

<b>Venue:</b>	Doody's Book Review Service
<b>Title:</b>	Book Review: Integrative oncology in breast cancer care, Penny Kechagioglou, et al.
<b>Date:</b>	2023
<b>Type:</b>	Book Review
<b>Author(s)/ Presenter(s):</b>	Nicole Zaret
<b>Abstract (or Book Review):</b>	<p><b>Description</b></p> <p>The book offers an up-to-date overview of where complimentary and integrative medicine currently fits in with traditional care for breast cancer patients. It provides the current, however limited, research that is been done in this field. It includes many different modalities of complimentary and integrative care.</p> <p><b>Purpose</b></p> <p>The purpose of this book is to present the science and philosophy of integrative medicine as it applies to breast cancer care. Utilizing the current research and the limited number of programs in the world that offer Integrative Oncology Care to breast cancer patients, the book presents what this care looks like, the philosophy behind its use, and how it can continue to be more utilized and researched. The book does a wonderful job meeting these objectives. They provide a plethora of research and cover many complimentary and integrative modalities, while expressing that there is still much that can be done. This book is important and the objectives they discuss are important as the healthcare field continues to utilize complimentary and integrative medicine in breast cancer patients as well as others.</p> <p><b>Audience</b></p> <p>It is difficult to determine the primary audience for this book. While it appears it may be written for anyone who is interested in the topic, it quickly turns very scientific and somewhat difficult to follow without a research-based background. Overall, the book is likely intended for practitioners, primarily oncology practitioners and potentially integrative medicine practitioners. The authors are very credible sources given their backgrounds, degrees, and work history, and they provide ample amount of research</p>

throughout the book. The book is suitable for a practitioner audience and meets the needs of educating those in that field. It may be too scientific for the general public.

### **Features**

The book is organized in an easy-to-follow format. It flows well from one topic to the next. The chapters are short but cover quite a bit of material. As the book notes, there is still much research that needs to be done in this area of care, but each chapter provides an overview of the research that has been done. The research discussed in each chapter is listed at the end of the chapter rather than in a complete glossary at the end, which makes finding that research easier. It is good to see many modalities covered throughout this book, not simply the more well-known ones. The authors often include the current recommendations for patients in each modality, which is helpful from a learning standpoint. The book might benefit by more coverage of nutrition, but the authors felt that was better kept for another book.

### **Assessment**

I am excited to see a book covering this topic. I have seen firsthand how difficult it can be to get complimentary and integrative care providers onto other teams like oncology in mainstream healthcare. The book lays down a compelling amount of data to show that these services should be included in oncology care. It is forthcoming in the fact that there is still more research that needs to be done and that there need to be more programs with integrative oncology care, and I couldn't agree more. I hope that this book is the start of a much larger conversation and more books to follow that will continue to grow this field of care and research.