

LIFEFEST 2026

Nashville



**Caring the for the Whole You:
Integrative Oncology**

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Integrative Oncology

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Disclosures:

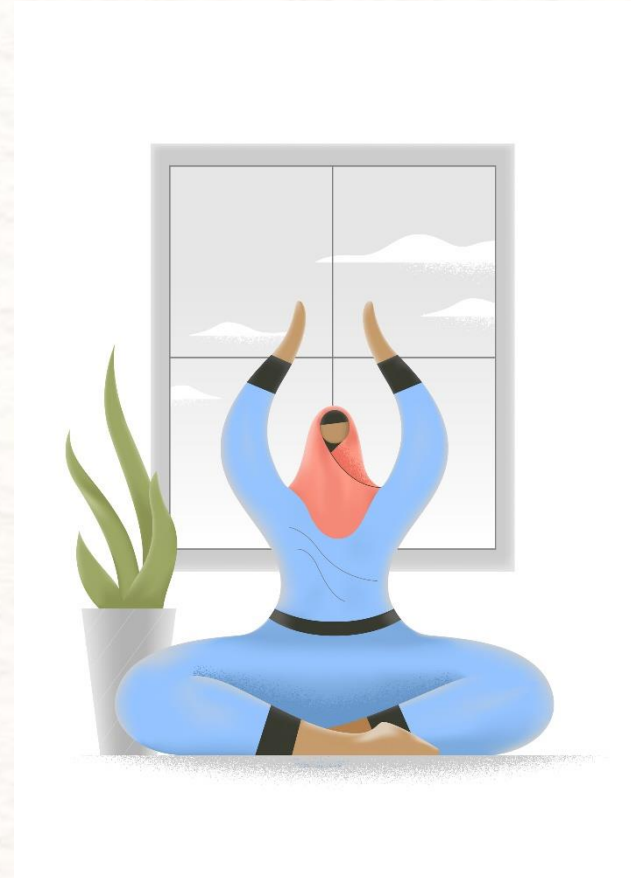
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Agenda

- What is Integrative Oncology?
- How can Integrative Oncology support a cancer survivor?
- Modalities commonly used in Integrative Oncology



What is Integrative Oncology?

“Integrative oncology is a patient-centered, evidence-informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions, alongside conventional cancer treatments.

Integrative oncology aims to optimize health, quality of life, and clinical outcomes across the cancer care continuum and to empower people to prevent cancer and become active participants before, during, and beyond cancer treatment.”

–Society of Integrative Oncology

Goals of Integrative Oncology:

- ❖ Combine the best of cancer research and current treatments WITH the best of supportive care
 - ❖ Fully integrate into your cancer team
 - ❖ Fulfill the goal of whole person care
 - ❖ Support body, mind, and spirit for each unique patient
 - ❖ Optimize quality of life, regardless of cancer outcome
 - ❖ Empower survivors
- 

Support for use of Integrative Oncology

- American Society of Clinical Oncology (ASCO)

“Evidence supporting the use of integrative oncology to improve patient outcomes is growing, and data supports its use as standard of care in some clinical scenarios.”

- National Comprehensive Cancer Network (NCCN)

Nearly 100% of NCCN member institutions offer integrative oncology services.

Guidelines recommend modalities such as acupuncture, massage, yoga, mindfulness, and nutrition

How can
Integrative
Oncology
benefit
survivors?



Focus on Quality of Life

Quality of life refers to overall enjoyment of life

- ❖ Physical
- ❖ Mental
- ❖ Spiritual wellness

Individual perception of well-being

- ❖ Cultural differences
- ❖ Family dynamics
- ❖ Individual goals



Empowering survivors



- ❖ Culture
- ❖ Lifestyle
- ❖ Religious beliefs
- ❖ Shared decision making
- ❖ Achievable treatment plans
- ❖ Health coaching and accountability

Connecting survivors with resources



- ❖ Community
- ❖ Understanding
- ❖ Emotional support
- ❖ Mental health support
- ❖ Financial toxicity

Common Symptoms Addressed by Integrative Oncology

- ❖ Fatigue
- ❖ Neuropathy
- ❖ Anxiety/Depression
- ❖ Nausea
- ❖ Headaches
- ❖ Weight loss



Common Integrative Oncology Modalities

What can you expect an Integrative Oncologist to recommend?

Acupuncture



Indications:

- ❖ Neuropathy
- ❖ Pain
- ❖ Nausea
- ❖ Insomnia
- ❖ Anxiety/Depression
- ❖ Autoimmune disorders
- ❖ Fertility

Side effects

- ❖ Bleeding
- ❖ Pain
- ❖ Tiredness
- ❖ Lightheadedness

Contraindications:

- ❖ Pregnancy
- ❖ Needle Phobia
- ❖ Active Infection
- ❖ Extremely low white blood cell count

Yoga



Indications:

- ❖ Joint pain
- ❖ Fatigue
- ❖ Nausea
- ❖ Insomnia
- ❖ Anxiety
- ❖ Depression
- ❖ Hot flashes

Considerations:

- ❖ Mobility
- ❖ Cost
- ❖ Balance
- ❖ Neuropathy

Tai Chi



Indications:

- ❖ Fatigue
- ❖ Shortness of Breath
- ❖ Anxiety
- ❖ Insomnia
- ❖ Muscle pain
- ❖ Joint pain

Mindfulness



- ❖ Overall stress reduction
- ❖ Sleep quality improvement
- ❖ Mind-body connection
- ❖ Building trust in body again
- ❖ Management of anxiety/depression

Nutrition



- ❖ Mediterranean Diet
- ❖ Fiber forward
- ❖ Hydration
- ❖ Protein focus with surgery
- ❖ Sugar
- ❖ Supplements

Questions?

Thank you!

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