

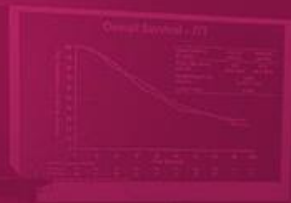
OFFICIAL  
best of  
SABCS



CONFERÊNCIA BRASILEIRA DE  
**CÂNCER DE MAMA**

LACOG - GBECAM 2023

LACOG - GBECAM



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**CÂNCER DE MAMA**  
LACOG - GBECAM 2024

REALIZAÇÃO



OFFICIAL



APOIO

Instituto Projeto



GERENCIAMENTO  
E PRODUÇÃO



Nossa excelência  
é cuidar de

*you*

# Avanços em medicina integrativa

para o câncer de mama

# Declaração de conflito de interesses

De acordo com a Resolução 1595/2000 do Conselho Federal de Medicina e RDC 96, Art. 42 § 2º da ANVISA e do Código de Conduta da Interfarma, declaro que:

**Nenhum conflito de interesses a declarar**

Ricardo Caponero, LACOG-GBECAM 15 de Março de 2024

CONFERÊNCIA BRASILEIRA DE  
**CÂNCER DE MAMA**  
LACOG - GBECAM 2024

REALIZAÇÃO



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APOIO



## Adversidade: Percebendo o câncer

## Restauração: Reajustando a vida com o câncer

## Compatibilidade: Reconciliando o câncer

Caminho  
para o  
diagnóstico

Mudanças  
na vida pelo  
impacto do  
diagnóstico

impacto do  
tratamento

Conhecimento  
da doença &  
experiência

Mudanças  
nas  
perspectivas

Descoberta  
de  
benefícios

Perspectivas  
mais amplas  
de bem-  
estar

Esperança  
para o  
futuro

Mudanças  
nos  
relaciona-  
mentos

Efeitos dos  
sintomas

Avaliando  
doenças e  
valores na  
vida

Mudanças  
no estilo de  
vida

Identidade  
para o  
futuro

Oferecer  
apoio de  
pares e  
disposição  
para ajudar os  
outros

Divulgando  
e discutindo  
sobre o  
câncer

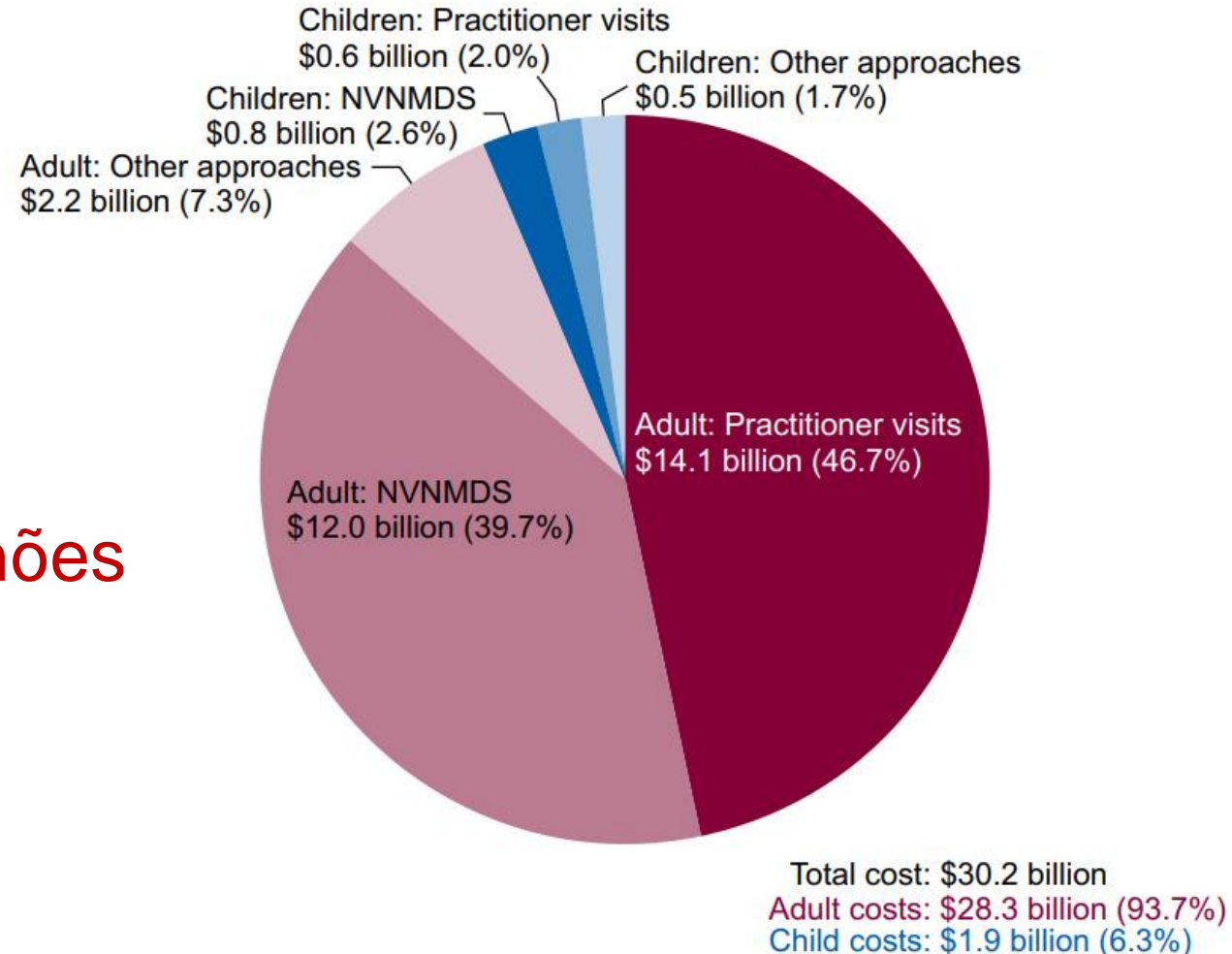
Falta de  
suporte

Confiança  
nos  
cuidados de  
saúde

Importância  
do suporte  
social

# Uso de abordagens complementares

Despesas diretas para abordagens complementares de saúde entre crianças de 4 a 17 anos e adultos com 18 anos ou mais: Estados Unidos, 2012



55 milhões de adultos  
gastaram US\$28,3 bilhões

NOTE: NVNMDS is nonvitamin, nonmineral dietary supplements.  
SOURCE: NCHS, National Health Interview Survey, 2012.

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# Definições e conceitos

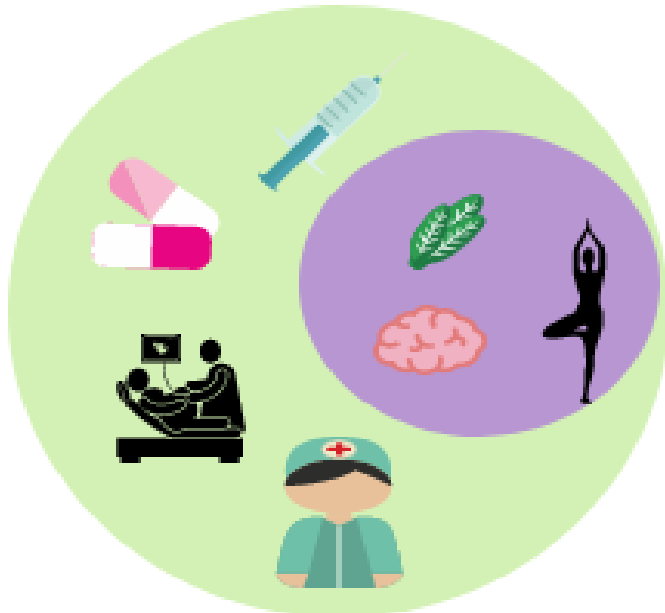
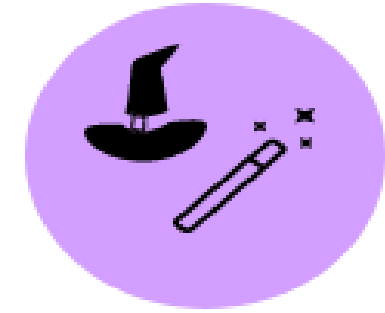
# Definição



CONVENCIONAL



ALTERNATIVO



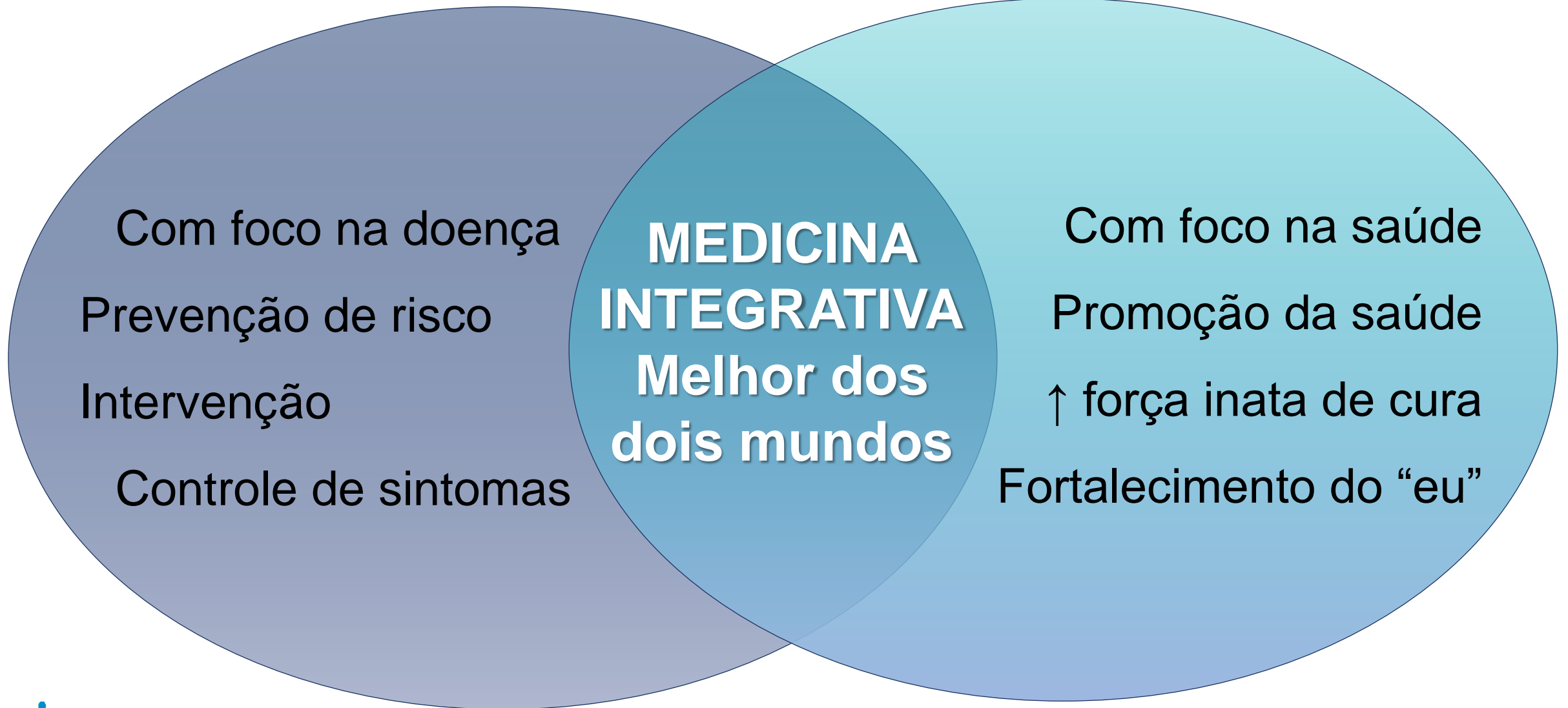
COMPLEMENTAR



**INTEGRATIVO**

## Abordagem “convencional”

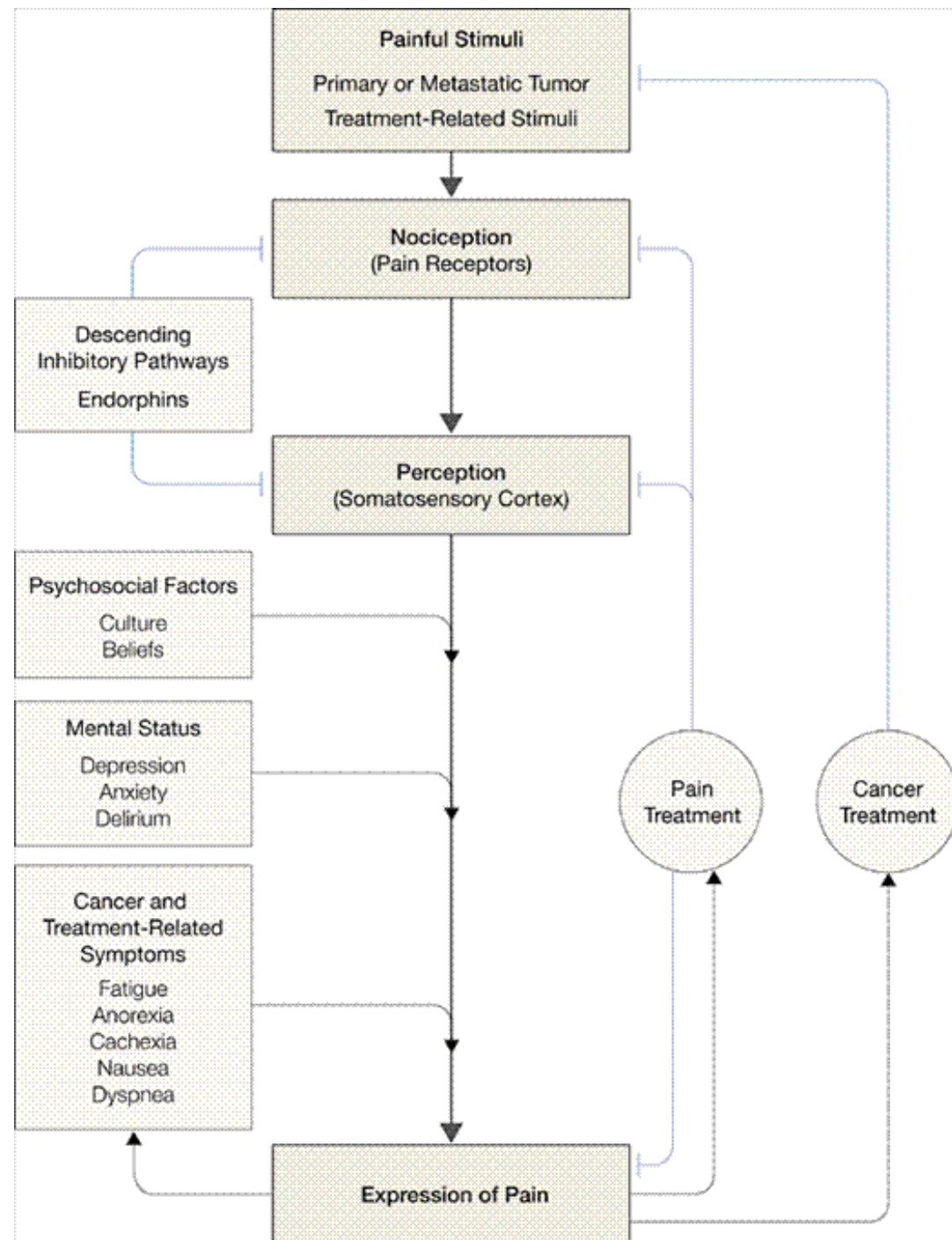
## Abordagem “complementar”





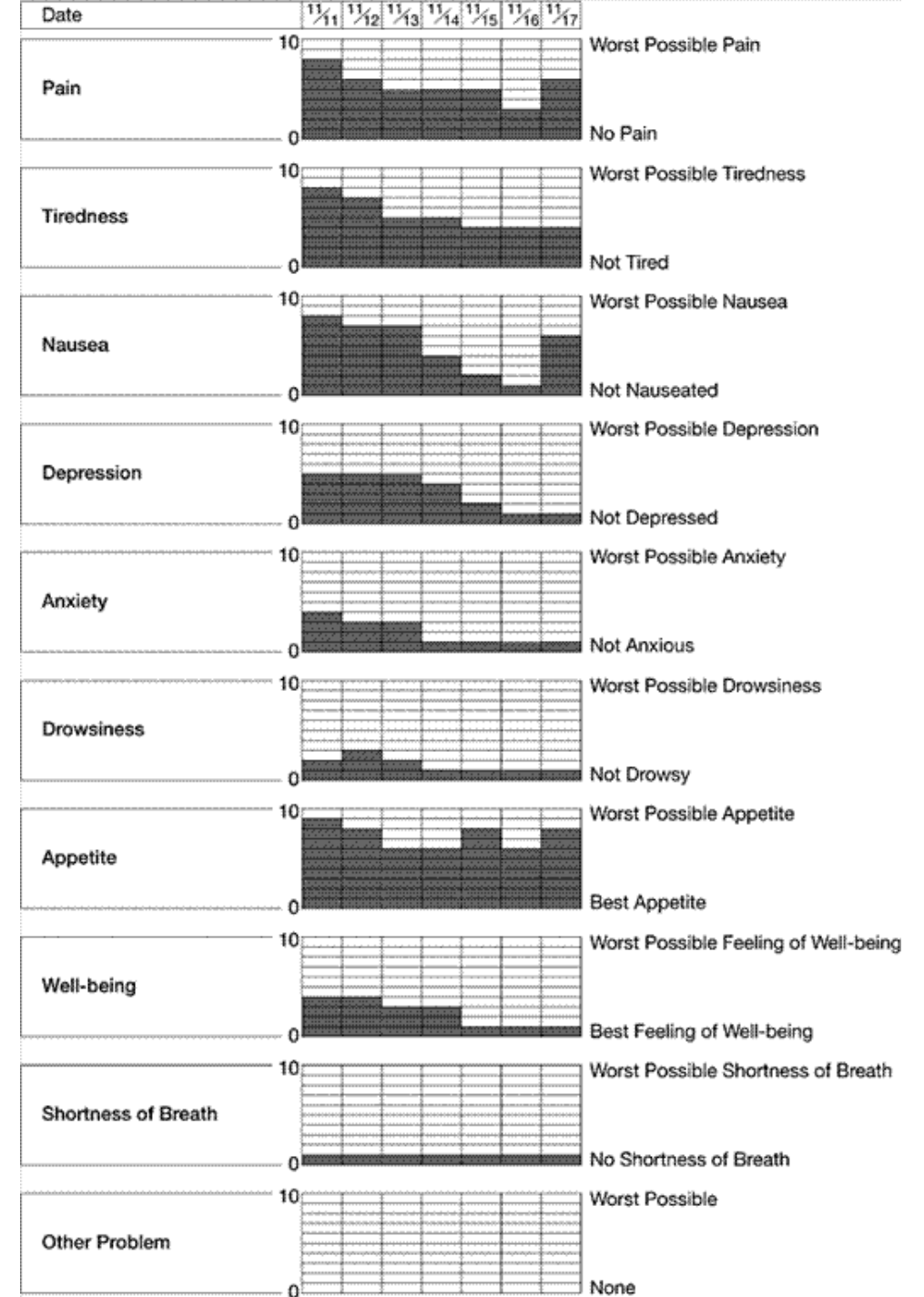
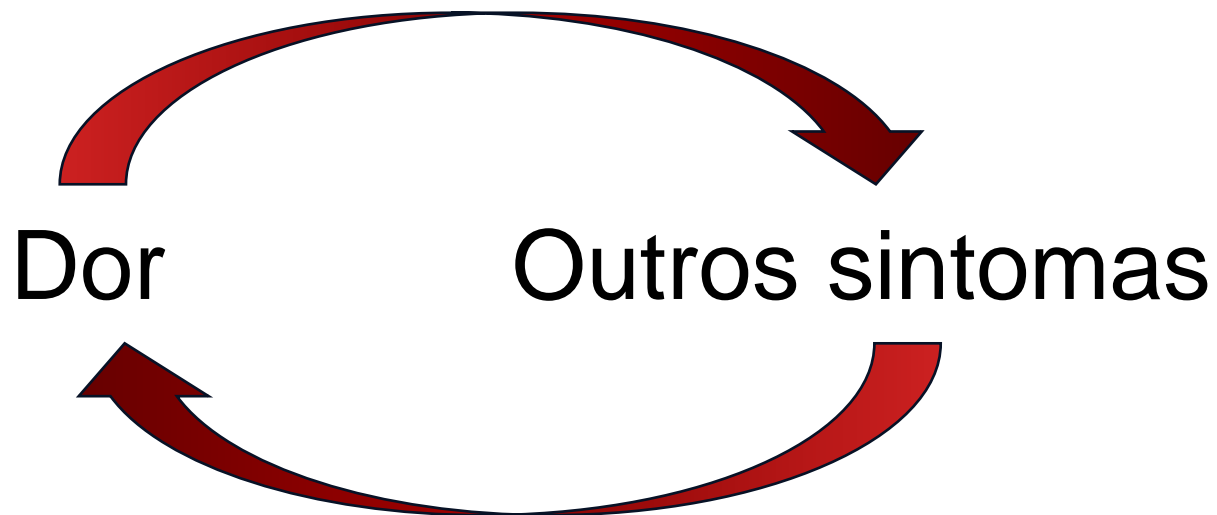
# Passos envolvidos na expressão da dor no câncer

Avaliação e tratamento multidisciplinar

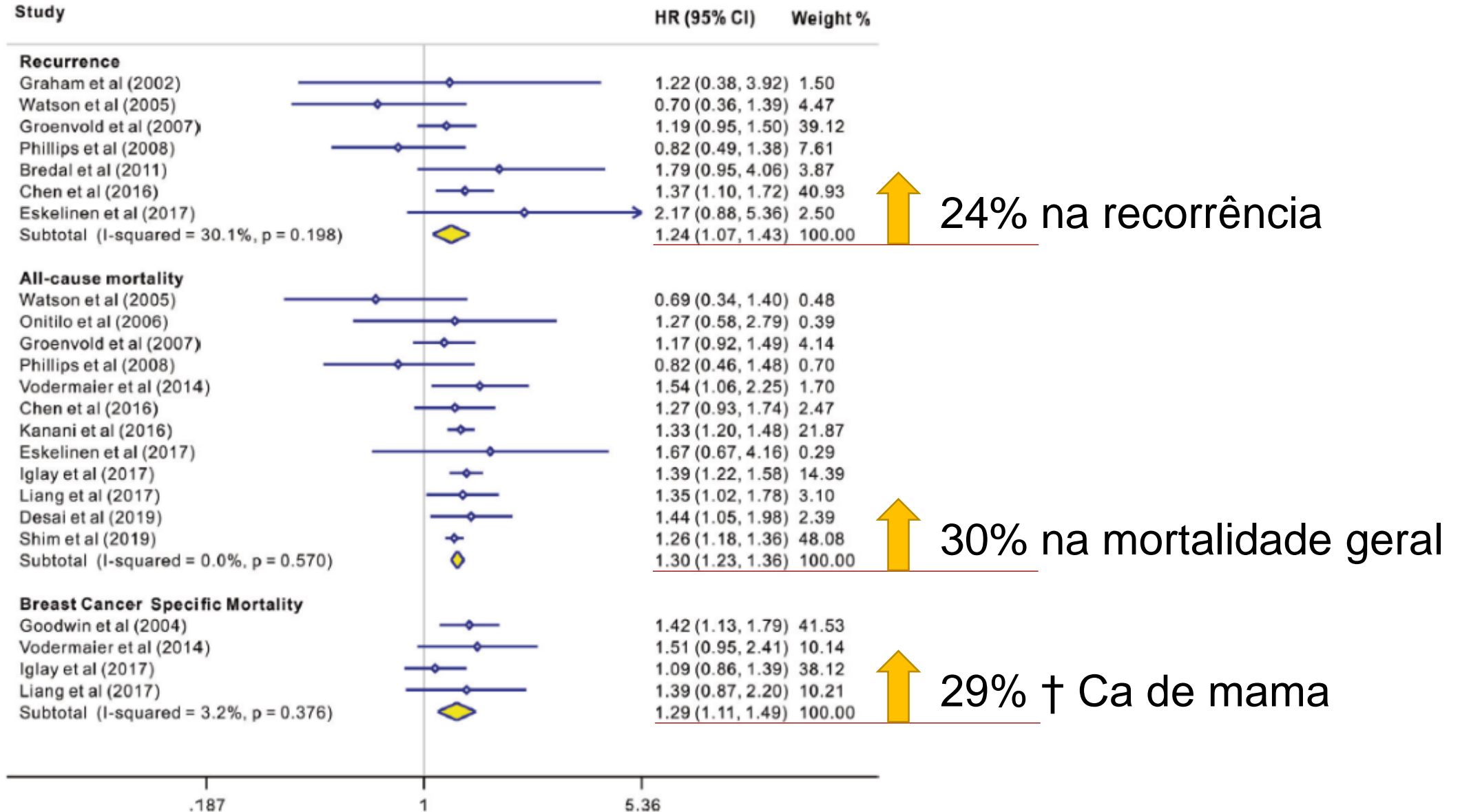


# Edmonton Symptom Assessment Scale

## Agrupamento de sintomas



# Efeito da ansiedade e depressão (n=282.203)



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# Problemas na medicina integrativa

# Radioterapia



Dosimetria





**Pai Ambrósio**  
Resolvo os problemas amorosos e  
profissionais  
Curo qualquer doença  
(até viadagem)  
Curo qualquer vício  
Encontro cão perdido  
Tiro unha encravada e fimose  
**Jogo cartas,  
bingo e bilhar**  
tel: [REDACTED]

**TU SOFRE?**  
**PAI ARNAPIO TEM A SOLUÇÃO**  
*BENZE COBREIRO, TIRA BICHO DE PÉ  
E UNHA ENCRAVADA.*  
*BATIZA FILHO DE MÃE SOLTEIRA,  
RESGATA FGTS E CANCELA CARTÃO.*  
*TIRA QUALQUER TIPO DE DEMONEO  
DO CORPO E DE QUALQUER LUGAR.*  
*CURA COGESTÃ, AFITA E MORRÓIDA.*  
*TRAZ DE VOLTA MARIDO E  
DESCOBRE CORNO.*  
*ATENDEMOS QUALQUER HORÁRIO.  
VENHA COM FÉ QUE O RESTO É COM ELE.*

**Pai ALDIR**  
Resolvo os problemas amorosos e  
profissionais  
Curo qualquer doença  
(até viadagem)  
Curo qualquer vício  
Encontro cão perdido  
Tiro unha encravada e fimose  
**Jogo cartas,  
bingo e bilhar**  
tel: 3494-1485





# PAI CLÁUDIO

*Vidência*

*Através do povo do oriente e os orixás*

**CONSULTAS C/ CARTAS & BÚZIOS**

**Melhoramos resultados de  
cirurgias com alto índice  
de complicações cirúrgicas**

Você será enganado e ainda sairá feliz com a situação!

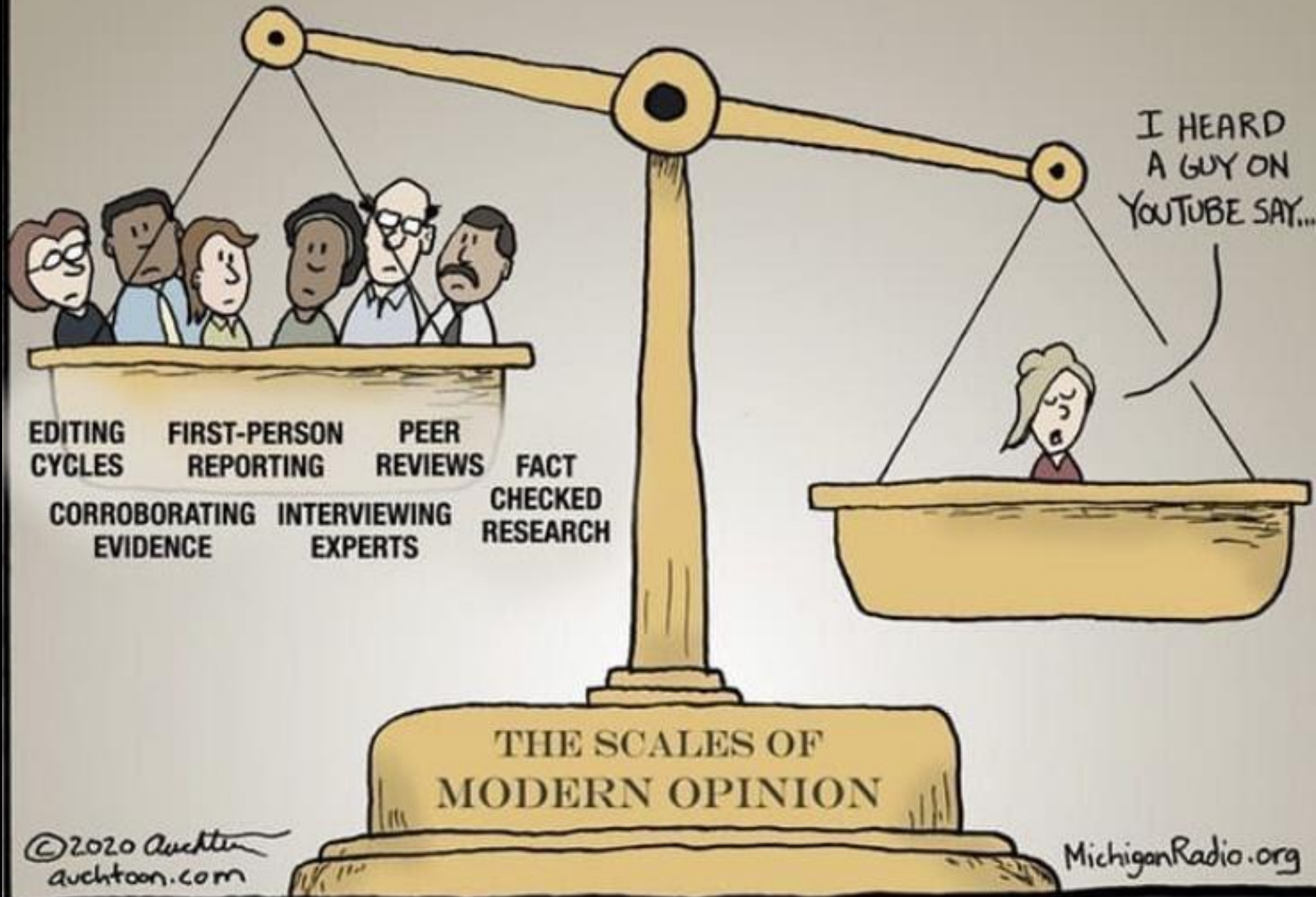


500 reais!



Agora é só ficar esperto!





# Problemas práticos

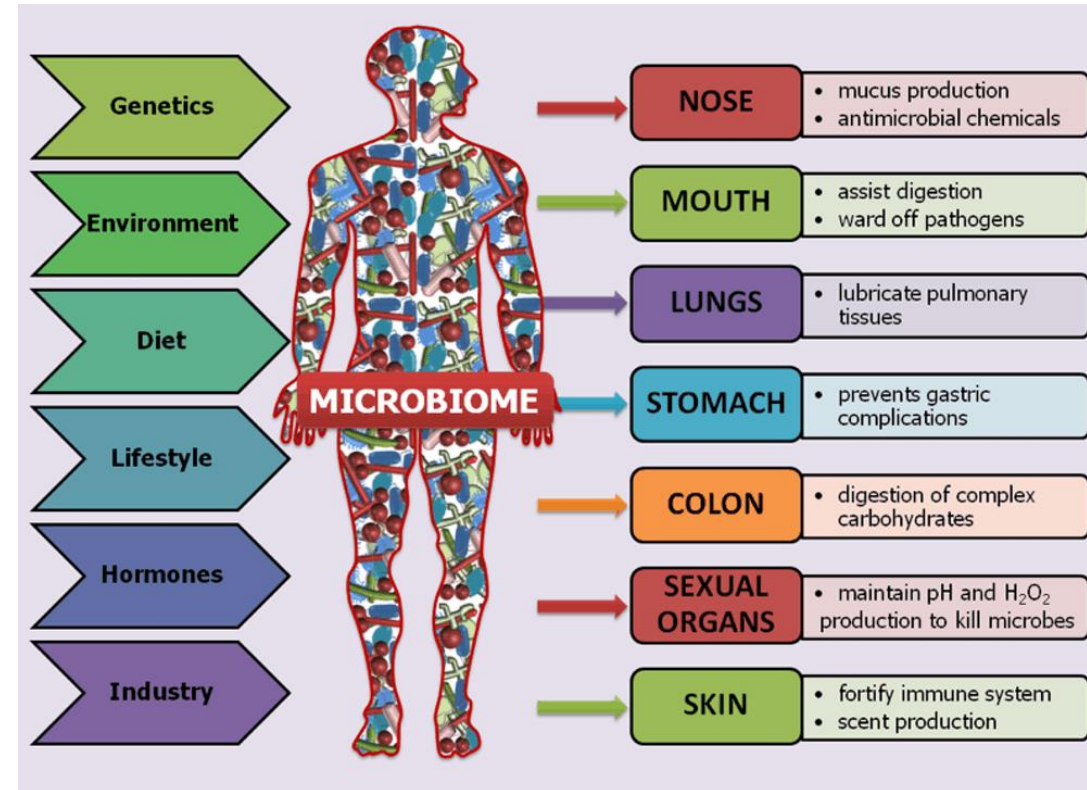
“É natural, não faz mal”

## Potenciais interações com o tratamento antineoplásico



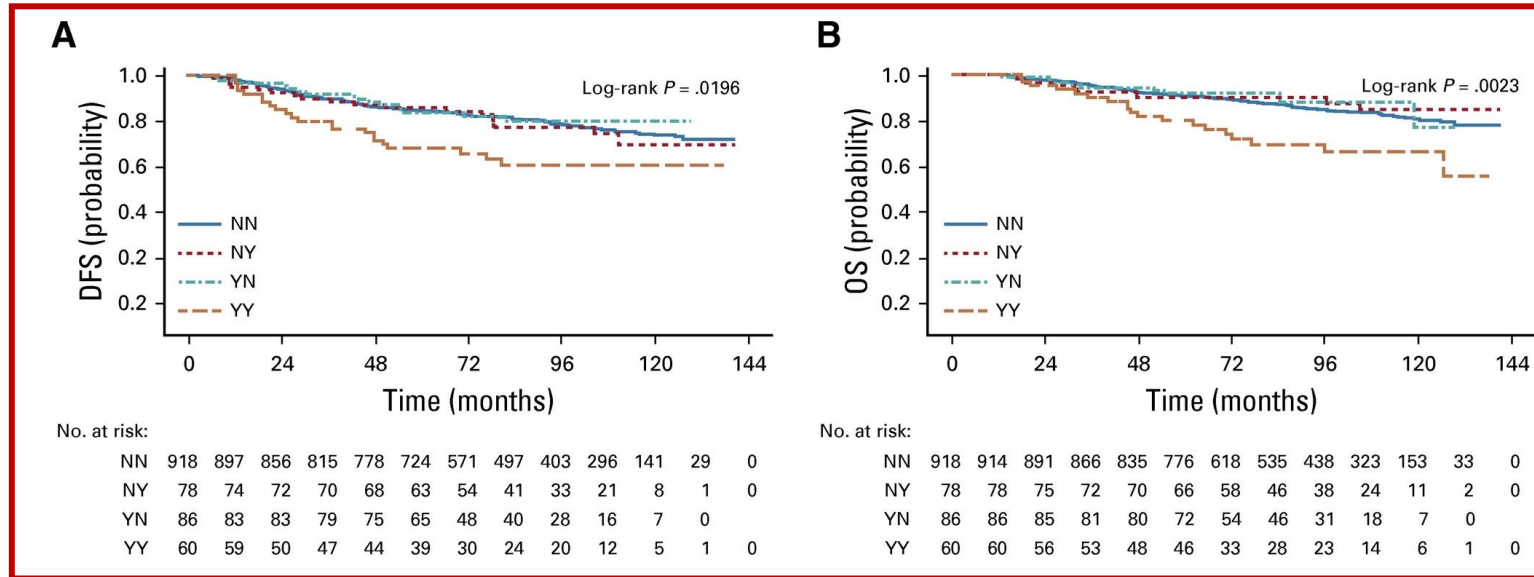
How might herbs interact with medicines?

[Learn about herb-drug interactions.](#)



# Uso de vitamina B12 e ferro (SWOG S0221)

B12



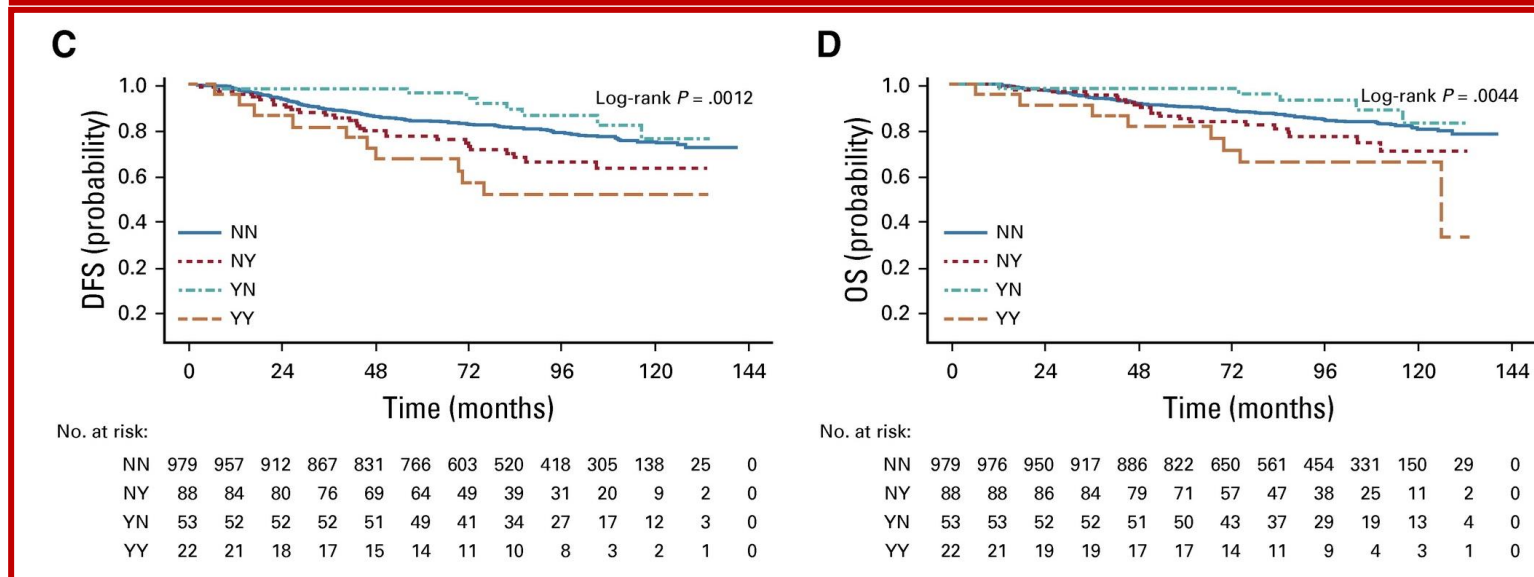
NN: Nem antes, Nem durante

NY: Durante

YN: Antes

YY: Antes e durante

Ferro

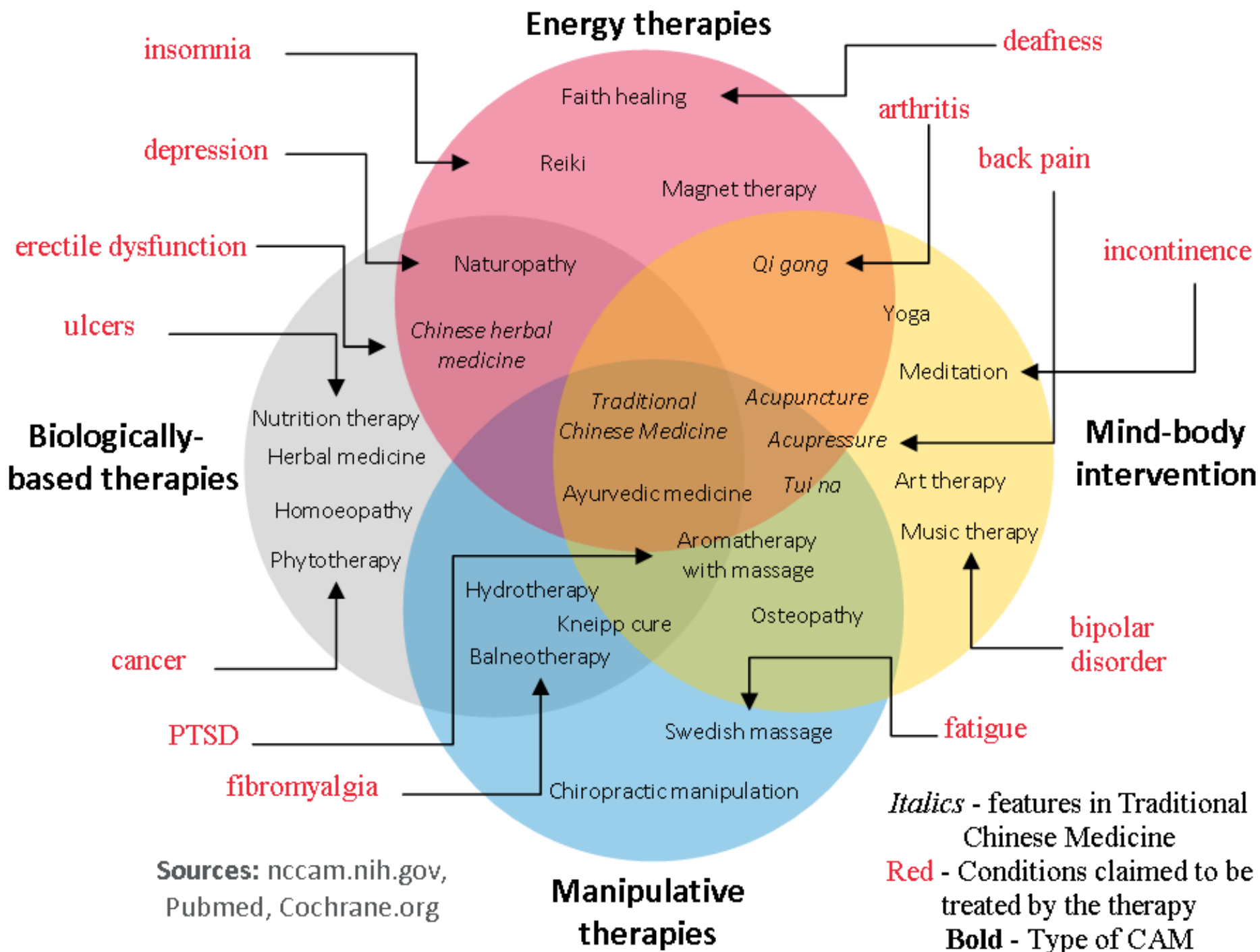


# Problemas da oncologia integrativa

1. Evidências
2. Evidências
3. Evidências
4. ....
5. Certificação do método / agente
6. Qualidade da intervenção

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# Evidências científicas







<https://integrativeonc.org/>

Diretrizes clínicas de utilização  
Referendadas pela ASCO

VOLUME 36 · NUMBER 25 · SEPTEMBER 1, 2018

JOURNAL OF CLINICAL ONCOLOGY

ASCO SPECIAL ARTICLE

# Integrative Therapies During and After Breast Cancer Treatment: ASCO Endorsement of the SIO Clinical Practice Guideline

*Gary H. Lyman, Heather Greenlee, Kari Bohlke, Ting Bao, Angela M. DeMichele, Gary E. Deng, Judith M. Fouladbakhsh, Brigitte Gil, Dawn L. Hershman, Sami Mansfield, Dawn M. Mussallem, Karen M. Mustian, Erin Price, Susan Rafte, and Lorenzo Cohen*


# Summary of Recommendations

---

## *Acute radiation skin reaction*

- Aloe vera and hyaluronic acid cream should not be recommended for improving acute radiation skin reaction. (Grade D)

## *Anxiety/stress reduction*

- Meditation is recommended for reducing anxiety. (Grade A) 
- Music therapy is recommended for reducing anxiety. (Grade B)
- Stress management is recommended for reducing anxiety during treatment, but longer group programs are likely better than self-administered home programs or shorter programs. (Grade B)
- Yoga is recommended for reducing anxiety. (Grade B)
- Acupuncture, massage, and relaxation can be considered for reducing anxiety. (Grade C)

# Summary of Recommendations

---

## *Depression/mood disturbance*

- Meditation, particularly mindfulness-based stress reduction, is recommended for treating mood disturbance and depressive symptoms. (Grade A) ←
- Relaxation is recommended for improving mood disturbance and depressive symptoms. (Grade A)
- Yoga is recommended for improving mood and depressive symptoms. (Grade B)
- Massage is recommended for improving mood disturbance. (Grade B)
- Music therapy is recommended for improving mood. (Grade B)
- Acupuncture, healing touch, and stress management can be considered for improving mood disturbance and depressive symptoms. (Grade C)

# Summary of Recommendations

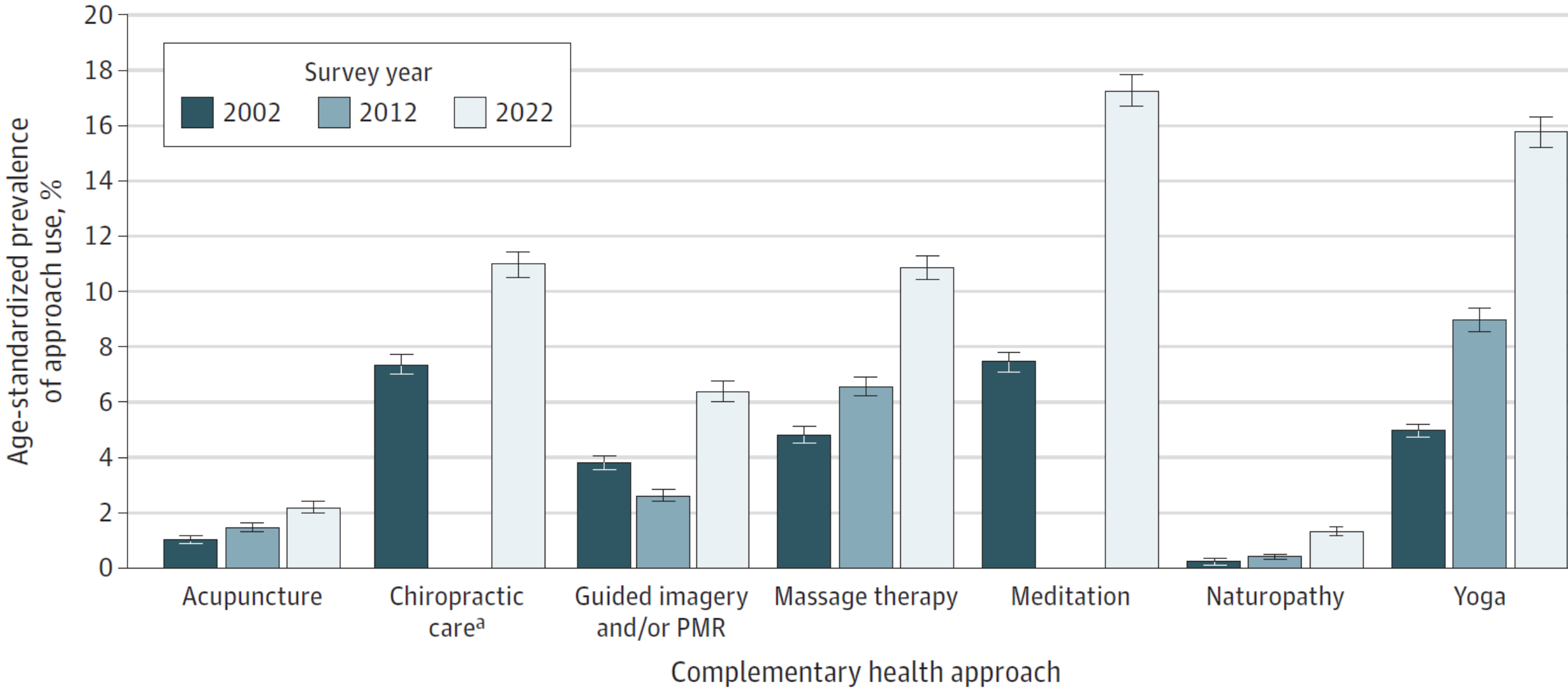
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## *Quality of Life*

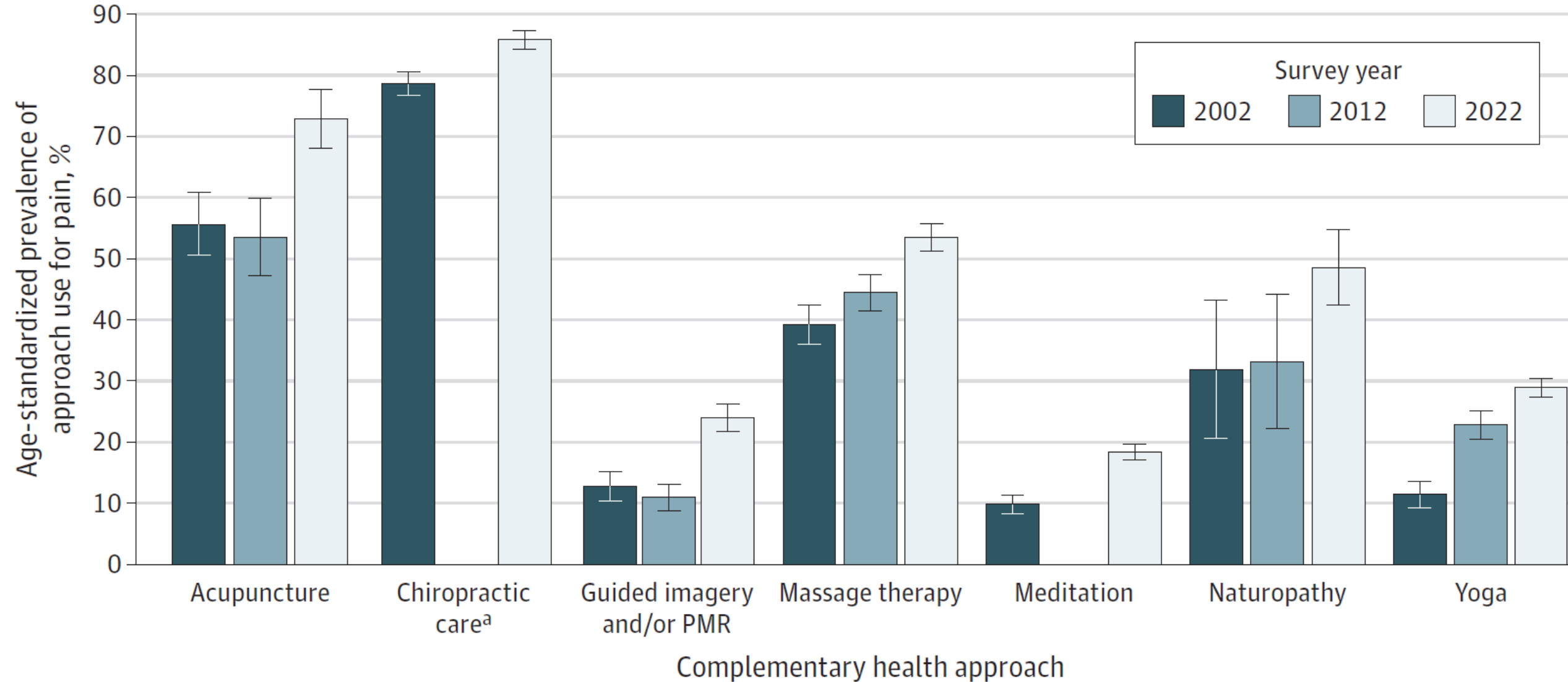
- Meditation is recommended for improving quality of life. (Grade A) ←
- Yoga is recommended for improving quality of life. (Grade B)
- Acupuncture, mistletoe, qigong, reflexology, and stress management can be considered for improving quality of life. (Grade C)

***ASCO Discussion Point: The mistletoe trials cited by the SIO guideline evaluated subcutaneous delivery only. Subcutaneous mistletoe is not currently approved by the U.S. Food and Drug Administration. Orally available mistletoe is available in the United States, but ingestion of high doses of mistletoe berry or leaf is known to cause serious adverse reactions.<sup>2</sup>***

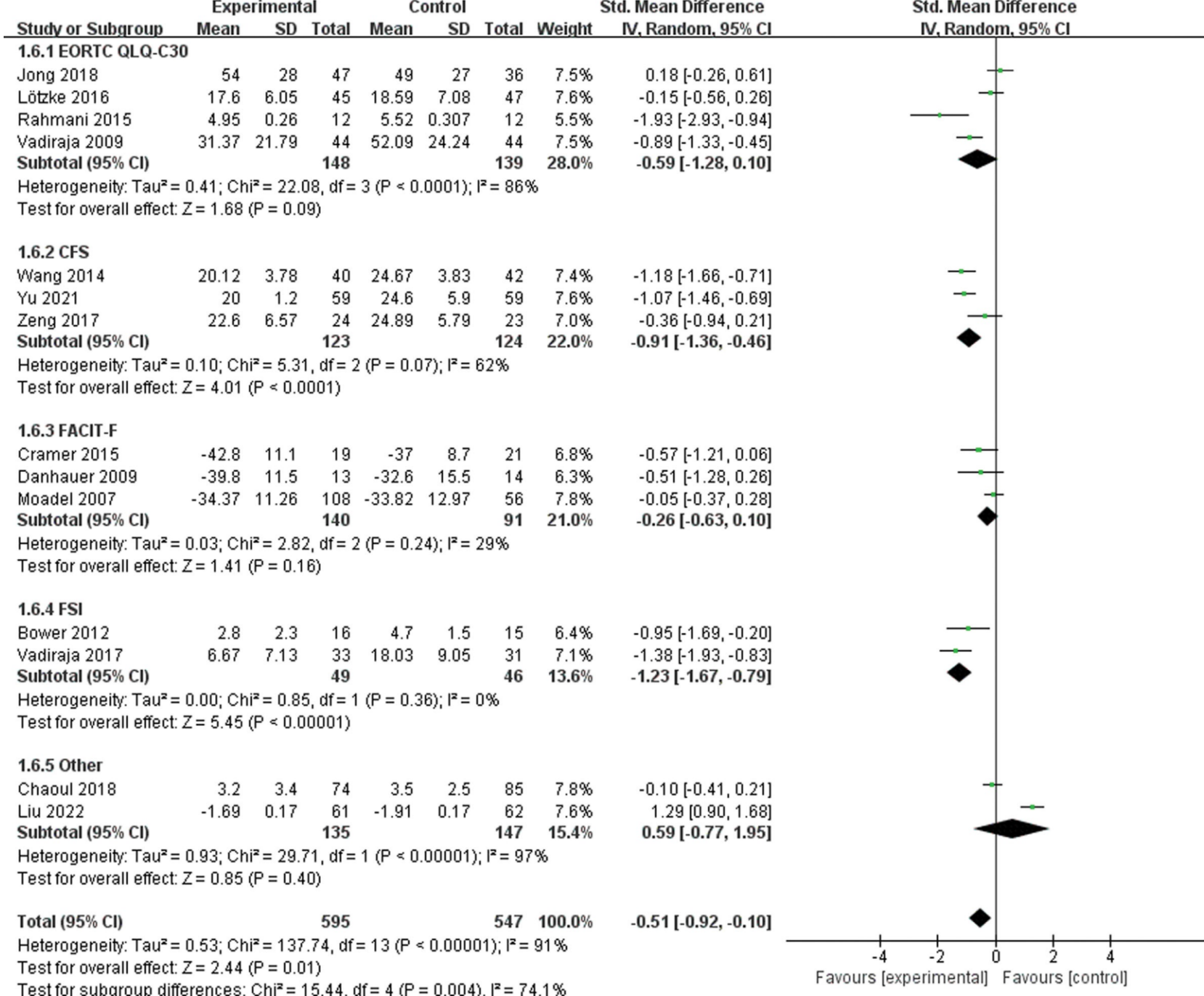
# Prevalência padronizada por idade do uso de abordagens complementares de saúde por adultos nos EUA em 2002, 2012 e 2022



# Prevalência padronizada por idade do uso de abordagens complementares de saúde para o tratamento da dor entre adultos que usam cada abordagem em 2002, 2012 e 2022



# Yoga na fadiga no câncer de mama





# Efeitos da Yoga na fadiga no câncer de mama

18 estudos

	Diferença média padronizada (SMD)	IC95%
Fadiga	-0,51	-0,92 a -0,10
Qualidade do sono	-3,86	-4,03 a -3,70
Ansiedade e depressão	-0,93	-1,68 a -0,18
Qualidade de vida	-11,20	-14,16 a -8,24

# JACM

*Paradigm, Practice, and Policy  
Advancing Integrative Health*

*Celebrating 25 Years*

**The Journal of Alternative  
and Complementary Medicine**

Since 1995

Mary Ann Liebert, Inc.  publishers

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**The Journal of Alternative and Complementary Medicine**  
Paradigm, Practice, and Policy Advancing Integrative Health

**Editor-in-Chief:** John Weeks

<https://www.liebertpub.com/jacm>

# What does NCCIH do?

We conduct and support research and provide information about complementary health products and practices.



NATIONAL CENTER FOR COMPLEMENTARY  
AND ALTERNATIVE MEDICINE

## Health Information



Health Topics A-Z



Be an Informed Consumer



For Health Care  
Professionals



Herbs at a Glance



Pain



Know the Science




# Clinical Practice Guidelines

Share



“Clinical practice guidelines are systematically developed statements to assist practitioner and patient decisions about appropriate health care for specific clinical circumstances.”(*Institute of Medicine, 1990*)

## Oncology

- [Clinical Practice Guidelines on the Evidence-Based Use of Integrative Therapies During and After Breast Cancer Treatment \(\*CA: A Cancer Journal for Clinicians\*\)](#)
- [Clinical Practice Guidelines on the Use of Integrative Therapies as Supportive Care in Patients Treated for Breast Cancer \(\*Journal of the National Cancer Institute Monographs\*\)](#)
- [Exercise Guidelines for Cancer Survivors](#)  (*Medicine & Science in Sports & Exercise*)

# Evidence-Based Medicine: Literature Reviews

When talking to your patients about complementary health approaches, you want to be able to answer the question: Is there any scientific evidence that this complementary product or practice works and is safe? The resources on this page will help inform you about what the science says (limited to the past 5 years).

For more information please contact the [NCCIH Clearinghouse](#).

- [Açaí - Randomized Controlled Trials \(PubMed®\)](#)
- [Açaí - Systematic Reviews/Reviews/Meta-analyses \(PubMed®\)](#)
- [Acupuncture - Randomized Controlled Trials \(PubMed®\)](#)
- [Acupuncture - Systematic Reviews/Reviews/Meta-analyses \(PubMed®\)](#)
- [Acupuncture for Chronic Pain - Randomized Controlled Trials \(PubMed®\)](#)
- [Acupuncture for Chronic Pain - Systematic Reviews/Reviews/Meta-analyses \(PubMed®\)](#)
- [Aging - Randomized Controlled Trials \(PubMed®\)](#)
- [Aging - Systematic Reviews/Reviews/Meta-analyses \(PubMed®\)](#)
- [Aloe Vera - Herb-Drug Interactions \(PubMed®\)](#)
- [Aloe Vera - Randomized Controlled Trials \(PubMed®\)](#)
- [Aloe Vera - Systematic Reviews/Reviews/Meta-analyses \(PubMed®\)](#)
- [Alzheimer's Disease / Dementia - Randomized Controlled Trials \(PubMed®\)](#)
- [Alzheimer's Disease / Dementia - Systematic Reviews/Reviews/Meta-analyses \(PubMed®\)](#)
- [Calcium - Systematic Reviews/Reviews/Meta-analyses \(PubMed®\)](#)
- [Cancer - Randomized Controlled Trials \(PubMed®\)](#)
- [Cancer - Systematic Reviews/Reviews/Meta-analyses \(PubMed®\)](#)
- [Cannabis - Randomized Controlled Trials \(PubMed®\)](#)
- [Cannabis - Systematic Reviews/Reviews/Meta-analyses \(PubMed®\)](#)
- [Chamomile - Randomized Controlled Trials \(PubMed®\)](#)
- [Chamomile - Systematic Reviews/Reviews/Meta-analyses \(PubMed®\)](#)
- [Chelation for Coronary Heart Disease - Randomized Controlled Trials \(PubMed®\)](#)
- [Chelation for Coronary Heart Disease - Systematic Reviews/Reviews/Meta-analyses \(PubMed®\)](#)
- [Children's Use of Complementary Health Approaches—Randomized Controlled Trials \(PubMed®\)](#)
- [Chiropractic - Randomized Controlled Trials \(PubMed®\)](#)
- [Chiropractic - Systematic Reviews/Reviews/Meta-analyses \(PubMed®\)](#)
- [Cholesterol - Randomized Controlled Trials \(PubMed®\)](#)

Etc.

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# Conclusões


# Desafios

Profissionais capacitados / qualificados & regulamentação

Estudos científicos de qualidade

Mudança da cultura médica

Custeamento apropriado (honorários & procedimentos)




**Sley Tanigawa**  
Tai-Chi, Qi-Gong,  
Acupuntura, Meditação

**Cláudia Inhanha**  
Cuidados paliativos

**Regina Chamon**  
Meditação  
Relaxamento

**Ana Coradassi**  
Oncologia clínica  
Cuidados paliativos





**Roger Taussig Soares**  
Espiritualidade

**Andrea Diogo Sala**  
Yoga

**Marcela Santana**  
Enfermagem  
Aromaterapia

**Natália pavani**  
Psicologia

**Márcia Hidalgo**  
Fisioterapia

**Jane Amélia Abi Nakhle**  
Meditação  
Barra de Axis

**Joyce Klein**  
Capelã

# Conclusões

**Integrativo** vs. Complementar – ~~Alternative~~

Abordagem multidimensional (sintomas e pacientes)

Foco na qualidade de vida

Qualificação da intervenção é fundamental



**OSWALDO CRUZ**  
HOSPITAL ALEMÃO

Ricardo Caponero

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r.caponero@gmail.com

