

# ASCO endorses SIO guideline for integrative Tx in breast cancer

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(HealthDay)—The American Society for Clinical Oncology (ASCO) has

endorsed the Society for Integrative Oncology (SIO) guideline on the use of integrative therapies during and after breast cancer treatment, according to a special article published online June 11 in the *Journal of Clinical Oncology*.

Gary H. Lyman, M.D., M.P.H., from the University of Washington in Seattle, and colleagues address the use of integrative therapies for the management of symptoms and side effects during and after breast cancer treatment. Interventions of interest included mind and body practices, natural products, and lifestyle modifications. The SIO systematic reviews focused on [randomized controlled trials](#); the guideline was reviewed by ASCO content experts for clinical accuracy and by ASCO methodologists for developmental rigor.

After determining that the SIO guideline recommendations were clear, thorough, and based on the most relevant scientific evidence, the ASCO Expert Panel endorsed the guideline with a few added points of discussion. Key recommendations include music [therapy](#), meditation, stress management, and yoga for reduction of anxiety/stress. For depression/mood disorders, meditation, relaxation, yoga, massage, and music therapy are recommended. To improve quality of life, meditation and yoga are recommended. For reducing chemotherapy-induced nausea and vomiting, acupressure and acupuncture are recommended. Because of a possibility of harm, acetyl-L-carnitine is not recommended to prevent chemotherapy-induced peripheral neuropathy.

"No strong evidence supports the use of ingested dietary supplements to manage [breast cancer-treatment](#) related adverse effects," the authors write.

Several authors disclosed financial ties to the biopharmaceutical industry.

**More information:** [Abstract/Full Text](#)

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