

## UPMC HILLMAN CANCER CENTER WELLNESS AND INTEGRATIVE ONCOLOGY PROGRAM



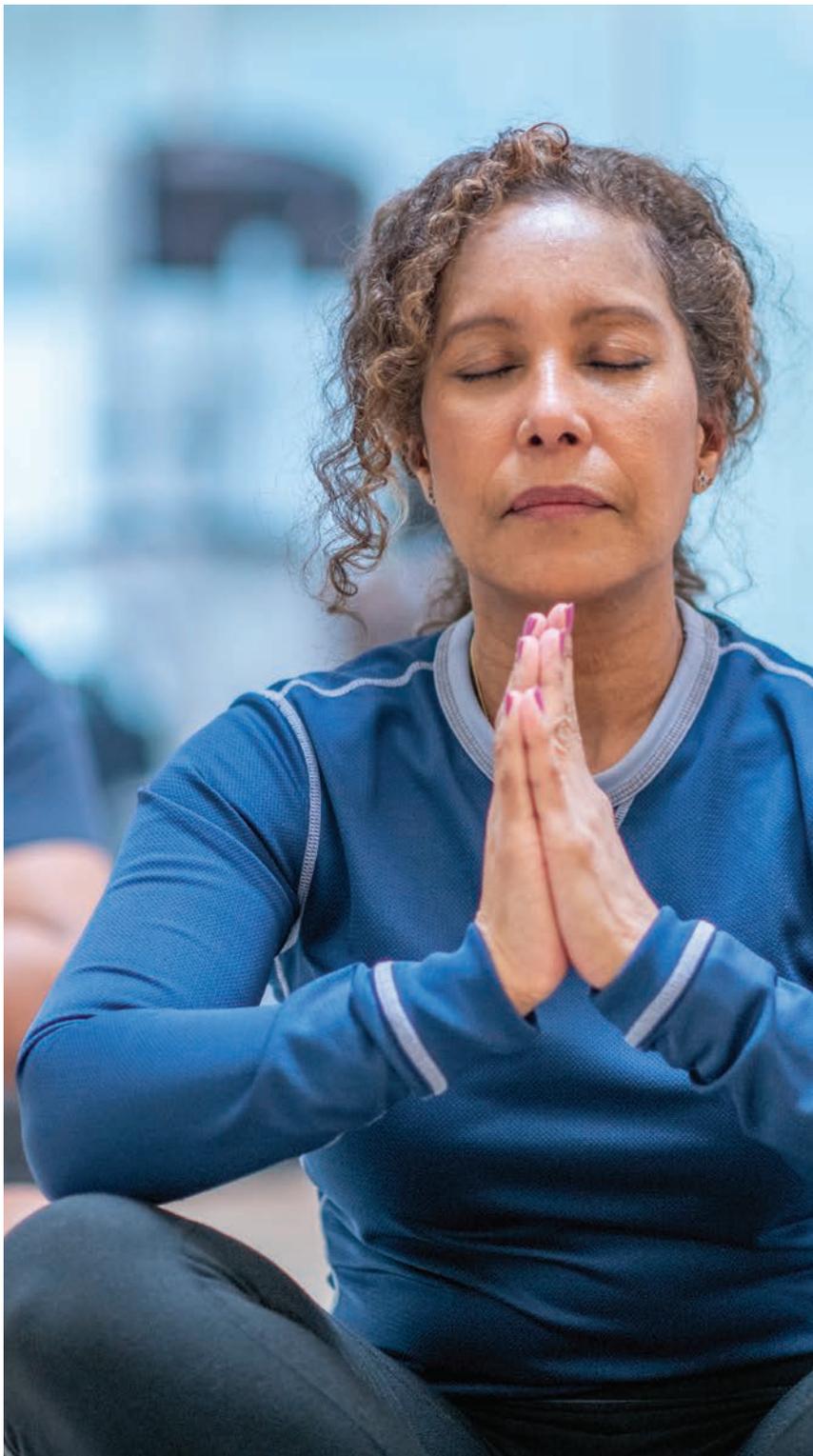
### What is the Wellness and Integrative Oncology Program?

The Wellness and Integrative Oncology Program works with cancer patients to provide customized, holistic, whole person care. We provide suggestions for how to use food, exercise, and mindfulness to improve symptoms and quality-of-life, offer interventions with various integrative therapies, explore ways to avoid or minimize pharmaceuticals and opioids, certify for medical marijuana, and aid in decision support and advocacy with the larger cancer team.

### Is Integrative Oncology for Me?

If you have a cancer diagnosis, you can be referred or self-refer for an Integrative Oncology consultation at our Wellness Suite and Studios at UPMC Hillman Cancer Center's flagship location in Shadyside. Before you are scheduled, our team will determine if Integrative Oncology can meet your needs and expectations.

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## The Wellness Suite and Studios

The Wellness Suite and Studios is located on the third floor of the NCI-designated Comprehensive Cancer Center, UPMC Hillman Cancer Center. This premiere space fuses traditional cancer care with an integrative approach by housing Dr. Francis' medical oncology and integrative oncology practices under one roof. In addition, there are rooms for individual integrative therapies, a movement studio, a group support room, and a teaching kitchen.



### Group Spaces

Our group spaces host an array of classes to oncology patients, caregivers, and UPMC Hillman Cancer Center staff. We have invested in significant technology to stream these classes so that all patients and caregivers in the extended UPMC community can participate. *Classes are offered virtually or in person at The Wellness Suite and Studios.*

**Movement Studio** – A studio for groups to exercise and learn mindfulness techniques from the program's expert providers and to develop camaraderie with others in the community.

**Group Support** – A conference space for community support groups to cultivate meaningful exchanges of personal experience, coping strategies, and information.

**The Teaching Kitchen** – A fully functioning kitchen that is a premier space within UPMC Hillman Cancer Center, offering cooking classes by an expert Registered Oncology Dietitian.

### Individual Integrative Therapies

Our individual integrative therapies include a variety of disciplines and techniques intended to improve symptoms and quality-of-life in cancer patients. Our therapies are not meant to treat or cure cancer. We are not providers of naturopathic, chiropractic, or functional medicine. We do not recommend high dose or IV supplements, extensive laboratory testing, or prescribe off-label pharmaceuticals. Below are descriptions of what we do offer.

**Acupuncture** – The practice of inserting fine needles superficially into the skin to improve a variety of physical and emotional conditions.

**Aromatherapy** – Using therapeutic-grade essential oils to promote health and well-being.

**Exercise Therapy** – Weights and resistance training with a personal trainer certified in oncology exercise.

**Lifestyle Nutrition** – A framework for how food integrates with the prevention and management of medical illness in real life and in real time.

**Meditation** – The practice of deliberately focusing your attention of the present moment.

**Oncology Massage** – Hands on manipulation of the soft tissue of the body. Oncology massage emphasizes safety for those on cancer treatments or after cancer surgery.

**Yoga** – A practice of physical postures, breathing techniques, and mindfulness used to promote health and well-being.

**To learn more about the Wellness and Integrative Oncology Program, call 412-623-5771 or visit [UPMCHillman.com/IntegrativeOncology](https://UPMCHillman.com/IntegrativeOncology).**