologist.** 2020;25(12):e1930-e1955. doi:10.1002/onco.13548. (With expression of concern published 2022 and corrections in 2021, 2024.) [PubMed](#)

פרק 21- הגישה לטיפול אינטגרטיבי והתמודדות עם גידולי

ראש צוואר

מבוא והיקף המחלה

1. Sung H, Ferlay J, Siegel RL, et al. Global Cancer Statistics 2020: GLOBOCAN Estimates of Incidence and Mortality Worldwide for 36 Cancers in 185 Countries. *CA Cancer J Clin.* 2021;71(3):209-249.
2. Goodman JF, Wang MB. Complementary and Integrative Medicine in Head and Neck Cancer. *Otolaryngol Clin North Am.* 2022;55(5):1127-1139. doi:10.1016/j.otc.2022.06.007

הצרכים הבלתי ממומשים

1. Steer B, Loeliger J, Edbrooke L, et al. Malnutrition Prevalence According to the GLIM Criteria in Head and Neck Cancer Patients Undergoing Cancer Treatment. *Nutrients.* 2020;12(10):3108.
2. Day AT, Prestwood CA, Eary RL, et al. Supportive Care Needs Among Head and Neck Cancer Patients Prior to Oncologic Treatment: A Prospective, Cross-Sectional Pilot Study. *Ann Otol Rhinol Laryngol.* 2023;132(11):1361-1372.
3. Björklund M, Sarvimäki A, Berg A. Health promotion and empowerment from the perspective of individuals living with head and neck cancer. *Eur J Oncol Nurs.* 2008 Feb;12(1):26-34. doi: 10.1016/j.ejon.2007.09.003. Epub 2007 Nov 26. PMID: 18023254.
4. Ng JY, Dogadova E. The Presence of Complementary and Alternative Medicine Recommendations in Head and Neck Cancer Guidelines: Systematic Review and Quality Assessment. *Curr Oncol Rep.* 2021;23(3):32. doi:10.1007/s11912-021-01024-y.

למה מטופלים הסובלים מגידולי ראש צוואר פונים לרפואה אינטגרטיבית

1. Matovina C, Birkeland AC, Zick S, Shuman AG. Integrative Medicine in Head and Neck Cancer. *Otolaryngol Head Neck Surg.* 2017;156(2):228-237.
2. Hendershot KA, Dixon M, Kono SA, Shin DM, Pentz RD. Patients' Perceptions of Complementary and Alternative Medicine in Head and Neck Cancer: A Qualitative, Pilot Study With Clinical Implications. *Complement Ther Clin Pract.* 2014;20(4):213-218. doi:10.1016/j.ctcp.2013.10.005.

תזונה

1. Bozzetti F, Cotogni P. Nutritional Issues in Head and Neck Cancer Patients. *Healthcare (Basel)*. 2020;8:102. Published April 17, 2020.
2. Neoh MK, Abu Zaid Z, Mat Daud ZA, et al. Changes in Nutrition Impact Symptoms, Nutritional and Functional Status during Head and Neck Cancer Treatment. *Nutrients*. 2020;12(5):1225. doi:10.3390/nu12051225.
3. Allen-Winters S, Wakefield D, Gaudio E, et al. "Eat to Live"—Piloting a Culinary Medicine Program for Head & Neck Radiotherapy Patients. *Support Care Cancer*. 2020;28:2949-2957. doi:10.1007/s00520-019-05180-7.
4. Xie H, Bassett JK, Huybrechts I, et al. Ultra-processed food intake increases head & neck cancer risk in European adults: The impact of obesity as a mediating factor. *Eur J Nutr*. 2023. doi:10.1007/s00394-023-03286-3.
5. Mentella MC, Scaldaferri F, Ricci C, Gasbarrini A, Miggiano GADM. Cancer and Mediterranean Diet: A Review. *Nutrients*. 2019;11:2059. doi:10.3390/nu11092059.
6. Nicastro HL, Ross SA, Milner JA. Garlic and Onions: Their Cancer Prevention Properties. *Cancer Prev Res (Phila)*. 2015;8(3):181-189. doi:10.1158/1940-6207.CAPR-14-0172.
7. Khanal B, Baliga M, Uppal N. Effect of topical application of honey on radiation-induced oral mucositis: A single-blinded, randomized, controlled clinical study. *Int J Oral Maxillofac Surg*. 2010;39(12):1181-1185. doi:10.1016/j.ijom.2010.08.003.
8. Cantwell LA, Fahy E, Walters ER, Patterson JM. Nutritional prehabilitation in head and neck cancer: a systematic review. *Support Care Cancer*. 2022 Nov;30(11):8831-8843.
9. Jicman Stan D, Sârbu MI, Fotea S, et al. Oral Mucositis Induced by Chemoradiotherapy in Head and Neck Cancer – A Short Review about the Therapeutic Management and the Benefits of Bee Honey. *Medicina (Kaunas)*. 2022;58(6):751.

תוספי תזונה

1. Wilken R, Veena MS, Wang MB, Srivatsan ES. Curcumin: A review of anti-cancer properties and therapeutic activity in head and neck squamous cell carcinoma. *Mol Cancer*. 2011 Feb 7;10:12. doi: 10.1186/1476-4598-10-12. PMID: 21299897; PMCID: PMC3055228.
2. Kumar B, Yadav A, Hideg K, et al. A novel curcumin analog (H-4073) enhances the therapeutic efficacy of cisplatin treatment in head and neck cancer. *PLoS One*. 2014;9(3):e93208.

3. Nikolakopoulou Z, Nteliopoulos G, Michael-Titus AT, Parkinson EK. Omega-3 polyunsaturated fatty acids selectively inhibit growth in neoplastic oral keratinocytes. *Carcinogenesis*. 2013;34(11):2716-2725.
4. Onseng K, Johns NP, Khuayjarernpanishk T, et al. Beneficial effects of adjuvant melatonin in minimizing oral mucositis complications in head and neck cancer patients receiving concurrent chemoradiation. *J Altern Complement Med*. 2017;23(12):957-963.
5. Elsabagh HH, Moussa E, Mahmoud SA, Elsaka RO, Abdelrahman H. Efficacy of Melatonin in Prevention of Radiation-Induced Oral Mucositis: A Randomized Clinical Trial. *Oral Dis*. 2020;26(3):566-572.
6. Ulaganathan V, Lye MS, Loh SP, et al. Serum 25-Hydroxyvitamin D is inversely associated with nasopharyngeal carcinoma: A hospital-based matched case-control study in Malaysia. *Nutrients*. 2024;16:397.
7. Mäkitie A, Tuokkola I, Laurell G, et al. Vitamin D in head and neck cancer: a systematic review. *Curr Oncol Rep*. 2021;23:5.
8. Mot CI, Horhat DI, Balica NC, Hirtie B, Varga NI, Prodan-Barbulescu C, Alexandru A, Ciurariu E, Galis R. Vitamin D and Clinical Outcomes in Head and Neck Cancer: A Systematic Review. *Nutrients*. 2025 Mar 21;17(7):1100. doi: 10.3390/nu17071100. PMID: 40218858; PMCID: PMC11990105.
9. Nguyen T, Koric A, Chang C-P E, et al. Coffee and tea consumption and the risk of head and neck cancer: an updated pooled analysis in the INHANCE consortium. *Cancer*. 2025. doi:10.1002/cncr.35620
10. Bairati I, Meyer F, Jobin E, Gélinas M, Fortin A, Nabid A, Brochet F, Têtu B. Antioxidant vitamins supplementation and mortality: a randomized trial in head and neck cancer patients. *Int J Cancer*. 2006 Nov 1;119(9):2221-4. doi: 10.1002/ijc.22042. PMID: 16841333.
11. Bairati I, Meyer F, Gélinas M, Fortin A, Nabid A, Brochet F, Mercier JP, Têtu B, Harel F, Abdous B, Vigneault E, Vass S, Del Vecchio P, Roy J. Randomized trial of antioxidant vitamins to prevent acute adverse effects of radiation therapy in head and neck cancer patients. *J Clin Oncol*. 2005 Aug 20;23(24):5805-13.

פעילות גופנית ושיקום

1. Samuel SR, Maiya AG, Fernandes DJ, Guddattu V, Saxena PUP, Kurian JR, Lin PJ, Mustian KM. Effectiveness of exercise-based rehabilitation on functional capacity and quality of life in head and neck cancer patients receiving chemo-radiotherapy. *Support Care Cancer*. 2019 Oct;27(10):3913-3920.
2. Sidhpuria S, D'Silva C, Shetty N, Mohandas L, K Shetty V. Effect of Exercise Training on Functional Capacity Head and Neck Cancer Patients Receiving Various Anticancer Therapies: An Interventional Study. *Asian Pac J Cancer Prev*. 2023 Jun 1;24(6):1987-1992.

שינה ואורח חיים

1. Pecorari G, Moglio S, Gamba D, Briguglio M, Cravero E, Sportoletti Baduel E, Riva G. Sleep Quality in Head and Neck Cancer. *Curr Oncol*. 2024 Nov 9;31(11):7000-7013.
2. Zachariae R, O'Toole MS. The Effect of Expressive Writing Intervention on Psychological and Physical Health Outcomes in Cancer Patients – A Systematic Review and Meta-Analysis. *Psychooncology*. 2015;24(11):1349-1359.
3. Yin L. Effects of mindfulness-based stress reduction training on the negative emotions and social functioning of patients with laryngeal cancer. *Clin Transl Oncol*. 2025 Apr;27(4):1760-1766.

גוף-נפש

1. Zhang Z, Leong Bin Abdullah MFI, Shari NI, Lu P. Acceptance and commitment therapy versus mindfulness-based stress reduction for newly diagnosed head and neck cancer patients: A randomized controlled trial assessing efficacy for positive psychology, depression, anxiety, and quality of life. *PLoS One*. 2022 May 10;17(5):e0267887. doi: 10.1371/journal.pone.0267887. PMID: 35536828; PMCID: PMC9089868.
2. Yin L. Effects of mindfulness-based stress reduction training on the negative emotions and social functioning of patients with laryngeal cancer. *Clin Transl Oncol*. 2025 Apr;27(4):1760-1766.
3. Milbury K, Rosenthal DI, Li Y, Ngo-Huang AT, Mallaiah S, Yousuf S, Fuller CD, Lewis C, Bruera E, Cohen L. Dyadic Yoga for Head and Neck Cancer Patients Undergoing Chemoradiation and their Family Caregivers. *J Pain Symptom Manage*. 2024 Jun;67(6):490-500. doi: 10.1016/j.jpainsymman.2024.02.565. Epub 2024 Mar 5. PMID: 38447621; PMCID: PMC11349719.
4. Pollard A, Burchell JL, Castle D, Neilson K, Ftanou M, Corry J, Rischin D, Kissane DW, Krishnasamy M, Carlson LE, Couper J. Individualised mindfulness-based stress reduction for head and neck cancer patients undergoing radiotherapy of curative intent: a descriptive pilot study. *Eur J Cancer Care (Engl)*. 2017 Mar;26(2). doi: 10.1111/ecc.12474. Epub 2016 Mar 7. PMID: 26947583.

דיקור

1. Garcia MK, Meng Z, Rosenthal DI, Shen Y, Chambers M, Yang P, Wei Q, Hu C, Wu C, Bei W, Prinsloo S, Chiang J, Lopez G, Cohen L. Effect of True and Sham Acupuncture on Radiation-Induced Xerostomia Among Patients With Head and Neck Cancer: A Randomized Clinical Trial. *JAMA Netw Open*. 2019 Dec 2;2(12):e1916910. doi: 10.1001/jamanetworkopen.2019.16910. PMID: 31808921; PMCID: PMC6902763.

2. Cohen L, Danhauer SC, Garcia MK, Dressler EV, Rosenthal DI, Chambers MS, Cusimano A, Brown WM, Ochoa JM, Yang P, Chiang JS, Gordon O, Crutcher R, Kim JK, Russin MP, Lukenbill J, Porosnicu M, Yost KJ, Weaver KE, Lesser GJ. Acupuncture for Chronic Radiation-Induced Xerostomia in Head and Neck Cancer: A Multicenter Randomized Clinical Trial. *JAMA Netw Open*. 2024 May 1;7(5):e2410421. doi: 10.1001/jamanetworkopen.2024.10421. PMID: 38739392; PMCID: PMC11091764.
3. Meng Z, Garcia MK, Hu C, Chiang J, Chambers M, Rosenthal DI, Peng H, Zhang Y, Zhao Q, Zhao G, Liu L, Spelman A, Palmer JL, Wei Q, Cohen L. Randomized controlled trial of acupuncture for prevention of radiation-induced xerostomia among patients with nasopharyngeal carcinoma. *Cancer*. 2012 Jul 1;118(13):3337-44

עיסוי ורפלקסולוגיה

1. Win Myint O, Yoong SQ, Toh E, Lei F, Jiang Y. Effectiveness of Massage Therapy for Cancer Pain, Quality of Life and Anxiety Levels: A Systematic Review and Meta-Analysis. *J Clin Nurs*. 2025 Jan;34(1):49-87. doi: 10.1111/jocn.17547. Epub 2024 Nov 18. PMID: 39558520.
2. Wyatt G, Sikorskii A, Rahbar MH, Victorson D, You M. Health-related outcomes of reflexology in cancer: An integrative review. *J Pain Symptom Manage*. 2012;43(5):790-804.
3. Stephenson NL, Swanson M, Dalton J, Keefe FJ, Engelke M. Partner-delivered reflexology: effects on cancer pain and anxiety. *Oncol Nurs Forum*. 2007 Jan;34(1):127-32. doi: 10.1188/07.ONF.127-132. PMID: 17562639.

רייקי

1. Karaman S, Tan M. Effect of Reiki therapy on quality of life and fatigue in breast cancer patients receiving chemotherapy. *Cancer Nurs*. 2021;44(6):E652-E658.
2. Baldwin AL, Vitale A, Brownell E, Scicinski J, Kearns M, Rand W. Effects of Reiki on pain, anxiety, and blood pressure in patients undergoing knee replacement: A pilot study. *Holist Nurs Pract*. 2017;31(2):80-89.

הומאופתיה

1. Oberbaum M, Yaniv I, Ben-Gal Y, et al. A randomized, controlled clinical trial of the homeopathic medication Traumeel S in the treatment of chemotherapy-induced stomatitis in children undergoing stem cell transplantation. *Cancer*. 2001;92(3):684-690.

2. Frass M, Friehs H, Thallinger C, et al. Influence of adjunctive classical homeopathy on global health status and subjective well-being in cancer patients – a pragmatic randomized controlled trial. *Complement Ther Med*. 2015;23(3):309-317.

פרק 22- הגישה לטיפול אינטגרטיבי והתמודדות עם מטופלים הסובלים מגידולים ממאירים במח

היקף הבעיה

1. **Barnholtz-Sloan JS, Ostrom QT, et al.** Primary malignant brain tumors in the United States: incidence and mortality, 2017–2021. *Neuro Oncol.* 2024; **25**(Suppl 4): iv1–iv50. [cbtrus.org](https://www.cbtrus.org)
2. **Bray F, et al.** Global cancer statistics 2020: GLOBOCAN estimates of incidence and mortality worldwide for 36 cancers in 185 countries. *CA Cancer J Clin.* 2021; **71**(3):209-249. [archpublichealth.biomedcentral.com](https://www.archpublichealth.biomedcentral.com)
3. **Ostrom QT, et al.** CBTRUS Statistical Report: Primary brain and other CNS tumors diagnosed in the United States in 2016–2020. *Neuro Oncol.* 2023; **25**(Suppl_4): iv1–iv99. [cbtrus.org](https://www.cbtrus.org)
4. **Israel National Cancer Registry.** Cancer Incidence and Mortality in Israel, 2015–2019: Brain and CNS Tumors. Israel Ministry of Health; 2022. gco.iarc.who.int
5. **de Robles P, et al.** The worldwide incidence and prevalence of primary brain tumors: a systematic review. *Neuro Oncol.* 2015; **17**(6):776-783. [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)

שימוש ברפואה משלימה במטופלים עם גידולי מח וסיבות לשימוש

- ד"ר דויד סרוואן-שרייבר. לא לסרטן- דרך חיים חדשה נוגדת סרטן. הוצאת מודן, 2008.

1. **Ford E, et al.** Systematic review of supportive care needs in patients with primary malignant brain tumors. *Neuro Oncol.* 2012; **14**(4):392-404. [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)
2. **Khan F, et al.** "Living with glioblastoma" – a qualitative study of patient and caregiver experiences. *BMJ Support Palliat Care.* 2023; [Epub ahead of print]. [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)
3. **Heese O, et al.** Complementary therapy use in patients with glioma: an observational study. *Neurology.* 2010; **75**(24):2229-2235. pubmed.ncbi.nlm.nih.gov
4. **Armstrong TS, Gilbert MR.** Use of complementary and alternative medical therapy by patients with primary brain tumors. *Curr Neurol Neurosci Rep.* 2008; **8**(3):264-268. pubmed.ncbi.nlm.nih.gov
5. **Bonucci M, Fuggetta MP, Anelli L, Giannarelli D, Fiorentini C, Ravagnan G.** New Approach for Enhancing Survival in Glioblastoma Patients: A Longitudinal Pilot Study on Integrative Oncology. *Cancers (Basel).* 2025; **17**(14):2321. doi:10.3390/cancers17142321.

6. **Ottenhausen M, Renovanz M, Bartz I, et al.** Use of complementary therapies and supportive measures of patients with intracranial gliomas—a prospective evaluation in an outpatient clinic. *J Neurooncol.* 2024. doi:10.1007/s11060-024-04696-1.
7. **Kerezoudi EN, Kerezoudis P, Choudhry A, et al.** Complementary and Alternative Medicine for Gliomas: Systematic Review and Critical Appraisal of Current Literature. *Neurosurgery.* 2022. doi:10.1227/neu.0000000000002236.
8. **Munoz-Casabella A, Wahner-Roedler DL, Croghan IT, et al.** Use of Complementary and Integrative Medicine Among Patients With Glioblastoma Multiforme Seen at a Tertiary Care Center. *Glob Adv Health Med.* 2022;11:1-8. doi:10.1177/2164957X221078543.
9. **Le Rhun E, Devos P, Bourg V, et al.** Complementary and alternative medicine use in glioma patients in France. *J Neurooncol.* 2019;145(3):487-499. doi:10.1007/s11060-019-03315-8.
10. **Pangal DJ, Baertsch H, Kellman EM, et al.** Complementary and Alternative Medicine for the Treatment of Gliomas: Scoping Review of Clinical Studies, Patient Outcomes, and Toxicity Profiles. *World Neurosurg.* 2021;151:e682-e692. doi:10.1016/j.wneu.2021.04.096.
11. **Mulpur BH, Nabors LB, Thompson RC, et al.** Complementary therapy and survival in glioblastoma. *Neuro-Oncology Practice.* 2015;2(3):122-126. doi:10.1093/nop/npv008.
12. **Randazzo DM, McSherry F, Herndon JE, et al.** Complementary and integrative health interventions and their association with health-related quality of life in the primary brain tumor population. *Complement Ther Clin Pract.* 2019;36:43-48. doi:10.1016/j.ctcp.2019.05.002.
13. **David Servan Schreiber MD PhD.** Anti Cancer- A New Way of Life. London: Viking Penguin Books Ltd, 2009.

תזונה

1. **Thomopoulos-Titomihelakis KD, Sach H, McCann R, et al.** Critical Review of Ketogenic Diet Throughout the Cancer Continuum for Neuroglioma: Insights from a Medical Nutrition Therapy Perspective. *Curr Nutr Rep.* 2025;14:24. doi:10.1007/s13668-025-00609-4.
2. **Sargaço B, Oliveira PA, Antunes ML, Moreira AC.** Effects of the Ketogenic Diet in the Treatment of Gliomas: A Systematic Review. *Nutrients.* 2022;14(5):1007. doi:10.3390/nu14051007.
3. **Seyfried TN, Shivane AG, Kalamian M, Maroon JC, Mukherjee P, Zuccoli G.** Ketogenic Metabolic Therapy, Without Chemo or Radiation, for the Long-Term Management of IDH1-Mutant Glioblastoma: An 80-Month Follow-Up Case Report. *Front Nutr.* 2021;8:682243. doi:10.3389/fnut.2021.682243.
4. **Klein P, Tyrlikova I, Zuccoli G, Tyrlik A, Maroon JC.** Treatment of Glioblastoma Multiforme With “Classic” 4:1 Ketogenic Diet Total Meal

- Replacement. *Cancer Metab.* 2020;8:24. doi:10.1186/s40170-020-00230-9.
5. Winter SF, Loebel F, Dietrich J. Role of Ketogenic Metabolic Therapy in Malignant Glioma: A Systematic Review. *Crit Rev Oncol Hematol.* 2017;112:41-58. doi:10.1016/j.critrevonc.2017.02.011.
 6. Safdie F, Brandhorst S, Wei M, et al. Fasting Enhances the Response of Glioma to Chemo- and Radiotherapy. *PLoS One.* 2012;7(9):e44603. doi:10.1371/journal.pone.0044603.
 7. Schreck KC, Hsu FC, Berrios N, et al. Feasibility and Metabolic Impact of a Ketogenic/Intermittent-Fasting Diet in Patients With Glioma. *Neurology.* 2021;97(9):e953-e963. doi:10.1212/WNL.00000000000012452.
 8. Derr RL, Ye X, Islas MU, et al. Association between hyperglycemia and survival in patients with newly diagnosed glioblastoma. *J Clin Oncol.* 2009;27(7):1082-1086. doi:10.1200/JCO.2008.19.1098.

דיאטה קטוגנית

1. Thomopoulos-Titomihelakis KD, Sach H, McCann R, et al. Critical Review of Ketogenic Diet Throughout the Cancer Continuum for Neuroglioma: Insights from a Medical Nutrition Therapy Perspective. *Curr Nutr Rep.* 2025;14:24. doi:10.1007/s13668-025-00609-4
2. Makuku R, Far ZS, Khalili N, et al. The Role of Ketogenic Diet in the Treatment of Neuroblastoma. *Integr Cancer Ther.* 2023;22:15347354221150787. doi:10.1177/15347354221150787
3. Sargaço B, Oliveira PA, Antunes ML, Moreira AC. Effects of the Ketogenic Diet in the Treatment of Gliomas: A Systematic Review. *Nutrients.* 2022;14(5):1007. doi:10.3390/nu14051007
4. Seyfried TN, Shivane AG, Kalamian M, Maroon JC, Mukherjee P, Zuccoli G. Ketogenic Metabolic Therapy, Without Chemo or Radiation, for the Long-Term Management of IDH1-Mutant Glioblastoma: An 80-Month Follow-Up Case Report. *Front Nutr.* 2021;8:682243. doi:10.3389/fnut.2021.682243
5. Klein P, Tyrlikova I, Zuccoli G, Tyrlik A, Maroon JC. Treatment of Glioblastoma Multiforme With "Classic" 4:1 Ketogenic Diet Total Meal Replacement. *Cancer Metab.* 2020;8:24. doi:10.1186/s40170-020-00230-9
6. Smith KA, Hendricks BK, DiDomenico JD, et al. Ketogenic Metabolic Therapy for Glioma. *Cureus.* 2022;14(6):e26457. doi:10.7759/cureus.26457
7. Smith KA. Ketogenic Metabolic Therapy for Gliomas Update: A Plea for a Prospective BNI/IVY Trial. Barrow Neurological Institute/IVY Foundation; 2022.
8. Winter SF, Loebel F, Dietrich J. Role of Ketogenic Metabolic Therapy in Malignant Glioma: A Systematic Review. *Crit Rev Oncol Hematol.* 2017;112:41-58. doi:10.1016/j.critrevonc.2017.02.011

9. Sargaço B, Oliveira PA, Antunes ML, Moreira AC. Effects of the Ketogenic Diet in the Treatment of Gliomas: A Systematic Review. *Nutrients*. 2022;14:1007. (Duplicate listing confirms systematic review)
10. Seyfried TN, Zuccoli G. Ketogenic Diet in Glioblastoma Therapy: Past Lessons and Future Directions. *Nutrients*. 2022;14(12):2431. doi:10.3390/nu14122431
11. Safdie F, Brandhorst S, Wei M, et al. Fasting Enhances the Response of Glioma to Chemo- and Radiotherapy. *PLoS One*. 2012;7(9):e44603. doi:10.1371/journal.pone.0044603.
12. Longo VD, et al. Fasting and glioma treatment: mechanistic insights. *PLoS One*. 2012;7(9):e44603 (duplicate file reference).
13. Schreck KC, Hsu FC, Berrios N, et al. Feasibility and Metabolic Impact of a Ketogenic/Intermittent-Fasting Diet in Patients With Glioma. *Neurology*. 2021;97(9):e953-e963. doi:10.1212/WNL.00000000000012452.
14. The ASCO Post Staff. Study Explores Ketogenic Diet and Intermittent Fasting in Patients With Brain Cancer. *ASCO Post*. July 15, 2021. Available at: <https://ascopost.com/news/july-2021/study-explores-ketogenic-diet-and-intermittent-fasting-in-patients-with-brain-cancer/>.

מזונות מועילים

1. Chowdhury FA, Hossain MK, Mostofa AGM, Akbor MM, Bin Sayeed MS. Therapeutic potential of thymoquinone in glioblastoma treatment: targeting major gliomagenesis signaling pathways. *Biomed Res Int*. 2018;2018:4010629. doi:10.1155/2018/4010629.
2. Gargano ML, Venturella G, Bosco F, et al. The role of medicinal mushrooms in brain cancer therapies: review. *Int J Med Mushrooms*. 2021;23(5):13-20. doi:10.1615/IntJMedMushrooms.2021038277.
3. Tagde P, Tagde P, Bhattacharya T, et al. Natural bioactive molecules: an alternative approach to the treatment and control of glioblastoma multiforme. *Biomed Pharmacother*. 2021;141:111928. doi:10.1016/j.biopha.2021.111928.
4. Kim S, Jing K, Shin S, et al. ω 3-polyunsaturated fatty acids induce cell death through apoptosis and autophagy in glioblastoma cells: in vitro and in vivo. *Oncol Rep*. 2018;39(1):239-246. doi:10.3892/or.2017.6101.
5. Turrini E, Ferruzzi L, Fimognari C. Potential effects of pomegranate polyphenols in cancer prevention and therapy. *Oxid Med Cell Longev*. 2015;2015:938475. doi:10.1155/2015/938475.
6. Derr RL, Ye X, Islas MU, et al. Association between hyperglycemia and survival in patients with newly diagnosed glioblastoma. *J Clin Oncol*. 2009;27(7):1082-1086. doi:10.1200/JCO.2008.19.1098.

תוספי תזונה

1. Elliott W Jr, Tsung AJ, Guda MR, Velpula KK. Galectin inhibitors and nanoparticles as a novel therapeutic strategy for glioblastoma multiforme. *Am J Cancer Res*. 2024;14(2):774-795.
2. Kim S, Jing K, Shin S, et al. ω 3-polyunsaturated fatty acids induce cell death through apoptosis and autophagy in glioblastoma cells: in vitro and in vivo. *Oncol Rep*. 2018;39:239-246. doi:10.3892/or.2017.6101.
3. Moretti E, Favero G, Rodella LF, Rezzani R. Melatonin's antineoplastic potential against glioblastoma. *Cells*. 2020;9:599.
4. Upadhyay R, Elguindy ANM, Sengupta S, et al. *Boswellia serrata* for cerebral radiation necrosis after stereotactic radiosurgery for brain metastases. *Int J Radiat Oncol Biol Phys*. 2023;117(2 Suppl):S173. (ASTRO כנס/תקציר).
5. Newton HB. Indian Ayurvedic medicine: overview and application to brain cancer. *J Ayurveda Integr Med*. 2024;15:101013.
6. Budiu RA? (מחברים לא מצוינים בקובץ). Macropinocytosis requires Gal-3 in a subset of patient-derived glioblastoma stem cells. *Commun Biol*. 2021;4:718. doi:10.1038/s42003-021-02258-z.
7. Dutta R, Khalil R, Green R, Mohapatra SS, Mohapatra S. Withania somnifera (Ashwagandha) and withaferin A: potential in integrative oncology. *Int J Mol Sci*. 2019;20(21):5310. (מצוטט במסגרת סקירת) (2024).
8. Das UN. Gamma-linolenic acid therapy of human glioma-a review of in vitro, in vivo, and clinical studies. *Med Sci Monit*. 2007 Jul;13(7):RA119-31. PMID: 17599036.
9. Vartak S, McCaw R, Davis CS, Robbins ME, Spector AA. Gamma-linolenic acid (GLA) is cytotoxic to 36B10 malignant rat astrocytoma cells but not to 'normal' rat astrocytes. *Br J Cancer*. 1998 May;77(10):1612-20. doi: 10.1038/bjc.1998.264. PMID: 9635836; PMCID: PMC2150053.

פעילות גופנית

- Ruden E, Reardon DA, Coan AD, et al. Exercise behavior, functional capacity, and survival in adults with malignant recurrent glioma. *J Clin Oncol*. 2011;29(21):2918-2923. doi:10.1200/JCO.2011.34.9852.

גוף-נפש, שינה ואורח חיים

1. Milbury K, Li J, Weathers SP, et al. Pilot randomized, controlled trial of a dyadic yoga program for glioma patients undergoing radiotherapy and their family caregivers. *Neurooncol Pract*. 2019;6(4):311-320. doi:10.1093/nop/npy052. [PubMed](#)

2. Milbury K, Mallaiah S, Mahajan A, et al. Yoga program for high-grade glioma patients undergoing radiotherapy and their family caregivers. **Integr Cancer Ther.** 2018;17(2):332-336. doi:10.1177/1534735417689882. [PMC](#)
3. Milbury K, Weathers SP, Durrani S, et al. Online couple-based meditation intervention for patients with primary or metastatic brain tumors and their partners: Results of a pilot randomized controlled trial. **J Pain Symptom Manage.** 2020;59(5):1092-1101. doi:10.1016/j.jpainsymman.2020.02.004. [PubMed](#)
4. Loughan AR, Lanoye A, Willis KD, et al. Telehealth group Cognitive-Behavioral Therapy for Insomnia (CBT-I) in primary brain tumor: Primary outcomes from a single-arm phase II feasibility and proof-of-concept trial. **Neuro Oncol.** 2024;26(3):516-527. doi:10.1093/neuonc/noad193. [PubMed](#)
5. Loughan AR, Lanoye A, Willis KD, et al. Study protocol for Cognitive Behavioral Therapy for Insomnia in patients with primary brain tumor: A single-arm phase 2a proof-of-concept trial. **Contemp Clin Trials Commun.** 2023;32:101083. doi:10.1016/j.conctc.2023.101083. [PMCPubMed](#)
6. Diplock BD, Ellis JWM, Perry JR, et al. Efficacy of a brief mindfulness-based intervention for brain tumor survivors experiencing depressive symptoms: a pilot study. **Cancer Survivorship Research & Care.** 2024;2(1):2407120. doi:10.1080/28352610.2024.2407120. [Taylor & Francis OnlineResearchGate](#)
7. Wu PY, Huang ML, Lee WP, Wang C, Shih WM. Effects of music listening on anxiety and physiological responses in patients undergoing awake craniotomy: A randomized controlled trial. **Complement Ther Med.** 2017;32:56-60. doi:10.1016/j.ctim.2017.03.007. [PubMed](#)
8. Wollet AR, King A, Roush E, et al. Landscape and impact of mind-body, cognitive-behavioral, and physical activity interventions in adolescent and adult brain tumor patients: A systematic review. **Neuro-Oncology Advances.** 2024;6(1):vdae134. doi:10.1093/noajnl/vdae134. [Oxford Academic+1](#)
9. ClinicalTrials.gov. **Mindfulness Meditation in Glioma Patients.** Identifier: NCT03915912. Accessed August 31, 2025. [ClinicalTrials.gov](#)
10. National Cancer Institute. **Guided Meditation for Reducing Anxiety in Patients Undergoing Radiation Therapy for a Brain Tumor (NCI-2023-10576).** Accessed August 31, 2025. [Cancer.gov](#)

הומאופתיה

- Pathak S, Multani AS, Banerji P, Banerji P. Ruta 6 selectively induces cell death in brain cancer cells but proliferation in normal peripheral blood lymphocytes: a novel treatment for human brain cancer. **Int J Oncol.** 2003;23(4):975-982. doi:10.3892/ijo.23.4.975.

פרק 23- הגישה לטיפול אינטגרטיבי והתמודדות עם מטופלים הסובלים מגידולים ממאירים המטולוגיים

אפידמיולוגיה והיקף המחלות

• Epidemiology & Burden

1. Pan K, Li W, Peng J, et al. Global burden and trends of Hodgkin lymphoma and non-Hodgkin lymphoma from 1990 to 2022: a systematic analysis based on the Global Burden of Disease Study and GLOBOCAN 2022. *BMC Cancer*. 2025;25(1):638. doi:10.1186/s12885-025-14132-4.
2. Fornaro C, Milani R, Chiellino S, et al. Global epidemiology of multiple myeloma in 2022: A GLOBOCAN-based analysis. *JNCI J Natl Cancer Inst*. 2025;117(1):8-17. doi:10.1093/jnci/djae164.
3. American Cancer Society. *Cancer Facts & Figures 2024*. Atlanta, GA: ACS; 2024.
4. Leukemia & Lymphoma Society (LLS). *Facts and Statistics Overview (2024)*. Accessed Aug 26, 2025.
5. National Cancer Institute SEER. *Cancer Stat Facts: Myeloma*. Accessed Aug 26, 2025.
6. IARC GLOBOCAN 2022. Israel fact sheet—estimated cancer incidence and mortality, 2022. Accessed Aug 26, 2025.

צרכים שלא נענים

• Unmet Needs / Palliative & Supportive Care

1. Robbins-Welty GA, Webb JA, Shalev D, El-Jawahri A, Jackson V, Mitchell C, LeBlanc TW. Advancing Palliative Care Integration in Hematology: Building Upon Existing Evidence. *Curr Treat Options Oncol*. 2023 May;24(5):542-564. doi: 10.1007/s11864-023-01084-1. Epub 2023 Apr 5. PMID: 37017909; PMCID: PMC10074347.
2. Tsang M, LeBlanc TW. Palliative and End-of-Life Care in Hematologic Malignancies: Progress and Opportunities. *JCO Oncol Pract*. 2024 Jun;20(6):739-741. doi: 10.1200/OP.24.00081. Epub 2024 Mar 13. PMID: 38478797.

3. Wedding U. Palliative care of patients with haematological malignancies: strategies to overcome difficulties via integrated care. *Lancet Healthy Longev.* 2021 Nov;2(11):e746-e753. doi: 10.1016/S2666-7568(21)00213-0. Epub 2021 Oct 5. PMID: 36098031.
4. Kuczmarski TM, Schnake-Mahl A. Goal of a "good death" in end-of-life care for patients with hematologic malignancies. *Curr Hematol Malig Rep.* 2021;16(4):405-413. doi:10.1007/s11899-021-00631-1.
5. Ouchveridze E, von Lilienfeld-Toal M, Engelhardt M, et al. Financial toxicity in hematological malignancies. *Blood Cancer J.* 2022;12(2):33. doi:10.1038/s41408-022-00671-z.
6. Barata A, Shallis RM, Steinberg A, et al. Patient and physician communication in allogeneic hematopoietic cell transplantation. *Transplant Cell Ther.* 2024;30(9):S54-S64.

תזונה

• Nutrition

1. Stella F, Massaro F, Pavesi F, et al. Nonrestrictive diet does not increase infections during post-HSCT neutropenia: randomized multicenter trial. *Blood Adv.* 2023;7(19):5996-6007. doi:10.1182/bloodadvances.2023009485.
2. Ma Y, Zhang Y, Sun T, et al. Neutropenic diet cannot reduce infection and mortality in oncology patients: meta-analysis. *Front Oncol.* 2022;12:836371. doi:10.3389/fonc.2022.836371.
3. Jahns L, Hübner J, Mensger C, Mathies V. A Neutropenic Diet in Haemato-Oncological Patients Receiving High-Dose Therapy and Hematopoietic Stem Cell Transplantation: A Systematic Review. *Nutrients.* 2025 Feb 21;17(5):768. doi: 10.3390/nu17050768. PMID: 40077640; PMCID: PMC11901642.
4. Levy Yurkovski I, Andreazzoli F, Ben-Arye E, Attias S, Tadmor T. Integrative approaches in the treatment of patients affected by lymphoma. *Curr Oncol Rep.* 2023;25(12):1177-1192. doi:10.1007/s11912-023-01476-4.
5. Okolo ON, Gowin K. Emerging role of integrative medicine in hematologic malignancies: a literature review and update. *Curr Hematol Malig Rep.* 2019;14(5):328-336. doi:10.1007/s11899-019-00526-8.
6. Frenkel M, Sapire K. Complementary and integrative medicine in hematologic malignancies: questions and challenges. *Curr Oncol Rep.* 2017;19(12):79. doi:10.1007/s11912-017-0635-0.
7. Andreazzoli F, Levy Yurkovski I, Gowin K, Bonucci M. Management of myeloproliferative neoplasms: an integrative approach. *J Clin Med.* 2025;14(14):5080. doi:10.3390/jcm14145080.
8. Singh S, Peshin S, Larsen A, Gowin K. Optimizing care: integrative oncology in myeloproliferative neoplasm. *Curr Oncol Rep.* 2024;26(10):1003-1014. doi:10.1007/s11912-024-01568-9.

9. Knudsen LM, Overvad K, Tjønneland A, et al. Dairy intake and risk of multiple myeloma in the European Prospective Investigation into Cancer and Nutrition (EPIC) cohort. *Am J Clin Nutr*. 2014;99(5):1181-1189. doi:10.3945/ajcn.113.071357
10. Andreazzoli F, Levy-Yurkovski I, Ben-Arye E, Bonucci M. Conceptualizing an integrative multiple myeloma care: the role of nutrition, supplements, and complementary modalities. *Nutrients*. 2024;16(2):237. doi:10.3390/nu16020237
11. Chang ET, Bälter KM, Torráng A, Smedby KE, Melbye M, Adami HO. Consumption of milk and other dairy products and risk of non-Hodgkin lymphoma. *Am J Epidemiol*. 2005;162(9):856-867. doi:10.1093/aje/kwi297
12. Giovannucci E. Insulin, insulin-like growth factors and colon cancer: a review of the evidence. *J Nutr*. 2001;131(11 Suppl):3109S-3120S. doi:10.1093/jn/131.11.3109S
13. Gao X, LaValley MP, Tucker KL. Prospective studies of dairy product and calcium intakes and prostate cancer risk: a meta-analysis. *J Natl Cancer Inst*. 2005;97(23):1768-1777. doi:10.1093/jnci/dji402
14. Metayer C, Colt JS, Buffler PA, et al. Exposure to agricultural pesticides and risk of childhood leukemia: findings from the Northern California Childhood Leukemia Study. *Environ Health Perspect*. 2013;121(1):125-131. doi:10.1289/ehp.1204923

תוספי תזונה

• Supplements

1. Liou KT, Greenlee H, Bruner DW, et al. SIO–ASCO guideline on integrative medicine for cancer pain management: implications and overview. *JCO Oncol Pract*. 2023;19(7):e1035-e1043. doi:10.1200/OP.22.00788.
2. Mao JJ, Pillai GG, Andrade CJ, et al. Integrative medicine for pain management in oncology. *J Clin Oncol*. 2022;40(34):3818-3836. doi:10.1200/JCO.22.01357.
3. Zhuang H, Zhang S, Lin H, et al. Vitamin D in multiple myeloma: an update. *Cancers (Basel)*. 2022;14(20):5000. doi:10.3390/cancers14205000.
4. Andreazzoli F, Levy Yurkovski I, Ben-Arye E, Bonucci M. Conceptualizing an integrative multiple myeloma care: the role of nutrition, supplements, and complementary modalities. *Nutrients*. 2024;16(2):237. doi:10.3390/nu16020237.
5. Mirandola L, Nguyen DD, Rahman RL, et al. Anti-galectin-3 therapy: a new chance for multiple myeloma and ovarian cancer? *Int Rev Immunol*. 2014;33(5):417-427. doi:10.3109/08830185.2014.911855

6. Sze DM, Chan GC. Supplements for immune enhancement in hematologic malignancies. *Hematology Am Soc Hematol Educ Program*. 2009;2009:313-319. doi:10.1182/asheducation-2009.1.313
7. Glinsky VV, Raz A. Modified citrus pectin anti-metastatic properties: one bullet, multiple targets. *Carbohydr Res*. 2009;344(14):1788-1791. doi:10.1016/j.carres.2008.08.038
8. Chou SM, Lai WJ, Hong TW, et al. Synergistic property of cordycepin in cultivated *Cordyceps militaris*-mediated apoptosis in human leukemia cells. *Phytomedicine*. 2014;21(12):1516-1524. doi:10.1016/j.phymed.2014.07.014
9. McKenna MK, Gachuki BW, Alhakeem SS, et al. Anti-cancer activity of withaferin A in B-cell lymphoma. *Cancer Biol Ther*. 2015;16(7):1088-1098. doi:10.1080/15384047.2015.1046651
10. Oza VP, Parmar PP, Kumar S, Subramanian RB. Anticancer properties of highly purified L-asparaginase from *Withania somnifera* L. against acute lymphoblastic leukemia. *Appl Biochem Biotechnol*. 2010;160(6):1833-1840. doi:10.1007/s12010-009-8667-z
11. Christina AJ, Joseph DG, Packialakshmi M, et al. Anticarcinogenic activity of *Withania somnifera* Dunal against Dalton's ascitic lymphoma. *J Ethnopharmacol*. 2004;93(2-3):359-361. doi:10.1016/j.jep.2004.03.048
12. Kim CF, Jiang JJ, Leung KN, Fung KP, Lau CB. Inhibitory effects of *Agaricus blazei* extracts on human myeloid leukemia cells. *J Ethnopharmacol*. 2009;122(2):320-326. doi:10.1016/j.jep.2008.12.025
13. Sánchez-Hidalgo M, Lee M, de la Lastra CA, Guerrero JM, Packham G. Melatonin inhibits cell proliferation and induces caspase activation and apoptosis in human malignant lymphoid cell lines. *J Pineal Res*. 2012;53(4):366-373. doi:10.1111/j.1600-079X.2012.01006.x
14. Gao Y, Zhou S, Jiang W, Huang M, Dai X. Effects of ganopoly (a *Ganoderma lucidum* polysaccharide extract) on the immune functions in advanced-stage cancer patients. *Immunol Invest*. 2003 Aug;32(3):201-15. doi: 10.1081/imm-120022979. PMID: 12916709.
15. Wicks SM, Tong R, Wang CZ, O'Connor M, Karrison T, Li S, Moss J, Yuan CS. Safety and tolerability of *Ganoderma lucidum* in healthy subjects: a double-blind randomized placebo-controlled trial. *Am J Chin Med*. 2007;35(3):407-14.
16. Sliva D. Cellular and physiological effects of *Ganoderma lucidum* (Reishi). *Mini Rev Med Chem*. 2004;4(8):873-879. doi:10.2174/1389557043403311
17. Müller CI, Kumagai T, O'Kelly J, Seeram NP, Heber D, Koeffler HP. *Ganoderma lucidum* causes apoptosis in leukemia, lymphoma and multiple myeloma cells. *Leuk Res*. 2006 Jul;30(7):841-8. doi: 10.1016/j.leukres.2005.12.004. Epub 2006 Jan 19. PMID: 16423392.
18. Fisher M, Yang LX. Anticancer effects and mechanisms of polysaccharide-K (PSK): implications of cancer immunotherapy. *Anticancer Res*. 2002;22(3):1737-1754.
19. Hetland G, Johnson E, Lyberg T, et al. The mushroom *Agaricus blazei* *Murill* elicits medicinal effects on tumor, infection, allergy, and

- inflammation through its modulation of innate immunity and amelioration of Th1/Th2 imbalance and inflammation. *Adv Pharmacol Sci*. 2011;2011:157015. doi:10.1155/2011/157015
20. Ritz BW. Supplementation with active hexose correlated compound increases survival following infectious challenge in mice. *Nutr Rev*. 2008;66(9):526-531. doi:10.1111/j.1753-4887.2008.00066.x
 21. Merchand-Reyes G, Santhanam R, Valencia-Pena ML, Kumar K, Mo X, Belay T, Woyach JA, Mundy-Bosse B, Tridandapani S, Butchar JP. Active Hexose-Related Compound Shows Direct and Indirect Effects against Chronic Lymphocytic Leukemia. *Nutrients*. 2023 Dec 18;15(24):5138. doi: 10.3390/nu15245138. PMID: 38140397; PMCID: PMC10747249.
 22. Chen S, Oh SR, Phung S, Hur G, Ye JJ, Kwok SL, Shrode GE, Belury M, Adams LS, Williams D. Anti-aromatase activity of phytochemicals in white button mushrooms (*Agaricus bisporus*). *Cancer Res*. 2006 Dec 15;66(24):12026-34. doi: 10.1158/0008-5472.CAN-06-2206. PMID: 17178902.

דיקור ורפלקסולוגיה

• Acupuncture & Reflexology

1. Yeh ML, Chang SB, Chu NF, et al. Acupuncture-related interventions improve chemotherapy-induced peripheral neuropathy: systematic review and meta-analysis. *BMC Complement Med Ther*. 2024;24:174. doi:10.1186/s12906-024-04603-1.
2. Huang MC, Li YC, Wang YH, et al. Acupuncture may help prevent chemotherapy-induced peripheral neuropathy in colorectal cancer. *Oncologist*. 2023;28(6):e436-e445. doi:10.1093/oncolo/oyacxxx.
3. Lu W, Giobbie-Hurder A, Freedman RA, et al. Acupuncture for chemotherapy-induced peripheral neuropathy: randomized controlled pilot study. *Oncologist*. 2020;25(4):310-318. doi:10.1634/theoncologist.2019-0489.
4. Xu J, Xie H, Wang Y, et al. Acupuncture for chemotherapy-induced peripheral neuropathy: randomized controlled trial. *Front Oncol*. 2025;15:1500410. doi:10.3389/fonc.2025.1500410.
5. Mehri M, Golitaleb M. Foot reflexology reduces pain/anxiety in leukemia patients undergoing bone marrow aspiration: randomized clinical trial. *Contemp Clin Trials Commun*. 2025;44:101427. doi:10.1016/j.conctc.2025.101427.
6. El Iskandarani S, Deng G. Acupuncture in hematologic malignancies and transplantation: review. *Blood Rev*. 2022;56:100985. doi:10.1016/j.blre.2022.100985.

הקשרי גוף נפש

• Mind-Body / Psychosocial Interventions

1. Şahan S, Aydin S, Yildiz D, et al. Music reduces pain and anxiety during bone marrow aspiration/biopsy in hematologic malignancies. *BMC Complement Med Ther*. 2024;24:172. doi:10.1186/s12906-024-04531-0.
2. Le Du K, Mallet A, Bourdel N, et al. Virtual reality vs nitrous oxide for pain during bone marrow biopsy: randomized trial. *J Med Internet Res*. 2023;25:e38619. doi:10.2196/38619.
3. Ee C, Huynh L, O'Callaghan C, et al. Lifestyle and integrative oncology interventions for cancer symptoms (fatigue, insomnia). *Maturitas*. 2024;183:48-61. doi:10.1016/j.maturitas.2024.05.005.
4. Mascaro JS, Toolan J, Patrick S, et al. Individualized, single-session yoga therapy to reduce physical and emotional symptoms in hospitalized hematological cancer patients. *Integr Cancer Ther*. 2019;18:1534735419861692. doi:10.1177/1534735419861692

פעילות גופנית

• Exercise

1. Larsen RF, Jarden M, Minet LR, Frølund UC, Hermann AP, Breum L, Möller S, Abildgaard N. Exercise in newly diagnosed patients with multiple myeloma: A randomized controlled trial of effects on physical function, physical activity, lean body mass, bone mineral density, pain, and quality of life. *Eur J Haematol*. 2024 Sep;113(3):298-309. doi: 10.1111/ejh.14215. Epub 2024 May 8. PMID: 38717071.
2. Li J, Peng Y, Zhan D, Zhang Y, Yu S. Exercise interventions in patients with multiple myeloma: a scoping review. *BMC Sports Sci Med Rehabil*. 2025 Jun 9;17(1):148. doi: 10.1186/s13102-025-01193-4. PMID: 40490782; PMCID: PMC12147358.
3. Lee K, Nathwani N, Shamunee J, Lindenfeld L, Wong FL, Krishnan A, Armenian S. Telehealth exercise to Improve Physical function and frailty in patients with multiple myeloma treated with autologous hematopoietic Stem cell transplantation (TIPS): protocol of a randomized controlled trial. *Trials*. 2022 Nov 3;23(1):921. doi: 10.1186/s13063-022-06848-y. PMID: 36329525; PMCID: PMC9633031.

שינה

- **Sleep**

1. Squires LR, Rash JA, Fawcett J, Garland SN. Cognitive behavioral therapy for insomnia in cancer survivors: meta-analysis. *Sleep Med Rev*. 2022;63:101615. doi:10.1016/j.smr.2022.101615.
2. Nissen ER, Neumann H, Knutzen SM, Henriksen EN, Amidi A, Johansen C, von Heymann A, Christiansen P, Zachariae R. Interventions for insomnia in cancer patients and survivors-a comprehensive systematic review and meta-analysis. *JNCI Cancer Spectr*. 2024 Apr 30;8(3):pkae041. doi: 10.1093/jncics/pkae041. PMID: 38781520; PMCID: PMC11188797.

טיפול מגע/ טיפולים אנרגטיים

- **Touch / Energy Therapies**

1. Anderson JG, Taylor AG. Biofield therapies and cancer pain. *Clin J Oncol Nurs*. 2012 Feb;16(1):43-8. doi: 10.1188/12.CJON.43-48. PMID: 22297006.
2. Bossi LM, Ott MJ, DeCristofaro S. Reiki as a clinical intervention in oncology nursing practice. *Clin J Oncol Nurs*. 2008 Jun;12(3):489-94. doi: 10.1188/08.CJON.489-494. PMID: 18515247.
3. Potter PJ. Energy therapies in advanced practice oncology: an evidence-informed practice approach. *J Adv Pract Oncol*. 2013 May;4(3):139-51. PMID: 25031994; PMCID: PMC4093427.
4. Lipinski K, Van De Velde J. Reiki: Defining a Healing Practice for Nursing. *Nurs Clin North Am*. 2020 Dec;55(4):521-536. doi: 10.1016/j.cnur.2020.06.017. Epub 2020 Oct 13. PMID: 33131629.
5. Lipinski K, Van De Velde J. Reiki, Nursing, and Health Care. *Nurs Clin North Am*. 2020 Dec;55(4):505-519. doi: 10.1016/j.cnur.2020.06.018. Epub 2020 Oct 13. PMID: 33131628.
6. Guo X, Long Y, Qin Z, Fan Y. Therapeutic effects of Reiki on interventions for anxiety: a meta-analysis. *BMC Palliat Care*. 2024 Jun 13;23(1):147. doi: 10.1186/s12904-024-01439-x. PMID: 38872168; PMCID: PMC11170819.

הומאופתיה

- **Homeopathy**

1. Gunes BA, Kilic M, Ozkan T, et al. Ultradiluted homeopathic medicines cause apoptosis in RPMI-8226 multiple myeloma cells in vitro: a pilot study. *Homeopathy*. 2025;114(1):44-49. doi:10.1055/s-0044-1786035.

פרק 24- הגישה לטיפול אינטגרטיבי והתמודדות למטופלים הסובלים מסרקומות

הקדמה – שכיחות ואפידמיולוגיה

1. Siegel RL, Miller KD, Fuchs HE, Jemal A. Cancer statistics, 2023. *CA Cancer J Clin.* 2023;73(1):17-48. doi:10.3322/caac.21763.
2. Zhou J, Xu S, Long Y, et al. Global burden of soft tissue sarcomas in 204 countries and territories from 1990 to 2021: data from the Global Burden of Disease Study 2021. *BMC Public Health.* 2025;25(1):2033. doi:10.1186/s12889-025-22287-4.
3. Israel Ministry of Health. Cancer incidence and survival in Israel 1980–2020. 2022. דו"ח רישום הסרטן הלאומי, 2022.

צרכים שלא נענים

1. Storey L, Fern LA, Martins A, et al. A critical review of the impact of sarcoma on psychosocial well-being. *Sarcoma.* 2019;2019:9738726. doi:10.1155/2019/9738726.
2. Weaver R, O'Connor M, Halkett GK, Carey Smith R. The unmet needs of carers of patients diagnosed with sarcoma: A qualitative study. *Psychooncology.* 2021 Jul;30(7):1095-1103. doi: 10.1002/pon.5651. Epub 2021 Mar 1. PMID: 33544399.
3. Weaver R, O'Connor M, Sobhi S, Carey Smith R, Halkett G. The unmet needs of patients with sarcoma. *Psychooncology.* 2020 Jul;29(7):1209-1216. doi: 10.1002/pon.5411. Epub 2020 Jun 16. PMID: 32419264.
4. Timbergen MJM, van der Graaf WTA, Grünhagen DJ, Younger E, Sleijfer S, Dunlop A, Dean L, Verhoef C, van de Poll-Franse LV, Husson O. Assessing the Desmoid-Type Fibromatosis Patients' Voice: Comparison of Health-Related Quality of Life Experiences from Patients of Two Countries. *Sarcoma.* 2020 Jul 26;2020:2141939. doi: 10.1155/2020/2141939. PMID: 32774131; PMCID: PMC7399762.
5. Kosir U, Bowes L, Taylor RM, et al. Psychological adaptation and recovery in youth with sarcoma: a qualitative study with practical implications for clinical care and research. *BMJ Open* 2020;10:e038799. doi: 10.1136/bmjopen-2020-038799.

שימוש ברפואה משלימה

1. Longhi A, Setola E, Ferrari C, Carretta E. Complementary and alternative medicine in sarcoma patients treated in an Italian sarcoma center. *J Cancer Res Ther.* 2021;17(2):516-522.
2. Horneber M, Bueschel G, Dennert G, Less D, Ritter E, Zwahlen M. How many cancer patients use complementary and alternative medicine: a

systematic review and meta-analysis. *Integr Cancer Ther.* 2012;11(3):187-203. doi:10.1177/1534735411423920.

תזונה

1. Longhi A, Setola E, Ferrari C, Carretta E. Complementary and alternative medicine in sarcoma patients treated in an Italian sarcoma center. *J Cancer Res Ther.* 2021;17(2):516-522.
2. Thanopoulou E, Trehan P, Judson IR. Potential role of phytoestrogens in the pathophysiology of fibromatosis. *Ann Oncol.* 2011;22(12):2697-2698.
3. Ghashm AA, Othman NH, Khattak MN, Ismail NM, Saini R. Antiproliferative effect of Tualang honey on oral squamous cell carcinoma and osteosarcoma cancer cell lines. *BMC Complement Altern Med.* 2010;10:49.
4. Mahmoud YK, Abdelrazek HMA. Cancer: Thymoquinone antioxidant/pro-oxidant effect as potential anticancer remedy. *Biomed Pharmacother.* 2019;115:108783.
5. Wu B, Cui J, Zhang C, Li Z. A polysaccharide from *Agaricus blazei* inhibits proliferation and promotes apoptosis of osteosarcoma cells. *Int J Biol Macromol.* 2012;50(4):1116-1120.
6. Ohno N, Furukawa M, Miura NN, et al. Antitumor β -Glucan from the Cultured Fruit Body of *Agaricus blazei*. *Biol Pharm Bull.* 2001;24(7):820-828.

תוספי תזונה

1. Yildiz F, Kars A, Cengiz M, Selek U, Gurkaynak M, Atahan IL. Possible therapeutic role of vitamin D3 in aggressive fibromatosis. *Jpn J Clin Oncol.* 2004;34(8):472-475. doi:10.1093/jjco/hyh075
2. Mao L, Dauchy RT, Blask DE, et al. Melatonin suppression of aerobic glycolysis, survival signalling and metastasis in human leiomyosarcoma. *J Pineal Res.* 2016;60(2):167-177. doi:10.1111/jpi.12298
3. Liu L, Xu Y, Reiter RJ. Melatonin inhibits the proliferation of human osteosarcoma cell line MG-63. *Bone.* 2013;55(2):432-438. doi:10.1016/j.bone.2013.02.021
4. Casado-Zapico S, Rodriguez-Blanco J, García-Santos G, et al. Synergistic antitumor effect of melatonin with chemotherapeutic drugs on human Ewing sarcoma cells. *J Pineal Res.* 2010;48(1):72-80. doi:10.1111/j.1600-079X.2009.00727.x
5. Dauchy RT, Blask DE, Dauchy EM, et al. Antineoplastic effects of melatonin on leiomyosarcoma xenografts: melatonin receptor-mediated inhibition of LA metabolism. *J Pineal Res.* 2009;47(1):32-42. doi:10.1111/j.1600-079X.2009.00686.x
6. Orr WS, Denbo JW, Saab KR, et al. Curcumin potentiates rhabdomyosarcoma radiosensitivity by suppressing NF-kB activity. *PLoS One.* 2013;8(2):e51309. doi:10.1371/journal.pone.0051309

7. Johnson KD, Glinskii OV, Mossine VV, et al. Galectin-3 as a potential therapeutic target in tumors arising from malignant endothelia: modified citrus pectin effects. *Neoplasia*. 2007;9(8):662-670. doi:10.1593/neo.07433
8. Glinsky VV, Raz A. Modified citrus pectin anti-metastatic properties: one bullet, multiple targets. *Carbohydr Res*. 2009;344(14):1788-1791. doi:10.1016/j.carres.2008.08.038

אורח חיים ושינה

1. Stout NL, Baima J, Swisher AK, Winters-Stone KM, Welsh J. A systematic review of exercise systematic reviews in the cancer literature (2005–2017). *PM R*. 2017;9(9S2):S347-S384.
2. Rabbani SA, Patni MA, El-Tanani M, et al. Impact of lifestyle modifications on cancer mortality: a systematic review and meta-analysis. *Medicina (Kaunas)*. 2025;61(2):307.
3. Ee C, Kay J, Reynolds A, et al. Lifestyle and integrative oncology interventions for cancer-related fatigue and sleep disturbances. *Maturitas*. 2024;187:108056.

גוף-נפש

1. Carlson LE, Ismaila N, Seely D, et al. Integrative oncology care of symptoms of anxiety and depression in adults with cancer: SIO-ASCO guideline. *J Clin Oncol*. 2023;41(28):4562-4591.
2. Zachariae R, O'Toole MS. The effect of expressive writing intervention on psychological and physical health outcomes in cancer patients – a systematic review and meta-analysis. *Psychooncology*. 2015;24(11):1349-1359.

רפואה משלימה (דיקור, טיפולי מגע, הומאופתיה)

1. Longhi A, Setola E, Ferrari C, Carretta E. Complementary and alternative medicine in sarcoma patients treated in an Italian sarcoma center. *J Cancer Res Ther*. 2021;17(2):516-522.
2. Barth J, Wit CC, Xiao C, et al. Acupuncture for the prevention of chemotherapy-induced nausea and vomiting in cancer patients: a systematic review and meta-analysis. *Cancer Med*. 2023;12(12):12504.
3. Zhang Y, Wang Y, Yang Z, et al. Electroacupuncture at ST36 inhibits tumor growth and lymphatic metastasis of osteosarcoma through suppressing neurogenesis and lymphangiogenesis. *Integr Cancer Ther*. 2013;12(6):420-426. doi:10.1177/1534735413485413.

4. Tian L, Zhao Y, Zhao Q, et al. Acupuncture inhibits osteosarcoma growth by remodeling gut microbiota and regulating immune responses. *Front Oncol.* 2020;10:601627. doi:10.3389/fonc.2020.601627.
5. Issels RD, Lindner LH, Verweij J, et al. Neo-adjuvant chemotherapy alone or with regional hyperthermia for localized high-risk soft-tissue sarcoma: a randomized phase 3 multicentre study. *Lancet Oncol.* 2010;11(6):561-570. doi:10.1016/S1470-2045(10)70071-1.
6. Mao JJ, Ismaila N, Bao T, et al. Integrative medicine for pain management in oncology: Society for Integrative Oncology–ASCO guideline. *J Clin Oncol.* 2022;40(34):3998-4024.
7. Gaertner K, Müllner M, Friehs H, Schuster E, Marosi C, Muchitsch I, et al. Additive homeopathy in cancer patients: Retrospective survival data from a homeopathic outpatient unit at the Medical University of Vienna. *Complementary Therapies in Medicine.* 2014 Apr;22(2):320–32.

חלק חמישי: שלבים ייחודיים במסע

פרק 25- הגישה האינטגרטיבית למטופלים צעירים

שכיחות ואפידמיולוגיה

1. Prevalence & Epidemiology

1. Ugai T, Sasamoto N, Lee H-Y, et al. Is early-onset cancer an emerging global epidemic? Current evidence and future implications. *Nat Rev Clin Oncol*. 2022;19(10):656-673. doi:10.1038/s41571-022-00672-8.
2. Zhao J, Xu L, Sun J, et al. Global trends in incidence, death, burden and risk factors of early-onset cancer from 1990 to 2019. *BMJ Oncol*. 2023;2(1):e000049. doi:10.1136/bmjonc-2022-000049.
3. Koh B, Shen J, Vidrine DJ, et al. Patterns in cancer incidence among people younger than 50 years in the US, 2010 to 2019. *JAMA Netw Open*. 2023;6(8):e2328171. doi:10.1001/jamanetworkopen.2023.28171.
4. Scott AR, Stoltzfus KC, Tchelebi LT, et al. Trends in cancer incidence in US adolescents and young adults, 1973–2015. *JAMA Netw Open*. 2020;3(11):e2025885. doi:10.1001/jamanetworkopen.2020.25885.
5. Zhang L, Li M, Mei Z, et al. Trends in cancer incidence and mortality in US adolescents and young adults, 2016–2021. *JAMA Netw Open*. 2024;7(7):e2415521. doi:10.1001/jamanetworkopen.2024.15521.
6. American Cancer Society. Cancer Statistics, 2025. *CA Cancer J Clin*. 2025;75(1):5-28. doi:10.3322/caac.21871.
7. Araghi M, Soerjomataram I, Bardot A, et al. Global patterns and trends in colorectal cancer incidence in young adults. *Lancet Oncol*. 2025;26(1):53-63. doi:10.1016/S1470-2045(24)00513-2.
8. Government of Israel, Israel Center for Disease Control (ICDC). Cancer Occurrence and Mortality Report for the Year 2020. Published April 23, 2023. Accessed August 23, 2025. <https://www.gov.il/en/pages/05022023-03>
9. Miller KD, Fidler-Benaoudia M, Keegan TH, Hipp HS, Jemal A, Siegel RL. Cancer statistics for adolescents and young adults, 2020. *CA Cancer J Clin*. 2020;70(6):443-459. doi:10.3322/caac.21637.
10. Akimoto N, Ugai T, Zhong R, et al. Rising incidence of early-onset colorectal cancer—A call to action. *Cancer Sci*. 2021;112(10):3985-3994. doi:10.1111/cas.15087.

11. Pan H, Huang Y, Chen Y, et al. Global burden, trends, and risk factors of early- and late-onset colorectal cancer from 1990 to 2019: GBD analysis. *Front Public Health*. 2025;13:1448501. doi:10.3389/fpubh.2025.1448501.
12. Government of Israel—Israel Cancer Association. World Cancer Day 2021 summary and Israeli trends. Published 2021. Accessed August 23, 2025. https://en.cancer.org.il/template_e/default.aspx?PageId=12923
13. DoctorsOnly. מדוע כל כך הרבה אנשים מתחת לגיל 50 חולים בסרטן? סקירת מחקרים בינלאומית. *DoctorsOnly*. September 29, 2022. Accessed August 23, 2025. <https://doctorsonly.co.il/2022/09/268989>
14. Government of Israel-Health Ministry. Cancer in Young Adults 1996-2018. Prepared for World Cancer Day 2022 summary and Israeli trends. Published 2022. Accessed August 23, 2025. https://www.gov.il/BlobFolder/reports/edolecents-young-cancer-2022/he/files_publications_units_ICDC_edolecents_young_cancer_2022.pdf

צרכים שלא נענים

2. Unmet Needs of Young Adult Survivors

1. McDonnell GA, Pope AW, Ford JS. Associations among perceived parent and peer support, self-esteem, and cancer-related worry in adolescent and young adult cancer survivors. *J Adolesc Young Adult Oncol*. 2021;10(2):209-216. doi:10.1089/jayao.2020.0111.
2. Huang IC, Jones CM, Brinkman TM, et al. Development of the functional social network index for adolescent and young adult cancer survivors. *Cancer*. 2018;124(10):2220-2227. doi:10.1002/cncr.31278.
3. Schwartz LF, Shubeck SP, Danielson EC. Young people with cancer: a growing population in need of united attention. *Curr Oncol Rep*. 2025;27(3):333-335. doi:10.1007/s11912-025-01661-7.
4. Brock H, Schröter K, Friedrich M, et al. Occupational adjustments and work ability of young adult cancer survivors: AYA-Leipzig study. *J Cancer Surviv*. 2024;18(3):512-524. doi:10.1007/s11764-024-XXXXX.
5. Cancer Study Group. Employment outcomes of adolescent and young adult cancer survivors: evidence from a national cohort. *Cancer*. 2024;130(4):676-684. doi:10.1002/cncr.35260.
6. Oktay K, Harvey BE, Partridge AH, et al. Fertility preservation in patients with cancer: ASCO clinical practice guideline update. *J Clin Oncol*. 2018;36(19):1994-2001. doi:10.1200/JCO.2018.78.1914.
7. Su HI, Howard-Anderson J, Shover LR, et al. Fertility preservation in people with cancer: ASCO clinical practice guideline update (2025). *J Clin Oncol*. 2025;43(XX):XX-XX. doi:10.1200/JCO-24-02782.
8. Yang EH, Kim Y, Choi J, et al. Fertility preservation before and after cancer treatment in adolescents and young adults: a review. *Cancer*. 2024;130(10):1681-1692. doi:10.1002/cncr.35108.

9. Stal J, Overwater S, Chong S, et al. Are guidelines guiding? Fertility discussion guideline uptake in oncology practice. *J Cancer Surviv.* 2025;19(XX):XX-XX. doi:10.1007/s11764-025-01850-0.

שימוש ברפואה משלימה בצעירים

3. Why AYAs Use Integrative Oncology

1. Hammersen F, Pursche T, Fischer D, Katalinic A, Waldmann A. Use of complementary and alternative medicine among young patients with breast cancer. *Breast Care (Basel).* 2020;15(2):163-170. doi:10.1159/000501193.
2. Ben-Aharon I, Goshen-Lago T, Turgeman I, et al. Young patients with cancer and a digital social network: the voice beyond the clinic. *ESMO Open.* 2020;5(3):e000651. doi:10.1136/esmoopen-2019-000651.

תזונה

4. Nutrition & Diet

1. Kamath S, Jayakrishnan T, Sangwan N, et al. Diet revealed as a main risk factor for colon cancer in younger adults. *NPJ Precis Oncol.* 2024;8(1):60. doi:10.1038/s41698-024-00485-1.
2. Wang A, Fournier A, Minissian M, et al. Dietary and lifestyle risk factors and early-onset colorectal cancer: a narrative review. *Nutrients.* 2025;17(8):1572. doi:10.3390/nu17081572.
3. Campbell KL, Winters-Stone KM, Wiskemann J, et al. Exercise guidelines for cancer survivors: Consensus statement from International Multidisciplinary Roundtable. *CA Cancer J Clin.* 2019;69(6):468-484. doi:10.3322/caac.21579.
4. Ligibel JA, Bohlke K, Alfano CM, et al. Exercise, diet, and weight management during cancer treatment: ASCO guideline. *J Clin Oncol.* 2022;40(22):2491-2507. doi:10.1200/JCO.22.00687.

פעילות גופנית

5. Exercise

1. Campbell KL, Winters-Stone KM, Wiskemann J, et al. Exercise guidelines for cancer survivors: Consensus statement from International Multidisciplinary Roundtable. *CA Cancer J Clin.* 2019;69(6):468-484. doi:10.3322/caac.21579.
2. Ligibel JA, Bohlke K, Alfano CM, et al. Exercise, diet, and weight management during cancer treatment: ASCO guideline. *J Clin Oncol.* 2022;40(22):2491-2507. doi:10.1200/JCO.22.00687.

שינה ועייפות

6. Sleep & Fatigue

1. Chen J, Fan Y, Chen X, et al. Mobile-delivered cognitive behavioral therapy for insomnia among cancer survivors: randomized trial. *JAMA Netw Open.* 2024;7(7):e2425876. doi:10.1001/jamanetworkopen.2024.25876.
2. Hershman DL, Unger JM, Crew KD, et al. Acupuncture vs sham and waitlist for aromatase inhibitor-associated joint symptoms: a randomized clinical trial. *JAMA Netw Open.* 2022;5(8):e2225997. doi:10.1001/jamanetworkopen.2022.25997.
3. Epstein AS, Tringale KR, Miaskowski C, et al. Acupuncture vs massage for pain in patients with advanced cancer: randomized clinical trial. *JAMA Netw Open.* 2023;6(11):e2342096. doi:10.1001/jamanetworkopen.2023.42096.

הקשרי גוף נפש

7. Mind-Body & Psychosocial Therapies

1. Carlson LE, Ismaila N, Addington EL, et al. Integrative oncology care of symptoms of anxiety and depression in adults with cancer: SIO–ASCO guideline. *J Clin Oncol.* 2023;41(28):4562-4591. doi:10.1200/JCO.23.00857.
2. Carlson LE, Ismaila N, Addington EL, et al. SIO–ASCO guideline summary and Q&A: Integrative oncology care of anxiety and depression. *JCO Oncol Pract.* 2023;19(10):847-851. doi:10.1200/OP.23.00358.

3. Carlson LE, Speca M, Faris P, et al. Mindfulness and Tai Chi/Qigong for cancer health (MATCH): a pragmatic randomized trial. *J Clin Oncol*. 2025;43(XX):XX-XX. doi:10.1200/JCO-24-02540.
4. Victorson D, Hankin V, Burns J, et al. Mindfulness-based stress management for young adult cancer survivors: randomized pilot study. *Support Care Cancer*. 2020;28(2):577-586. doi:10.1007/s00520-019-04832-5.
5. Rosenberg AR, Dussel V, Kang T, et al. Positive psychology intervention (PRISM) for adolescents and young adults with cancer: randomized clinical trial. *JAMA Netw Open*. 2021;4(11):e2134823. doi:10.1001/jamanetworkopen.2021.34823.
6. אתר חלאסרטן קישור: <https://www.stop-cancer.co.il/about/>
7. אתר חלאסרטן- הסיפור של הצעירים- המדריך הראשון ל- 8 הצרכים הייחודיים של צעירים חולים ומחלימים מסרטן – מדריך מקצועי לצוותים המטפלים <https://www.stop-cancer.co.il/books/professional-guide/#p=1>

אמצעים שונים מתחום רפואה משלימה

8. Complementary Modalities

1. Mao JJ, Ismaila N, Bao T, et al. Integrative medicine for pain management in oncology: SIO–ASCO guideline. *J Clin Oncol*. 2022;40(34):3998-4024. doi:10.1200/JCO.22.01358.
2. Klaus M, Hibrand N, Gaisl J, Hirtler L. Reflexology in oncological treatment: a systematic review. *BMC Complement Med Ther*. 2024;24:XX. doi:10.1186/s12906-023-04220-4.
3. Wyatt G, Frambes D, Miyamoto S, et al. Reflexology and meditative practices for symptom management in people with cancer: a sequential multiple assignment randomized trial. *Nurs Res*. 2021;70(5):370-379. doi:10.1097/NNR.0000000000000542.
4. Zhang Y, Chen L, Guo Y, et al. Massage therapy can effectively relieve cancer pain: a meta-analysis. *Complement Ther Clin Pract*. 2023;XX:102069. doi:10.1016/j.ctcp.2023.102069.
5. Kassab S, Cummings M, Berkovitz S, et al. Homeopathic medicines for adverse effects of cancer treatments. *Cochrane Database Syst Rev*. 2009;(2):CD004845. Updated 2018. doi:10.1002/14651858.CD004845.pub2.
6. Wagenknecht A, Di Gallo A, Raak A, et al. Homeopathy effects in patients during oncological treatment: a systematic review. *J Cancer Res Clin Oncol*. 2022;148(12):3331-3349. doi:10.1007/s00432-022-04108-7.
7. SIO. Practice guidelines library (Anxiety/Depression 2023; Pain 2022; Breast cancer 2017). Society for Integrative Oncology. Accessed August 23, 2025. <https://integrativeonc.org/practice-guidelines/>
8. Epstein A, Carlson LE. SIO–ASCO guideline commentary and implementation resources. *Cancer Network*. Published January 29, 2024.

Accessed August 23, 2025. <https://www.cancernetwork.com/view/sio-asco-guidelines-for-integrative-therapies-to-manage-anxiety-depression>

פרק 26- הגישה האינטגרטיבית למחלימים

1. Powers-James C, Morse M, Narayanan S, et al. **Integrative Oncology Approaches to Reduce Recurrence of Disease and Improve Survival.** *Curr Oncol Rep.* 2024;26(2):147-163. Available from: PubMed (PMID: 38180690).
2. Rock CL, Thomson CA, Sullivan KR, et al. **American Cancer Society nutrition and physical activity guideline for cancer survivors.** *CA Cancer J Clin.* 2022;72(3):230-262. Available from: PubMed (PMID: 35294043).
3. Meyerhardt JA, Giovannucci EL, Holmes MD, Chan AT, Chan JA, Colditz GA, Fuchs CS. **Physical activity and survival** after colorectal cancer diagnosis. *J Clin Oncol.* 2006 Aug 1;24(22):3527-34. doi: 10.1200/JCO.2006.06.0855. Epub 2006 Jul 5. PMID: 16822844.
4. Andersen BL, Yang HC, Farrar WB, Golden-Kreutz DM, Emery CF, Thornton LM, Young DC, Carson WE 3rd. **Psychologic intervention improves survival** for breast cancer patients: a randomized clinical trial. *Cancer.* 2008 Dec 15;113(12):3450-8. doi: 10.1002/cncr.23969. PMID: 19016270; PMCID: PMC2661422.
5. Andersen BL, Lacchetti C, Ashing K, et al. **Management of anxiety and depression in adult survivors of cancer: ASCO Guideline Update.** *J Clin Oncol.* 2023;41(18):3426-3453. Available from: PubMed (PMID: 37231165).
6. Komariah M, Maulana S, Amirah S, et al. **Benefits of Remote-Based Mindfulness on Physical Symptom Outcomes in Cancer Survivors: Systematic Review and Meta-Analysis.** *JMIR Cancer.* 2025;11:e54154. Available from: PubMed (PMID: 39864092).
7. Badaghi N, Buskbjerg C, Kwakkenbos L, et al. **Positive health outcomes of mindfulness-based interventions for cancer patients and survivors: A systematic review and meta-analysis.** *Clin Psychol Rev.* 2024;114:102505. Available from: PubMed (PMID: 39316940).
8. Armer JS, Lutgendorf SK. **The Impact of Yoga on Fatigue in Cancer Survivorship: A Meta-Analysis.** *JNCI Cancer Spectr.* 2020;4(2):pkz098. Available from: PubMed (PMID: 32368719).
9. Mao JJ, Liou KT, Baser RE, et al. **Effectiveness of Electroacupuncture or Auricular Acupuncture vs Usual Care for Chronic Musculoskeletal Pain in Cancer Survivors (PEACE Trial).** *JAMA Oncol.* 2021;7(5):720-727. Available from: PubMed (PMID: 33734288).
10. Wyatt G, Sikorskii A, Tesnjak I, et al. **A Randomized Clinical Trial of Caregiver-Delivered Reflexology for Symptom Management During Breast Cancer Treatment.** *J Pain Symptom Manage.* 2017;54(5):670-679. Available from: PubMed (PMID: 28743659).
11. Frenkel M, Sierpina V, Sapire K. **Effects of complementary and integrative medicine on cancer survivorship.** *Curr Oncol Rep.* 2015;17(5):445. doi: 10.1007/s11912-015-0445-1. PMID: 25749658.

12. Chida Y, Hamer M, Wardle J, Steptoe A. **Do stress-related psychosocial factors contribute to cancer incidence and survival?** Nat Clin Pract Oncol. 2008 Aug;5(8):466-75. doi: 10.1038/ncponc1134. Epub 2008 May 20. PMID: 18493231.