



**Integrative Oncology:  
providing end-to-end  
care focused on you**

When fighting cancer, taking care of yourself – body, mind, and spirit – can help you better tolerate treatment, manage side effects, and improve quality of life. However, many patients are not aware of the appropriate steps to improve their health during treatment. Research studies have shown that:

**80%**

of cancer patients may suffer with malnutrition, and as little as a 5% weight drop can be associated with a poorer outcome<sup>1</sup>

**40%**

of cancer patients say they take dietary supplements<sup>2</sup>

Less than  
**50%**

of oncologists discuss supplements with their patients<sup>3</sup>, even though some can cause harmful interactions when combined with certain cancer treatments

**32%**

of cancer patients are diagnosed with one or more mental health issues, including anxiety and depression<sup>4</sup>

**75%**

of people reduce their physical activity after being diagnosed with cancer<sup>5</sup>



At GenesisCare, we design care experiences that deliver the best possible outcomes.

To support our mission, we now offer supportive therapies which incorporate the practices of integrative oncology and functional medicine. These services may improve quality of life and clinical outcomes, and allow us to provide whole-person care that's focused on you, not just your cancer diagnosis.

## What is Integrative Oncology?

Integrative oncology utilizes supportive therapies, such as emotional support, mind and body practices, natural products, and or/lifestyle alterations, alongside conventional cancer treatments, such as radiation or medical oncology therapies. It helps patients take control of their health and improve quality of life both during cancer treatment as well as throughout survivorship.

The GenesisCare integrative oncology recommendations are consistent with the Society for Integrative Oncology (SIO) Clinical Practice Guidelines. SIO has a mission to advance evidence-based, comprehensive, integrative healthcare to improve the lives of people affected by cancer.

## What is Functional Medicine?

Functional medicine addresses what the root cause of a person's illness is instead of simply treating the symptoms. This could mean that you could be suffering from one issue that has several causes, or you could have many issues with one core cause. By addressing the underlying causes, cancer patients may be able to tolerate treatment better, as well as experience a better quality and potentially longer life.

The functional medicine offerings at GenesisCare utilizes a multi-disciplinary approach and takes into account your lifestyle, nutritional, genetic, and environmental factors when developing a personalized plan.

# Available services

## Tests to help support functional medicine

GenesisCare partners with multiple lab networks to provide a suite of functional medicine tests to assess your baseline health and nutritional status, including:

Test	Description
<b>Dutch Plus</b>	Captures an extensive profile of stress and sex hormones and melatonin, along with their metabolites to guide lifestyle changes that will optimize your health
<b>GI-MAP Stool Test</b>	Detects biological imbalances in the gut that includes signs of inflammation, dysbiosis in stool bacteria, parasites, and even food insensitivities
<b>Micronutrient Test + Vitamin D (Genova Diagnostics NutrEval)</b>	Detects deficiencies in micronutrients (such as vitamins and minerals)
<b>Basic Functional Labs</b>	Glucose Tolerance (GTT) Blood Test, Insulin Response Blood Test, Hemoglobin (HB) A1c, C-Reactive Protein (CRP), Fibrinogen, Complete Blood Count (CBC)

In many instances, these tests are covered by insurance. Please contact your insurance carrier directly to determine coverage.

## Collaboration with integrative oncology providers\*

GenesisCare has an extensive, multidisciplinary network of integrative oncology independent practitioners we collaborate with who can help you improve your overall quality of life, including:



### Nutritional Support

Credentialed dietitians can help you determine which foods can help combat side effects, as well as improve your energy and help to avoid malnutrition during treatment



### Acupuncture

Acupuncturists insert very fine needles into energy meridian points on the body to help reduce pain and manage stress



### Naturopathic Medicine

Accredited naturopathic providers can help educate on prevention and better health through the use of natural practices, including exercise and supplement use



### Health Education Programs

Educational workshops and sessions to help identify healthy living practices when diagnosed with cancer.



### Physical Therapy

Licensed physical therapists can help with activity during treatment to help combat fatigue, pain, soreness and stiffness

We are happy to provide a list of in-network integrative oncology practitioners based on your insurance plan.

\*GenesisCare does not make any assurance regarding the quality of care or services offered by functional medicine providers. The choice whether to consult with any of these providers remains yours, and will not affect the quality of care you receive from your GenesisCare team. You are responsible for verifying insurance coverage and out of pocket costs with the provider and your health insurer at the time you seek services.

## Educational resources

We want you to feel empowered throughout your treatment journey. Therefore, we are happy to provide you with a list of recommended educational materials:

- **Society for Integrative Oncology website:** <https://integrativeonc.org>
- **The Institute for Functional Medicine website:** [ifm.org](http://ifm.org)
- **American Society of Clinical Oncology Cancer'Net® website:** <https://www.cancer.net/navigating-cancer-care/how-cancer-treated/integrative-medicine>
- **American Cancer Society website:** <https://www.cancer.org/treatment/treatments-and-side-effects/treatment-types/complementary-and-integrative-medicine.html>



Scan to  
learn more

# Request a consultation

Our radiation oncologists can order appropriate functional medicine tests and help identify an appropriate integrative oncology team based on your individual needs and goals:



**Carolyn Barnes, MD**



**Ted Ling, MD, MS**

## Palm Desert

77840 Flora Road  
Palm Desert, CA 92211  
**Tel: (760) 200-8777**

## Rancho Mirage

40055 Bob Hope Drive  
Suite B  
Rancho Mirage, CA 92270  
**Tel: (760) 202-3946**

## Yucca Valley

58295 29 Palms Hwy  
Suite A  
Yucca Valley, CA 92284  
**Tel: (760) 365-6300**

## Visit us online at: [genesiscare.com/us/desert](https://genesiscare.com/us/desert)

1. "Malnutrition 'Almost Epidemic' among Patients with Advanced Cancer." *HemOnc Today*, June 2017.
2. Conway, R et al. Dietary supplement use by individuals living with and beyond breast, prostate, and colorectal cancer: A cross-sectional survey. *ACS Journals*. Dec 2021.
3. Dallas, M. Cancer Docs, Patients and Herbs, Supplements. *WebMD*. Jan 2015.
4. Mehnert, A. Four-Week Prevalence of Mental Disorders in Patients With Cancer Across Major Tumor Entities. *Journal of Clinical Oncology*. 2014; 31:3540-3546.
5. Roth, A. Study Shows Patients Are Less Active after Cancer Diagnosis. Memorial Sloan Kettering Cancer Center News. 2017.