

## Research Saves Lives

Complementary therapies—sometimes called integrative medicine—encompasses many different therapies and is used together with conventional therapy to help prevent or treat breast cancer or lessen the side effects of treatment.

Complementary and integrative Therapies (CIT) refers to the use of **natural products** on the skin or in the diet, such as plant-derived compounds, herbals, or special diets; **mind-body medicine** such as paced breathing or meditation; and **body-based practices** such as massage, acupuncture, and exercises like yoga or Tai Chi.

Laboratory and clinical research has provided both “positive” (it may work) and “negative” (it may not work or be safe) evidence on the use of CIT. So, like any decision concerning your health, using CM should be discussed with your doctor. Komen has long supported scientifically sound research into the use of CIT.



Learn more about Complementary and Integrative Therapies  
<http://sgk.mn/2cyIMbY>

## Our Research Investment

More than **\$25 million** in over **75 research grants** and **35 clinical trials** focused on Complementary Medicine

## What We're Investigating



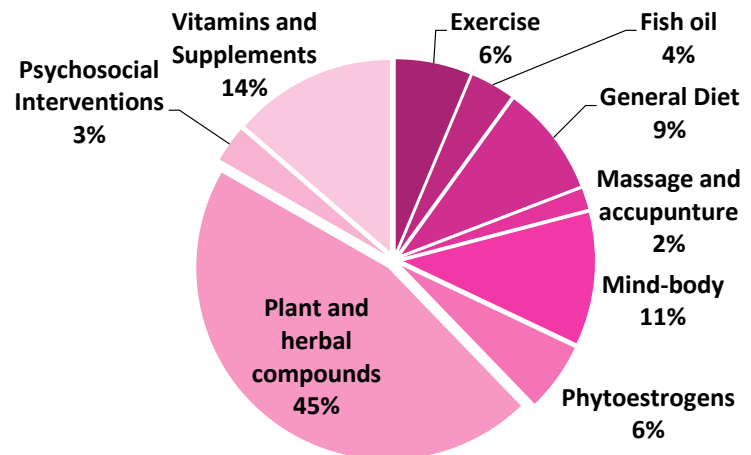
Testing whether a component of flaxseed can be used to reduce risk and prevent breast cancer, especially in women at high risk



Investigating mind-body techniques, such as meditation and psychosocial support, to reduce stress and improve quality of life, particularly in young women and women with metastatic breast cancer



Developing a mobile phone application designed to help low-income and minority women manage stress to reduce fatigue and distress during chemotherapy



Topic Area of Investment



Komen Promise Grantees at the University of Kansas and the University of North Carolina are testing flaxseed for the prevention of breast cancer.

## What We've Learned from Komen-funded research



Mindful meditation helps to relieve both physical and psychological symptoms of breast cancer, such as fatigue, anxiety and depression.



An 8-week Yoga of Awareness program may reduce the frequency and severity of hot flashes, joint pain, fatigue and insomnia.



Biochanin A, a phytoestrogen present in plant-based foods and herbal products, may help prevent the development of breast cancer, as well as drug resistance.



Learn more about breast cancer



More Komen-funded Research Stories



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