

BACKGROUND

Integrative therapies are shown to support cancer patients' treatment plans, help with side effect management, and improve patients' quality of life ([1-9]). In 2017, the American Society of Clinical Oncology endorsed the Association of Integrative Oncology's Clinical Practice Guidelines highlighting their importance in breast cancer care. Recent studies suggest that more evidence is needed to bring attention to the role of integrative therapies in advanced breast cancer care ^[4, 7, 8, 10].

This analysis explores participants' experiences with a wellness program implemented by Unite for HER (UFH), a national non-profit organization that delivers integrative therapies and support services such as whole food nutrition services, medical acupuncture, oncology massage therapy, counseling, reiki, meditation, yoga, and fitness classes to patients with breast, metastatic breast, and ovarian cancer. As of April 2022, there were over 1,700 women diagnosed with metastatic breast cancer (MBC) participating in UFH programs locally and nationally.

OBJECTIVE

Assess the impact of integrative therapies offered by Unite for HER on patients with metastatic breast cancer.

METHODS

- UFH members with metastatic breast cancer completed a survey designed to evaluate the impact of the UFH programs and services on the overall quality of life, including measures on side-effect management, OTC/prescription drug utilization rate, stress reduction and changes to wellness habits.
- In total, 139 unique UFH members with MBC answered online surveys distributed by email in 2020 and 2021.
- Descriptive analyses of survey questions and open-ended comments were conducted to assess program impact.

CONCLUSIONS AND IMPLICATIONS

Our findings suggest that integrative therapies such as those offered by UFH can play a significant role in improving patients' outcomes by reducing stress and drug utilization to manage side effects and improving patients' well-being and quality of life during metastatic breast cancer treatment. These findings highlight the importance of choosing integrative oncology programs to support MBC patients' needs in managing the psychosocial and physical side effects of the disease.

Impact of Integrative Therapies on Patients with Metastatic Breast Cancer

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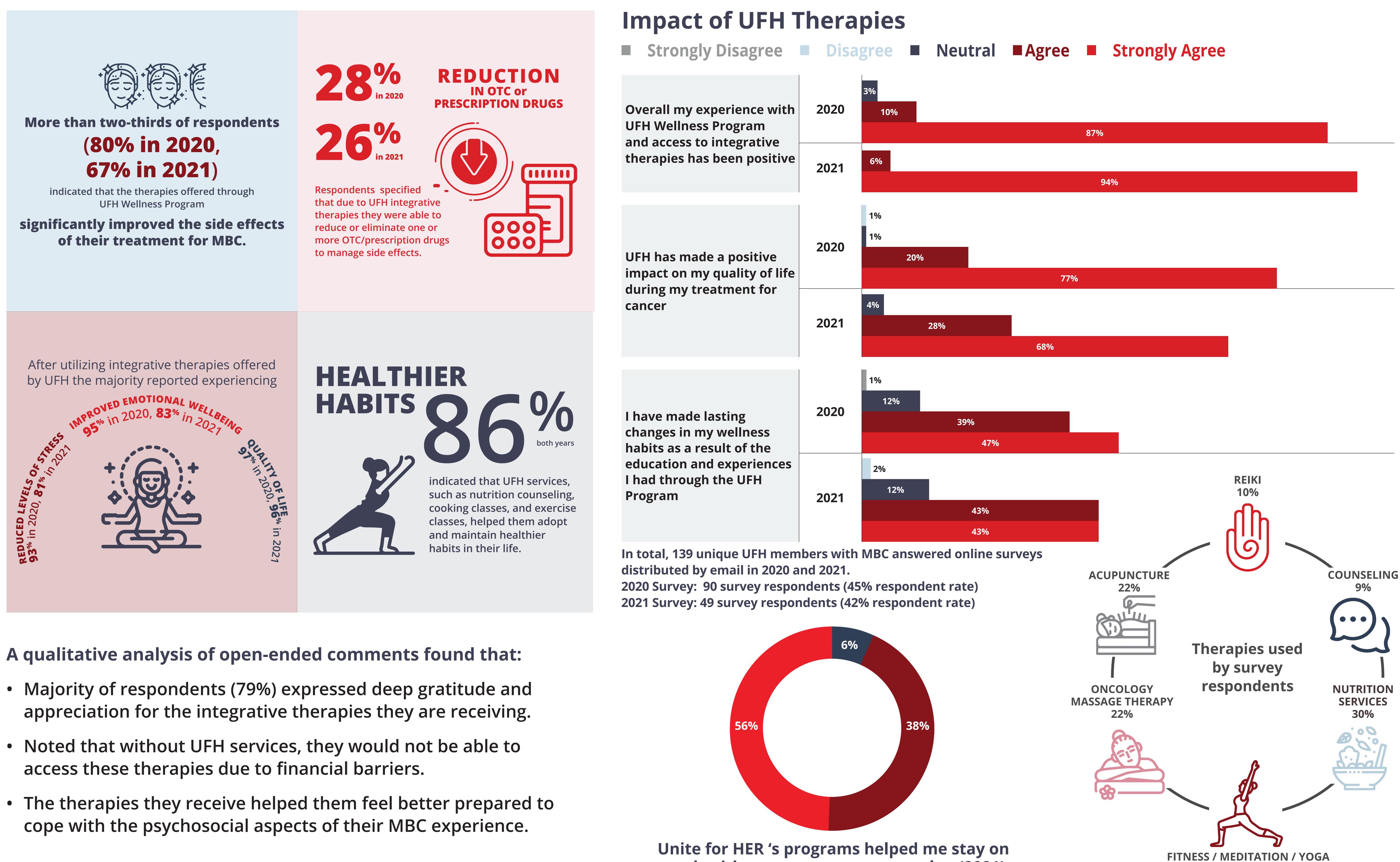
SURVEY FINDINGS



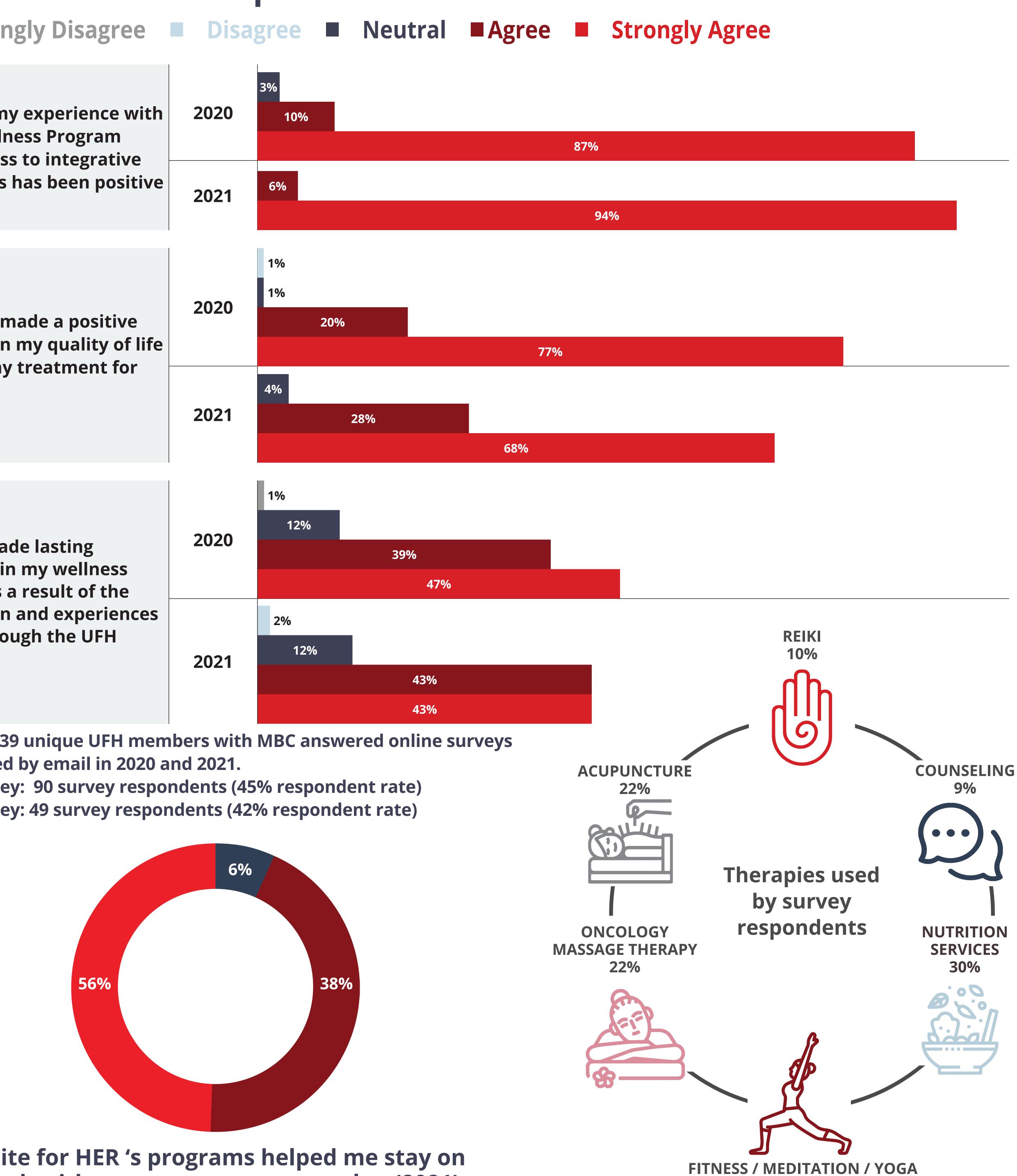
UFH Wellness Program

of their treatment for MBC.

by UFH the majority reported experiencing



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