Description
Primary care providers are on the frontline in supporting the health of cancer patients and cancer survivors to maintain, restore and enhance healthy function during treatment, recovery, survivorship, and life beyond cancer.

In this seminar, Dr. Chilkov will discuss the utilization of nutraceutical, botanical, food and lifestyle interventions in order to address a broad spectrum of the most common side effects and traumas that occur during cancer treatment, recovery and long-term survivorship. She will present, effective solutions not typically found in the conventional oncology setting that repair and restore healthy function, promote recovery and resilience, and enhance the health and well being of cancer patients and cancer survivors, both short term and long term.

Rationale/Value
Cancer patients and cancer survivors require a health model as well as a disease model from the moment of diagnosis to protect and restore healthy cells and healthy function. There is no health model in the conventional cancer care setting.

With over 14 million cancer survivors in the United States today and 18 million projected by the year 2022, there is an ever-increasing demand for effectively addressing the damaging side effects and traumatic effects of chemotherapy, radiotherapy, hormonal, biological and surgical interventions. Many cancer survivors still experience side effects as long as 10 years after completing their course of treatment.

Learning Objectives
1. Participants will be able to identify the most common side effects associated with: cancer diagnostic procedures, surgical procedures, chemotherapy treatments, radiotherapy treatments, hormonal therapy treatments, and biological treatments.

2. Participants will be able to offer cancer patients and cancer survivors protective and restorative support utilizing: diet and lifestyle interventions; nutraceutical, botanical and dietary interventions; Chinese medicine interventions including acupuncture, moxibustion, botanical and food therapies; and patient teaching and patient education.

3. Participants will understand how to function as part of an integrative cancer care team and be able to coordinate care with other team members including the patient’s oncologist, radiologist, surgeon and primary care providers.

Continuing Education Credits
Approval will be sought for 4 hours of continuing education (CEU) credits for chiropractic and naturopathic physicians in surrounding states (facilitated by the University of Bridgeport Division of Health Sciences Postgraduate Education Dept.). Acupuncturist credits will be sought through CA state board. Nutritionist credits will be sought though NANP.

Course Outline
Introduction to Collaborative and Integrative Cancer Care
Need for a Health Model Alongside a Disease Model
Models of a Multi-Disciplinary Team Approach

Overview of Common Short Term and Long Term Side Effects of Cancer Treatments
Considerations & Contributing Factors
Physiological Challenges
Co-Morbid Conditions
Concurrent Treatments
Drug-Herb & Drug Nutrient Interactions
Traumatic & Psycho-Social Effects
Patient Values & Priorities

Toolbox: Therapeutic Approach
Functional Medicine Framework & Toolbox
The Place of Modern & Traditional Chinese Medicine
Dietary Support
Nutritional & Nutraceutical Support
Botanical & Phytochemical Support
Lifestyle Factors: Sleep Exercise, Stress Management

Specific Interventions: Support Plans & Case Studies
Cancer-Related Fatigue
Pain & Inflammation
Hematologic Side Effects: Myelopathies & Coagulopathies
Mitochondropathies
Nephrotoxicity & Hepatotoxicity
Sleep Disruption
Neuropathy
Cardiomyopathy
Oxidative Stress
Gastrointestinal Side Effects
Cachexia & Sarcopenia
Pre-Op & Post-Op Support

Summary: Putting it All Together
Nalini Chilkov, LAc, OMD is a leading authority and pioneer in the field of Integrative Cancer Care, Cancer Prevention and Immune Enhancement. She is the Founder of the American Institute of Integrative Oncology Research and Education, Founder of IntegrativeCancerAnswers.com and Author of the #1 Best Seller, 32 Ways to OutSmart Cancer: Create A Body Where Cancer Cannot Thrive.

Dr. Chilkov brings over 30 years of clinical experience, combining the best of modern functional medicine with the ancient wisdom of traditional Oriental and natural healing. She is a highly respected expert in her field, a frequent speaker at conferences and educational institutions, and a trusted resource to the media.

Dr. Chilkov is a regular contributor to the Healthy Living section of the Huffington Post. She has been featured as a cancer expert on NBC TV Access Hollywood and on the Veria TV Where On Earth television series. She has also been recognized as one of the Top 10 Online Influencers for Breast Cancer by sharecare.com, created by Dr. Mehmet Oz and WebMD.

She is a member of the Scientific Advisory Board of the Mederi Foundation and the Advisory Board of Fran Drescher’s Cancer Schmancer Foundation.

Dr. Chilkov has lectured at the School of Medicine at UCLA and UC Irvine in California as well as at many schools of traditional Oriental and naturopathic medicine over her long career.

She is a seasoned clinician and an innovator, building bridges between modern and traditional healing paradigms, and partnering with and training physicians to provide the best outcomes for patients. She is a respected expert in collaborative integrative cancer care known for her meticulous attention to detail and individualized treatment plans, as well as for her warmth and compassion.

Locations and Dates

**MIAMI, FL**
SEPTEMBER 26, 2015
TURNBERRY ISLE MIAMI
19999 West Country Club Drive
Aventura, FL 33180
866-612-7739

**SAN FRANCISCO, CA**
OCTOBER 10, 2015
SAN FRANCISCO AIRPORT
MARRIOTT WATERFRONT
1800 Old Bayshore Highway
Burlingame, CA 94010
650-692-9100

**HOUSTON, TX**
OCTOBER 24, 2015
SHERATON N HOUSTON
AT GEORGE BUSH INTERCONTINENTAL
15700 John F. Kennedy Boulevard
Houston, TX, 77032
281-442-5100

**NYC, NY**
JANUARY 23, 2016
THE WESTIN NEW YORK AT TIMES SQUARE
270 West 43rd Street
New York, NY 10036
212-201-2700

**LOS ANGELES, CA**
MARCH 5, 2016
LOS ANGELES AIRPORT MARRIOTT
5855 West Century Boulevard
Los Angeles, CA 90045
310-641-5700

Times
- Seminar is on Saturday from 1:00pm - 5:00pm
- Registration starts at 12:30pm
- Hors d’oeuvres and cocktails to follow

Seminar Cost
- Early Bird Registration: $89
- Early bird price available until one month before scheduled seminar date
- Regular price: $129

$50 product credit to those who attend!
Please sign in at the door to receive credit.

Registration
Choose from the following:
- Online: designsforhealth.com/Integrative-Cancer-Care
- Email: orders@designsforhealth.com
- Call Customer Service: 800-FOR-HEALTH (367-4325)
- Fax in registration: 206-339-5233
- Mail in registration to:
  Designs for Health
  980 South St.
  Suffield, CT 06078
  Attn: Events Department