

# The Role of Naturopathic Medicine In Treating Multiple Myeloma

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# Naturopathic Education

- ▣ Pre-requisite- pre-med undergraduate degree
- ▣ 4 years Naturopathic medical school
- ▣ Basic medical science and clinical Board Exams
- ▣ Selective Residency or 5+ years experience
- ▣ Board Certification in Naturopathic Oncology

# Naturopathic Medicine

The Cancer Treatment Centers of America  
Naturopathic Medicine Department:

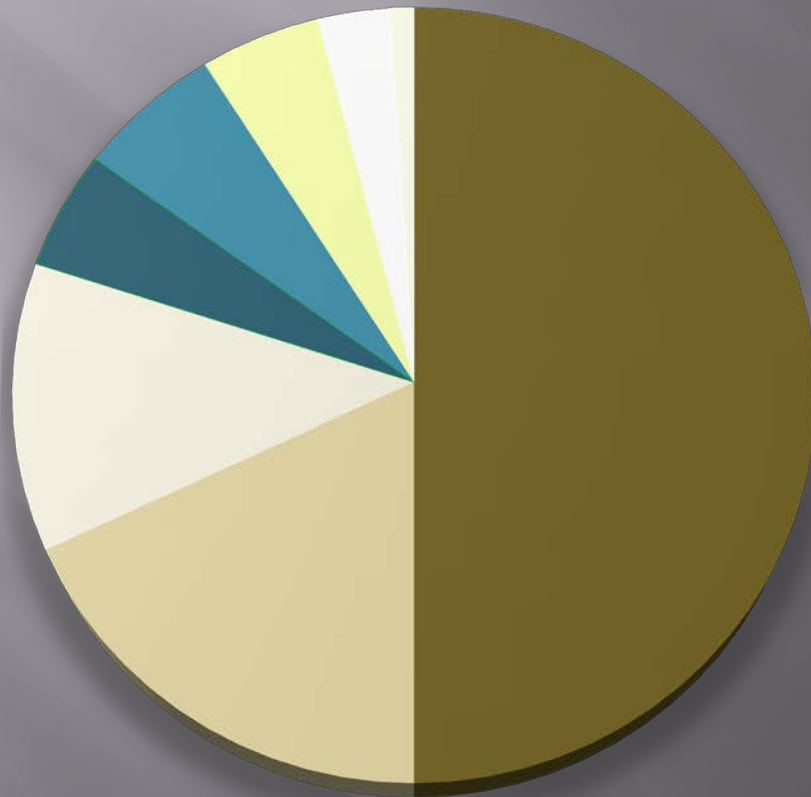
- ▣ consults with patients on the use of natural and some pharmacologic therapies by oncology patients.
- ▣ provides appropriate, effective, scientifically based natural medicine support for oncology patients undergoing conventional care and follow-up.

# Naturopathic Therapies

- ▣ Vitamins
- ▣ Minerals
- ▣ Botanical Medicine
- ▣ Homeopathy
- ▣ Acupuncture
- ▣ Hierarchy of Needs: air > water > calories > protein > macronutrients > micronutrients

# Multiple Myeloma – Plasma Cell Dyscrasias

## Plasma Cell Dyscrasias



- MGUS\*
- MM\*
- Amyloidosis
- NHL
- Other B Cell lymphoproliferative disorders
- SMM\*
- Waldenstrom's
- Solitary Plasmacytoma

# Multiple Myeloma Diagnostic Criteria

	MGUS	SMM	Plasma-cytoma	Multiple Myeloma
Monoclonal bone marrow plasma cells	<10%	$\geq 10\%$ and/or a tissue biopsy	single site	> 10%
M protein in serum or urine	< 3 g/dL	$\geq 3$ g/dL	Low	>3 g/dL
Myeloma-related organ dysfunction	None	None	None	<b>Organ damage</b>

# MGUS & SMM– Treatment Goals

**Conventional Care-** watch and wait/surveillance

**Naturopathic Care-** shines at this point as patients are able to utilize a broader range of supplements without the risk of CI as they are not taking chemotherapeutic agents.

## Naturopathic Goals:

- ▣ Increase time to progression/prevent disease progression
- ▣ Intervene to prevent organ damage (bone lesions, renal compromise)
- ▣ -essentially increase one's normal life before disease management is necessary

# MGUS & SMM- Therapies

- ▣ Curcumin promising research\*
  - 4 gr. qd decreased paraproteins by 50% in pts >20g/L by 12%-30% in just 7 days
- ▣ Resveratrol promising research\*\*
  - promotes osteoblastic activity and increases sensitivity to Vit D
  - down-regulates several pathways leading to progression of disease (STAT-3, Nfkappa-B, BCL-2 & BCL-xl) and increases MM cell death.
- ▣ Bone Support
- ▣ Renal Support

\* PMID 19737963

\*\*PMID 17164350, 16490592, 16267019, 17049120



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# Multiple Myeloma—Conventional Care

- ▣ Primary therapy for transplant patients:
  - Bortezomib, Lenolidomide, Thalidomide or Cyclophosphamide in combination with dexamethasone
  - Most common side effects: fatigue, nausea, diarrhea, low platelets, anorexia, anemia, CIPN, limb and joint pain, low WBC, headache, insomnia, peripheral edema, dizziness, rash, constipation

# Multiple Myeloma– Goals of Naturopathic Care

- ▣ Prevent Herb-Drug-Nutrient Interactions
- ▣ Manage side effects of treatment
- ▣ Work with pt to increase strength and stamina
- ▣ Improve response to treatment
- ▣ Improve Quality of Life
- ▣ Empower the patient through education and options
- ▣ Make appropriate referrals as necessary

# Multiple Myeloma – Naturopathic Therapies

## Pain and Inflammation:

- ▣ **Ginger**- anti-inflammatory for pain and myalgias and may also inhibit RANKL, which leads to bone loss [Cancer Res.](#) 2009 Feb 15;69(4):1477-84.
- ▣ **Boswellia**- boswellic acids are anti-inflammatory and may prove to have antiproliferative effects in MM. [Mol Cancer Res.](#) 2009 Jan;7(1):118-28
- ▣ **Proteolytic Enzymes** – Slovakian researchers have found more rapid onset of and longer remissions in conjunction with other therapies [Vnitr Lek.](#) 1992 Sep;38(9):921-9.
- ▣ **Acupuncture**



# Multiple Myeloma – Naturopathic Therapies

## Improving Overall Health and Stamina:

- ▣ Regular Exercise, PT consult as necessary
- ▣ Dietary interventions- whole foods, protein packed foods, fruits and veggies, water, fiber or nutrition shakes prn
- ▣ Mind/Body support
- ▣ Siberian ginseng for fatigue (*Alt Ther 2001;7:S14*)

# Multiple Myeloma – Naturopathic Therapies

Digestive Upset: nausea, diarrhea, constipation

- ▣ Ginger
- ▣ L-glutamine
- ▣ Probiotics
- ▣ Magnesium
- ▣ Digestive enzymes
- ▣ MiraLax or Imodium

# Naturopathic Medicine– Take Home Message

1. Naturopathic Medicine has much to offer patients living with Multiple Myeloma and may help with **side effect management** and **quality of life**.
2. It is **very important** to work with a healthcare professional with expertise in both cancer and natural products to prevent herb-drug-interactions.
3. Naturopathic physicians are a great resource to provide **expert advice and ensure safety**.

# Helpful Websites

American Association of Naturopathic  
Physicians:

[www.naturopathic.org](http://www.naturopathic.org)

Oncology Association of Naturopathic Physicians:

[www.oncanp.org](http://www.oncanp.org)

Cancer Treatment Centers of America:

[www.cancercenter.com](http://www.cancercenter.com)

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