

The Benefits of Integrated & Lifestyle Medicine in Every Day Clinic Practice



**Professor Robert
Thomas**

BENEFITS OF LIFESTYLE & INTEGRATIVE MEDICINE IN ONCOLOGY PRACTICE



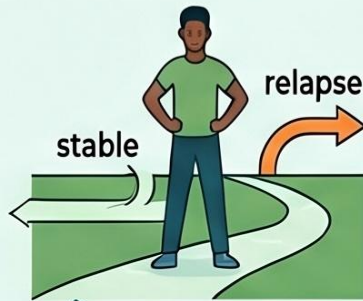
FINANCIAL BENEFITS OF INTEGRATIVE MEDICINE

LOWER HOSPITAL ADMISSIONS



Focus on preventative care & lifestyle reduces emergency visits and expensive inpatient stays.

REDUCED RELAPSE RATES



Better management of chronic conditions prevents costly flare-ups and re-hospitalizations.

FEWER SECONDARY DRUGS



Treating root causes reduces reliance on multiple, expensive prescription medications for symptom management.

PREVENTION OF LONG-TERM CHRONIC DISEASES (PHYSICAL)



Raised BP



Heart disease



Diabetes



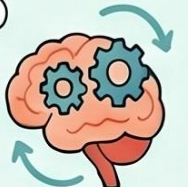
Obesity

Proactive approach lowers lifetime treatment costs for high-prevalence, costly illnesses.

PREVENTION OF LONG-TERM CHRONIC DISEASES (MENTAL/COGNITIVE)



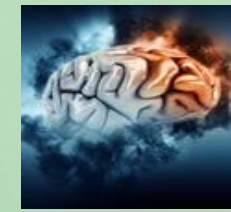
Depression



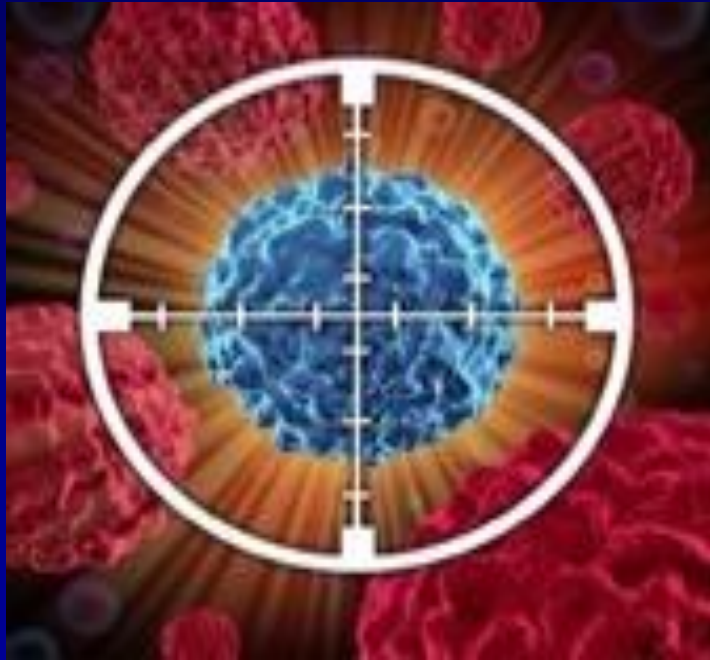
Dementia



Early intervention and holistic care reduce long-term expenses associated with mental health and cognitive decline.



Evidence based Adjuvant strategies



- RXT
- Chemotherapy
- Hormones
- Immunotherapies



- Weight control
- Protect nails
- Prevent peripheral neuropathy
- Gut health – indigestion, diarrhoea
- Vitamin D
- Over night fasting
- Exercise 2-3 hours a week
- Phytochemical rich diets
- Phyto-oestrogen rich diets
- Omega 3 rich diets





RLHIM

Royal London Hospital for
Integrative Medicine

NHS
University College
London Hospitals
NHS Foundation Trust



Patients perceptions (n-144)

No worthwhile information	29 (20%)
Very little (Not enough)	36 (25%)
Adequate information	35 (24%)
Wrong information	44 (31%)
Questions were dismissed	34 (24%)
Conflicting information	38 (26%)



Only 17% uptake



Monitor HbA1C

No formal monitoring

> Semin Oncol Nurs. 2025 Jun;41(3):151849. doi: 10.1016/j.soncn.2025.151849. Epub 2025 Mar 31.

The Effect of Cold Therapy on the Prevention of Chemotherapy-Induced Peripheral Neuropathy in Oncology Patients: A Systematic Review Study

Zeliha Genç¹, Ayda Kebapçı², Gülbeyaz Can³



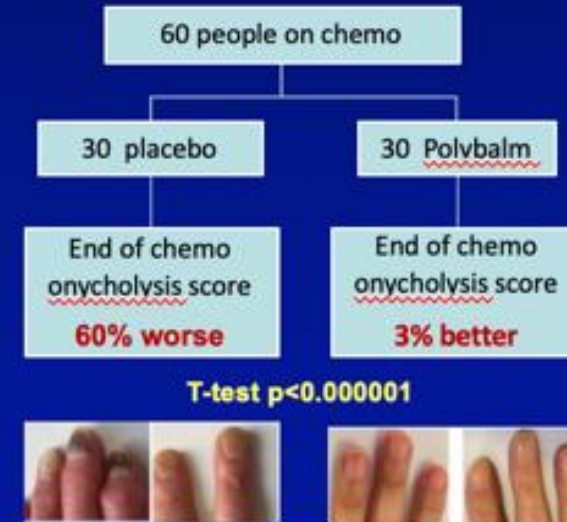
Breast Cancer Research and Treatment
<https://doi.org/10.1007/s10549-018-4788-9>

CLINICAL TRIAL



A double-blind, randomised trial of a polyphenolic-rich nail bed balm for chemotherapy-induced onycholysis: the UK polybalm study

Robert Thomas^{1,2,5} · Madeleine Williams² · Michael Cauchi³ · Saul Berkovitz⁴ · Sarah A. Smith¹



Kang et al An RCT of surgical gloves to prevent CIPN (AIUR trial). *BMC Cancer* **23**, (2023).
Brunhilde et al The prospective ELEGANT trial, *EJC*, 229, 202,
Huang et al Exercise & CIPN: a systematic review of RCT. *Front Neurol*. 2024
El-Najjar et al B12 Deficiency a Risk Ffor CIPN *Asian Pac J Cancer Prev*. 2025

There is nothing you can do

Rest during chemo

Eat what you want

Avoid turmeric after breast cancer

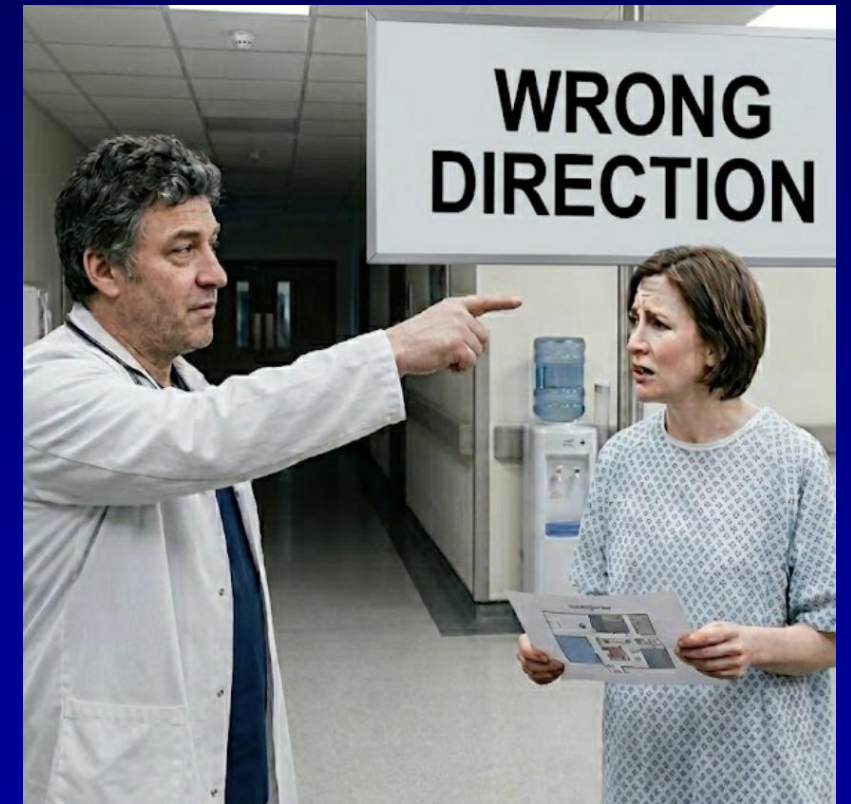
Avoid phytoestrogenic foods breast cancer

Avoid fermented foods during chemo

Take calcium supplements on ADT and AI

Stop Vitamin D

Wrong information



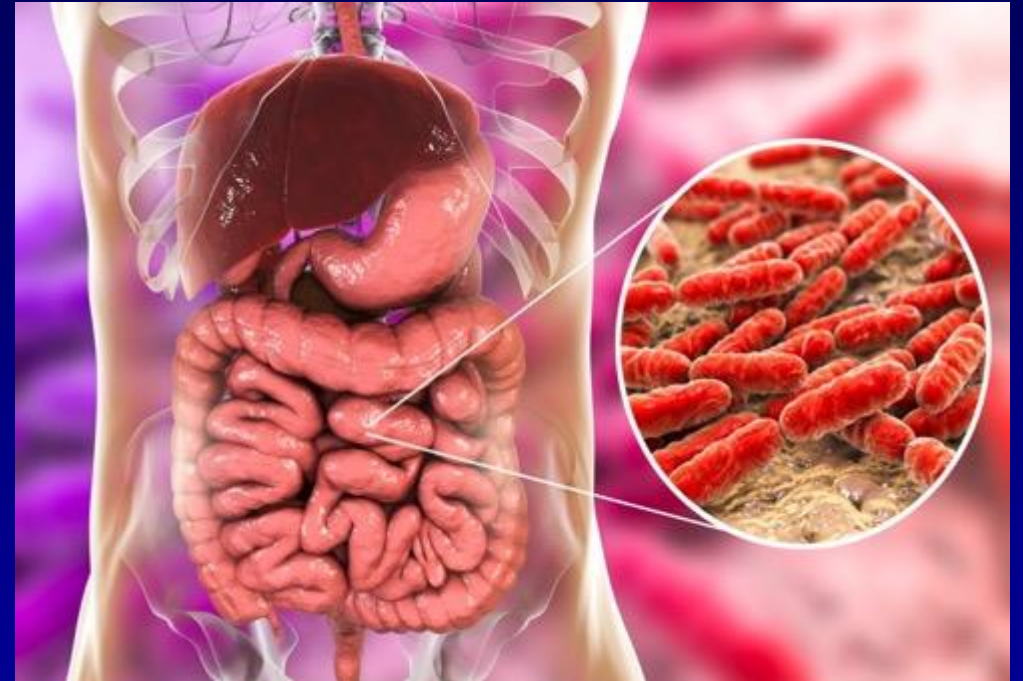
Better response to Immunotherapies

PDL1 inhibitors

40% Better response rates

- Better gut flora
- Metastatic melanoma

THE UNIVERSITY OF TEXAS
MDAnderson
~~Cancer~~ Center



Gong et al Microbiome and immune checkpoint inhibitors Clin Transl Med 2019;8.9

Chemotherapy & lactobacillus probiotics

- Safe
- Chemo Brain
- Anxiety
- Diarrhoea
- Reduced neutropenia

Li et al. systemic review of probiotics & chemo. 2024 J of Advanced Research 64, 223-5

Masaaki et al RCT neo-adjuvant chemo oesophageal cancer. Clinical Nutrition, 2017 36, 193-9

Juan et al. Probiotics reduce chemo-related cognitive impairment with breast cancer: a RCT . *Eur J Can.* 2022 ;161:10-22.

KEEP HEALTHY

HEALTH CONDITIONS ▾WELLNESS TOPICS ▾

Probiotics and cancer treatments

By Professor Thomas | 27 April 2025 | All posts, Featured, Lifestyle Tips



Probiotics and cancer treatments

Why a healthy gut can reduce side effects and improve outcomes

Keep-Healthy.com

Integrative oncology

“Patient focused management”

- Understanding needs
- Empowering
- Reducing side effects
- Improving outcomes
- Educating colleagues
- Research

